

# BS: Health Promotion Studies — Allied Health Professions Option (120 S.H. required to complete the degree)

Name: \_\_\_\_\_ Adviser: \_\_\_\_\_



## General Education Requirements (42 S.H.)

<b>COMMUNICATION SKILLS (3 S.H.)*</b> Choose one of the following: COM 160 Public Speaking*, COM 161 Decision Making in Groups*, COM 162 Interpersonal Communication* or COM 163 Introduction to Communication Skills*		
COM:	3	
<b>WRITING INTENSIVE (W) *</b> All students must complete at least one writing intensive course. W courses can be found in several disciplines. The credits will be counted in the discipline associated with the course. <i>NOTE: WRT101 does not satisfy the writing intensive requirement.</i>		
Writing Intensive	Y/N	
<b>HUMANITIES (15 S.H.)</b> Must take HIS 148 or HIS 149, PHI 111, and one Fine/Applied Arts class. Two electives can be from Communications, English, History, Humanistic Studies, Philosophy, or Foreign Language. <i>NOTE: You must complete the foreign language requirement (Elementary II or higher) before counting Elementary I foreign language courses as Humanities credit.</i>		
Fine and/or Applied Arts:	3	
HIS 148 American History to 1877 or HIS 149 American History Since 1877	3	
PHI 111 Ethical Issues in Healthcare	3	
Elective:	3	
Elective:	3	
<b>SOCIAL AND BEHAVIORAL SCIENCES (12 S.H.)</b>		
PSY 100 Introduction to Psychology	3	
SOC 100 Introduction to Sociology	3	
SW 220 Cultural Diversity	3	
PSY Elective:	3	
<b>NATURAL SCIENCES, MATHEMATICS AND COMPUTER SCIENCE (10 S.H.)</b> Students must complete one lab science and at least one math or computer science course in this category. <i>NOTE: MAT 100 does not satisfy this requirement.</i>		
CHE 110 General Chemistry I or CHE 102 Everyday Chemistry	4	
MAT 115 or MAT 120	3	
Math/Science/CS Elective:	3	
<b>HEALTH PROMOTION AND EXERCISE SCIENCES (2 S.H.)</b>		
HPX 177 Fitness for Life — Lecture	1	
HPX 177 Fitness for Life — Activity	1	

\*HPX Majors must maintain a 2.5 overall G.P.A. and earn a C or better in all major courses.

### SUGGESTED FREE ELECTIVES:

#### Pre Physical Therapy

PHY 121: General Physics 2  
BIO 104: General Biology 2  
PSY 202: Abnormal Psychology  
PSY 210 or 211: Child/Adolescent Psychology

#### Pre Occupational Therapy

PSY 202: Abnormal Psychology  
PSY 210: Child Psychology  
PSY 211: Adolescent Psychology  
PSY 222: The Adult Years

## Major Requirements (42 S.H.)

<b>MAJOR REQUIREMENTS (42 S.H.)</b>		
BIO 105 Anatomy & Physiology I	4	
BIO 106 Anatomy & Physiology II	4	
PSY 260 Health Psychology	3	
HPX 100 Health Promotion & Maintenance	3	
HPX 200 Introduction to Community Health & Organizations	3	
HPX 270 Health Education Theory and Application	3	
HPX 370 Health Promotion Program Design & Implementation	3	
HPX 371 Health Communication Methods and Strategies	3	
HPX 470 Program Planning and Evaluation	3	
HPX 490 Practicum for Health Promotion Studies	12	
HPX 491 Health Promotion Studies Senior Seminar	1	
<b>ALLIED HEALTH PROFESSIONS OPTION (15 S.H.)</b>		
CHE 111 General Chemistry II	4	
BIO 103 General Biology I	4	
PHY 120 General Physics I	4	
HPX 202 Epidemiology of Disease	3	
<b>FREE ELECTIVES (21 S.H.)</b>		
Elective:		

**NOTES**

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## Four-Year Plan This is a sample sequence of courses. Other combinations are possible.



Prerequisites are in parentheses; see catalog for details.

Class standing by credit: Freshman: 0-29 credits; Sophomore: 30-59 credits; Junior: 60-89 credits; Senior: 90+ credits

FIRST YEAR (31 S.H.)	SEMESTER 1 (16 S.H.)			SEMESTER 2 (15 S.H.)		
	HPX 100 Health Promotion & Maintenance (HPX major)	3		Writing Intensive or Free Elective	3	
	BIO 105 Anatomy & Physiology I	4		BIO 106 Anatomy & Physiology 2	4	
	HIS 148 American History to 1877 or HIS 149 American History Since 1877	3		HPX177 (Lecture and Activity)	2	
	SOC 100 Introduction to Sociology	3		PSY 100 Introduction to Psychology	3	
	Gen Ed: COM 160, 161, 162 or 163 (choose one)	3		Gen Ed	3	

SECOND YEAR (32 S.H.)	SEMESTER 3 (16 S.H.)			SEMESTER 4 (16 S.H.)		
	Gen Ed: PHI 111 Ethical Issues in Healthcare	3		HPX 270 Health Education Theory and Application (Spring only)	3	
	HPX 202 Epidemiology of Disease	3		Gen Ed: Math/CS	3	
	CHE 110 General Chemistry I	4		CHE 111 General Chemistry II	4	
	HPX 200 Introduction to Community Health & Organizations (Fall only)	3		Gen Ed: PHI 111 Ethical Issues in Healthcare	3	
	MAT 120 Elementary Statistics	3		SW 220 Cultural Diversity	3	

THIRD YEAR (32 S.H.)	SEMESTER 5 (16 S.H.)			SEMESTER 6 (15 S.H.)		
	HPX 371 Health Communication Methods and Strategies (Fall only)	3		HPX 470 (completion of HPX 370 with a final grade of "C" or better or permission of the instructor)	3	
	HPX 370 Health Promotion Program Design & Implementation	3		Gen Ed: Fine and /or Applied Arts	3	
	PSY 260 Health Psychology	3		Free Elective	3	
	PHY 120 General Physics I	4		Free Elective	3	
	Free Elective	3		Free Elective	3	

FOURTH YEAR (28 S.H.)	SEMESTER 7 (13 S.H.)			SEMESTER 8 (13 S.H.)		
	BIO 103 General Biology I	4		HPX 490 Practicum for Health Promotion Studies	12	
	PSY Elective	3		HPX 491 Health Promotion Studies Senior Seminar	1	
	Elective	3				
	Elective	3				

The number of Free Electives available will vary based on your initial math and writing placement tests. MAT100 and WRT101 if required, count as elective credit. If you have taken CHE 120 and/or 121 you may request that one of these course be substituted for CHE 102. Department approval is required.

**Suggested courses to satisfy Writing Intensive Requirement (need one):** SW 270W Writing for the Human Service and Health Care Professions; WRT 245W Technical Writing; WRT 270W News Writing