

Curriculum Map – (Health Promotion Area)

NOTE: If you are required to complete any developmental courses, you may not be able to complete the degree in four years. This curriculum map assumes that you have not transferred in any previously completed college level courses.

All students must have 36 hours of general education courses which include:

FYS – First Year Seminar	ENG 100 – Core Writing I
COMS 108 – Fund. Of Speech Communication	ENG 200 – Core Writing II
MATH 131, 135, 152, 174 or 175 - CORE Math	Capstone

One 3 credit hour course from each of the following categories

HUM I	SBS I	NSC I
HUM II	SBS II	NSC II

The approved course list may be accessed through the current MSU Undergraduate Catalog.

FIRST YEAR COURSE SCHEDULE								
✓	Fall Semester	Code	Credits		✓	Spring Semester	Code	Credits
	ENG 100 Core Writing I	G	3			ENG 200 Core Writing II	G	3
	FYS 101 First Year Seminar	G	3			MATH 131, 135, 152, 174 or 175	G	3-4
	NSC 1: Natural Science	G	3			SBS 2: Social and Behavioral Science	G	3
	HPE 160 Foundations of Health, Physical Education and Sport Sciences	P,R	3			NSC 2: Natural Science	G	3
	COMS 108 Oral Communication	G	3			HUM 1: Humanities	G	3
Total Credit Hours			15		Total Credit Hours			15-16

SECOND YEAR COURSE SCHEDULE								
✓	Fall Semester	Code	Credits		✓	Spring Semester	Code	Credits
	Health 151 Wellness: Theory to Action	P,R	3			HLTH 205 Psychological Health	R	3
	PHED 306 Functional Anatomy/ Biomechanics -or- BIOL 234 Principles of Human Anatomy and Physiology I	R,U	3			HLTH 206 Principles of Nutrition -or- NUTR 201 Principles of Nutrition	R	3
	HLTH 230 Community Health	R	3			PHED 205/PHED 205L Lifetime Fitness	R	3
	HUM 2: Humanities	G	3			HLTH 203 Safety and First Aid	R	3
	Elective (1)	E	3			Elective (2)	E	2-3
Total Credit Hours			15		Total Credit Hours			14-15

THIRD YEAR COURSE SCHEDULE								
✓	Fall Semester	Code	Credits		✓	Spring Semester	Code	Credits
	HLTH 310 Health and Wellness Promotion	R,U	3			HLTH 360 Family Health	R, U	3
	HP approved Elective 300 level or higher (1)	R,U	3			HLTH 425 Planning and Managing HP programs	R, U	3
	Elective (3)	E	3			Elective (6)	E	3
	Elective (4)	E	3			Elective (7)	E	3
	Elective (5)	E	3			HP approved Elective 300 level or higher (2)	R,U	3
						HLTH 435 Health Counseling	R,U	3
Total Credit Hours			15		Total Credit Hours			18

FOURTH YEAR COURSE SCHEDULE

✓	Fall Semester	Code	Credits		✓	Spring Semester	Code	Credits
	HLTH 499C Senior Seminar in HP	G, R, U	3			<i>Professional Semester: HLTH 471 Practicum</i>	R, U	12
	HLTH 418 Use and Abuse of Drugs	R, U	3					
	HLTH 414 Principles of Epidemiology	R, U	3					
	Elective (8)	E	3					
	HLTH 408 General School Safety	R,U	3					
Total Credit Hours			15		Total Credit Hours			12

(P) Pre-requisite, (E) Elective, (G) General Education Course

(R) Required Course (U) Upper Division Course 300-400 level (you must have 42 hours)

Program Electives

Program Electives are a list of required program-related courses from which a student chooses a specific number of hours. (e.g. “choose 3 hours from the following list”). Track electives should be listed in the Track section.

Course Prefix (Example: ENG)	Number (Example: 100)	Course Name	Course Hours
HLTH	477	Field Experience in Health	3
HLTH	475	School Health Program	3
HLTH	480	Workshop	3
HLTH	489	Special Problems in Health	3
COMS	350	Communication, Culture and Diversity	3
SOC	441	Issues in Aging	3
SOC	445	Death and Dying	3
PHED	315	Motor Development and Motor Learning	3
PHED	326	Exercise Program Leadership	3
PHED	332	Principles of Strength and Conditioning	3
PHED	432	Physiology of Exercise	3
IMS/NURS	300	Ethical and Legal Issues in Health Care	3
IMS/NURS	303	Women’s Health Care	3
IMS/NURS	304	Men’s Health Issues	3
NURS	475	Human Sexuality	3

Total Program Elective Hours

6