

EXSS Health Promotion Checklist

General Education Requirements

___ENG 1050 Composition I

___ENG 1060 Composition II

Humanities – Choose 1 from each category below

- ___1. Fine Arts (ART 1450, 2050, 2080, 2090; MUS 1020, 1040, 2940, 2980; THE 2500)
- ___2. Literature (ENG 2010, 2020, 2030, 2050, 2060, 2080, 2090, 2100, 2180, 2190, 2200, 2230, 2240, 2410, 2470, 2480)
- ___3. History (HST 1010, 1020, 1030, 1100, 1110, 1140, 1150)
- ___4. Religion or Philosophy (REL 1080, 1300; PHI 1000, 1010, 2040, 2070)

Social Sciences – Choose any 3 of the 5 below

- ___1. Economics (ECN 1000, 2020, 2030, 2410)
- ___2. Geography (GGY 1010, 1020, 2000, 2060)
- ___3. Political Science (PLS 1000, 1010)
- ___4. Psychology (PSY 1010)
- ___5. Sociology (SOC 1020, 1050, 2090)
- ___ HON 1000 & 2750 may be used for 2 courses (Honors students only)

Natural Sciences – Choose any 2 of the 4 below

- ___1. Biology (BIO 1000, 1030, 1060; ENV 1100)
- ___2. Chemistry (CHM 1300, 1400)
- ___3. Geology (GLY 1150, 2460)
- ___4. Physical Science or Physics (PHS 1100, 1560; PHY 1000, 1500, 2000)
- ___ HON 1510 may be used in place of one natural science course (Honors students only)

Math Requirement – Choose One

___MAT 1050, 1070, 1080, 1090, 2150, 2210

PE 1-Hour Activity Requirements

- ___1. _____
- ___2. _____

General Education Electives (see back page)

- ___1. _____(3)
- ___2. _____(3)

___UNV 1000 (1)

Total General Education Hours = 45

EXSS Core Requirements

___HHP or HPER 3270 Creating Funding (1)

___HHP 4000 Research in HHP (3)

___HHP or PED 4030 Facilities Design in HHP (3)

___HHP or HPER 4990 Internship (6)

All EXSS majors must pass the HHP Department's Water Survival Test (WST) as a requirement of graduation

Health Promotion Requirements

___EXPH 2100 Anatomy and Physiology I (3)

___HLTH 1060 Safety and First Aid (1)

___HLTH 2000 Principles of Health Promotion (3)

___HLTH 2100 Nutrition (3)

___HLTH 3060 Human Sexuality (3)

___HLTH 3070 Women's Health Issues (3)

___HLTH 3080 Ethnic and Cultural Issues in Health (3)

___HLTH 3300 Health Promotion and Fitness Skills (3)

___HLTH 3650 Epidemiology of Human Diseases (3)

___HLTH 3660 Health Advocacy (3)

___HLTH 3670 Health Care Ethics (3)

___HLTH 3770 Drugs and Society (3)

___HLTH 4100 Health and Fitness Behavior Changes (3)

___HLTH 4700 Program Planning, Eval. & Admin. (3)

Minor Requirement

In order to develop a specialty, HLP majors are required to complete a minor, unless otherwise directed by the program coordinator. These minors are suggested, but others may be approved by the program coordinator.

African American Studies ` American Indian Studies ` American Studies ` Economics ` Entrepreneurship ` Gender Studies ` Information Technology ` International Sociology ` Journalism ` Legal Studies ` Management ` Marketing ` Medical Sociology ` Personnel and Organizational Leadership ` Psychology ` Public Policy and Administration ` Social Welfare ` Sociology ` Spanish ` Substance Abuse ` Sustainable Agriculture ` World Studies

Free Electives = 0-4 hours depending on which minor is selected

Total Degree Hours = 120