

EXSS Health Promotion Checklist

General Education Requirements

__ENG 1050 Composition I

__ENG 1060 Composition II

__1. Fine Arts (ART 2020, 2050, 2080, 2090; MUS 1020, 1040, 2940, 2980; THE 2500)
__2. Literature (ENG 2010, 2020, 2030, 2050, 2060, 2080, 2090, 2100, 2190, 2200, 2230, 2240, 2410, 2470, 2480)
__3. History (HST 1010, 1020, 1100, 1110, 1140, 1150)
__4. Religion or Philosophy (REL 1080, 1300; PHI 1000, 1010, 2040)

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 (PSPA 1000, 1010)
__4. Psychology (PSY 1010)
__5. Sociology (SOC 1020, 1050, 2090)

Natural Sciences – Choose any 2 of the 4 below

__1. Biology (BIO 1000, 1030, 1060; ENV 2100)
__2. Chemistry (CHM 1300, 1400)
__3. Geology (GLY 1150, 2460)
__4. Physical Science or Physics (PHS 1100, 1560; PHY 1000, 1500, 2000)

PE 1-Hour Activity Requirements

__1. _____
__2. _____

General Education Electives (see back page)

__1. _____(3)
__2. _____(3)

Math Requirement (Choose one):

__MAT 1050, 1070, 1080, 1090, 2150, 2210

__FRS 1000 (1)

Total General Education Hours = 45

EXSS Core Requirements

__HLTH 1060 Safety & First Aid (1)

__HLTH 3770 Drugs and Society (3)

__PED 1340 Swimming (1)

__PED 2060 Nutrition (1)

__PED 2070 Technology in HPER (1)

__PED 3480 Kinesiology (3)

__PED 3490 Anatomy and Physiology (3)

__PED 4030 Facilities Design in HPER (3)

__PED 4150 Organ & Admin of PE/Sport (3)

__REC 3270 Creating Funding (1)

Health Promotion Requirements

__HLTH 2000 Principles of Health/Fitness Promotion (3)

__HLTH 3060 Human Sexuality (3)

__HLTH 3070 Women's Health Issues (3)

__HLTH 3300 Health and Fitness Skills (3)

__HLTH 3650 Epidemiology of Human Diseases (3)

__HLTH 4100 Health/Fitness Behavior Changes (3)

__HLTH 4700 Programming Planning, Administration & Evaluation (3)

__HLTH 4900 Internship/Sr. Thesis* (6)

__PED 4240 Tests & Measurements (3)

[*pre-interview required with Program Coordinator]

Choose a minor/concentration from the following list (18-21 hours):
African American Studies American Indian Studies Exercise and Sport Science Gender Studies Information Technology International Sociology Marketing Medical Sociology Psychology Social Welfare Sociology Spanish Substance Abuse

Free Electives = 4 – 7 hours

(See reverse for elective hours worksheet)

Total Degree Hours = 120