

BS: Health Promotion Studies — Holistic and Integrative Health (120 S.H. required to complete the degree)



Name: _____ Adviser: _____

General Education Requirements (42 S.H.)

COMMUNICATION SKILLS (3 S.H.) 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	
WRITING INTENSIVE (W) 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	
HUMANITIES (15 S.H.) Including 3 of 7 fields: Communications, Fine and Applied Arts (<i>NOTE: Students may only use one studio course to satisfy this requirement</i>), Foreign Language, Humanistic Studies, Literature, Philosophy, and Western History. You must complete courses in at least three areas. NOTE: You must complete the foreign language requirement (Elementary II or higher) before counting Elementary I foreign language courses as Humanities credit.		
Fine and /or Applied Arts	3	
HIS 148 American History: To 1877 or HIS 149 American History: Since 1877	3	
PH 111 Ethical Issues in Healthcare	3	
Elective:	3	
Elective:	3	
SOCIAL AND BEHAVIORAL SCIENCES (12 S.H.)		
PSY 100 Introduction to Psychology	3	
SOC 100 Introduction to Sociology	3	
SW 220 Cultural Diversity	3	
PSY Elective:	3	
NATURAL SCIENCES AND MATHEMATICS (10 S.H.) 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 102 Everyday Chemistry or CHE 110 General Chemistry**	4	
MAT 115 or MAT 120	3	
Math/Science/CS Elective	3	
HEALTH PROMOTION AND EXERCISE SCIENCES (2 S.H.)		
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.

**CHE 111 General Chemistry II must be taken as an elective for CHE 110 to count towards Gen Ed Science.

Major Requirements (57 S.H.)*

PROGRAM MAJOR REQUIREMENTS (42 S.H.)		
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	
HOLISTIC AND INTEGRATIVE HEALTH OPTION (15 S.H.)		
HPX 240 Intro to Principles of Holistic and Integrative Health	3	
HPX 241 Mind/Body Interventions for Health	3	
HPX 242 Cross-Cultural and Traditional Healing Methods	3	
HPX 343 Food, Herbs, Supplements and Other Products	3	
HPX Elective (select from approved list)	3	
FREE ELECTIVES (21 S.H.)		
Elective:		
Elective:		
Elective:		
Elective:		
Elective:		
Elective:		
Elective:		
Elective:		

C or better is required for all major courses.

NOTES

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Four-Year Plan

This is a sample sequence of courses. Other combinations are possible.



Pre-requisites 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 (30 S.H.)	SEMESTER 1 (15 S.H.)			SEMESTER 2 (15 S.H.)		
	Gen Ed: PSY 100 Introduction to Psychology	3		HPX 100 Health Promotion & Maintenance (HPX major)	3	
	Gen Ed: SOC 100 Introduction to Sociology	3		Gen Ed: CHE 102 Everyday Chemistry	4	
	Gen Ed: COM 160, 161, 162 or 163 (choose one)	3		PH 111 Ethical Issues in Healthcare	3	
	HIS 148 or 149	3		HPX 177	2	
Writing Intensive/Humanities elective	3		Free Elective	3		

SECOND YEAR (32 S.H.)	SEMESTER 3 (16 S.H.)			SEMESTER 4 (16 S.H.)		
	HPX 200 Introduction to Community Health & Organizations (<i>fall only</i>)	3		HPX 270 health Education Theory and Application	3	
	BIO 105 Anatomy & Physiology I (<i>fall only</i>)	4		HPX 240 Intro to Principles of Holistic and Integrative Health	3	
	PSY 260 Health Psychology	3		BIO 106 Anatomy & Physiology II (<i>spring only</i>)	4	
	Humanities Elective	3		PSY 218 Principles of Behavior Modification	3	
Free Elective	3		Fine or Applied Art Elective	3		

THIRD YEAR (30 S.H.)	SEMESTER 5 (15 S.H.)			SEMESTER 6 (15 S.H.)		
	HPX 370 Health Promotion Program Design & Implementation	3		HPX 470 Program Planning and Evaluation	3	
	HPX 371 Health Communication Methods & Strategies	3		SW 220 Cultural Diversity	3	
	HPX 241 Mind/Body Interventions for Health	3		MAT 115 or 120	3	
	Free Elective	3		HPX 242 Cross-Cultural and Traditional Healing Methods	3	
	Free Elective	3		Free Elective		
Complete a degree audit and plan for application for graduation						

FOURTH YEAR (28 S.H.)	SEMESTER 7 (15 S.H.)			SEMESTER 8 (13 S.H.)		
	Natural Science or Math Elective	3		HPX 490 Internship	12	
	HPX 343 Food, Herbs, Supplements and other Products	3		HPX 491 Senior Seminar	1	
	Holistic Health Elective	1				
	Free Electives	3				
Free Electives	3					

HPX Holistic and Integrative Health Electives:

HPX 253 Concepts of Disease
 HPX 281 Principles of Wellness
 HPX 352 Mental Health
 HPX 353 Global and Environmental Health
 HPX 344 Energy Healing Therapies
 ANT/SOC 233 Medical Anthropology

COM 245 Meditation, Self-Awareness & Communication
 PHI 265 Philosophy of Happiness
 PHI 241 Buddhist Philosophy
 PHI 245 Philosophy of Death and Dying
 PHI 340 Non-Western Philosophy

This schedule does not reflect any remedial requirements.