

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 218 Principles of Behavior Modification | 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 | 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 | |

Minimum of 120 S.H., minimum of C grade in all major classes, and G.P.A. of 2.5 required for B.S. degree in Health Promotion Studies w/ Holistic and Integrative Health option.

Major Requirements (57 S.H.)

| | | |
|--|----|--|
| PROGRAM MAJOR REQUIREMENTS (42 S.H.) MIN. 2.5 G.P.A. | | |
| 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: | | |

C or better is required for all major courses.

NOTES

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

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 Physiology | 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.