

MAJOR IN HEALTH AND EXERCISE SCIENCE, HEALTH PROMOTION CONCENTRATION

A concentration in Health Promotion provides academic content and experience in promoting positive health behaviors such as physical activity, weight management, stress management, identification of

risk factors associated with chronic disease and exercise prescription. The curriculum focuses on exercise science, behavior change, health promotion program development, business administration, and practical field experiences. This concentration prepares students for careers in a wide variety of allied health fields, such as health/wellness, fitness facilities, sport specific training, clinical rehabilitative settings, corporate health and wellness programs, and non-profit organizations.

Requirements

Effective Spring 2017

Freshman

		AUCC	Credits
CO 150	College Composition (GT-CO2)	1A	3
FSHN 150	Survey of Human Nutrition		3
HES 145	Health and Wellness		3
MATH 118 ¹	College Algebra in Context II (GT-MA1)	1B	1
MATH 124 ¹	Logarithmic and Exponential Functions (GT-MA1)	1B	1
MATH 125 ¹	Numerical Trigonometry (GT-MA1)	1B	1
PSY 100	General Psychology (GT-SS3)	3C	3
Biology - Select one group from the following:			4
Group A:			
LIFE 102	Attributes of Living Systems (GT-SC1)	3A	
Group B:			
BZ 110	Principles of Animal Biology (GT-SC2)	3A	
BZ 111	Animal Biology Laboratory (GT-SC1)	3A	
Chemistry - Select one group from the following: ²			5
Group A			
CHEM 107	Fundamentals of Chemistry (GT-SC2)	3A	
CHEM 108	Fundamentals of Chemistry Laboratory (GT-SC1)	3A	
Group B			
CHEM 111	General Chemistry I (GT-SC2)	3A	
CHEM 112	General Chemistry Lab I (GT-SC1)	3A	
Arts and Humanities			6
Total Credits			30

Sophomore

BMS 300	Principles of Human Physiology		4
ECON 202	Principles of Microeconomics (GT-SS1)	3C	3
HES 207	Anatomical Kinesiology		3
HES 303 ³	Biomechanics and Neurophysiology		3
SPCM 200	Public Speaking		3
Statistics - Choose one course from the following:			3
STAT 201	General Statistics		
STAT 301	Introduction to Statistical Methods		
STAT 307	Introduction to Biostatistics		
Global and Cultural Awareness			3E
Historical Perspectives			3D
Electives			6
Total Credits			31

Junior

CO 301B	Writing in the Disciplines: Sciences (GT-C03)	2	3
HES 232	Techniques of Teaching Group Exercise		1
HES 340	Exercise Prescription		3
HES 354	Theory of Health Behavior		3
HES 355	Integration of Health Behaviors		3
HES 386 ⁴	Practicum—Adult Fitness		2
HES 403	Physiology of Exercise	4B	4
MKT 305	Fundamentals of Marketing		3
MKT 320	Integrated Marketing Communications		3
Guided Electives: Select two of the following courses (minimum of 6 credits)			6
ACT 205	Fundamentals of Accounting		
BMS 420	Cardiopulmonary Physiology		
BMS 450	Pharmacology		
CHEM 320	Chemistry of Addictions		
ECON 325	Health Economics		
HES 379	Psychology and Sport		
HES 420	Electrocardiography and Exercise Management		
PSY 252	Mind, Brain, and Behavior		
PSY 315	Social Psychology		
Total Credits			31

Senior

HES 345	Population Health and Disease Prevention		3
HES 434	Physical Activity Throughout the Lifespan		3
HES 455	Health Promotion Programming	4A,4C	3
HES 486	Practicum—Wellness Program Management		3
HES 487	Internship		12
Electives ⁵			4
Total Credits			28
Program Total Credits:			120

Cardiac Care Internship Requirements

Students enrolling in internships in cardiac care must take HES 420 prior to the internship. Students may use elective credits in the sophomore, junior, or senior year to do so. A minimum grade of B (3.00) is required in HES 420 prior to internship placement.

Code	Title	Credits
HES 420	Electrocardiography and Exercise Management	3
It is recommended, but not required, that students enrolling in cardiac care internships take the following courses using elective credit.		
BMS 420	Cardiopulmonary Physiology	3
BMS 450	Pharmacology	3

¹ MATH 155 or MATH 160 can be substituted for MATH 118, MATH 124 and MATH 125.

² CHEM 111/CHEM 112 can be substituted for CHEM 107/ CHEM 108, and should be seriously considered by students who want to go on to graduate studies.

³ Students may substitute HES 307 and HES 319 for HES 303.

⁴ The minimum GPA for students in the Health Promotion concentration must be at least 2.750 with no grade below a C in the following courses BMS 300, FSHN 150, HES 207, and HES 145 before department approval will be given to register for HES 386.

⁵ Select enough elective credits to bring the program to a minimum of 120 credits, of which at least 42 must be upper-division (300- to 400-level).

Major Completion Map

Freshman

Semester 1		Critical	Recommended	AUCC	Credits
CO 150	College Composition (GT-CO2)		X	1A	3
HES 145	Health and Wellness		X		3
MATH 118	College Algebra in Context II (GT-MA1)		X	1B	1
MATH 124	Logarithmic and Exponential Functions (GT-MA1)		X	1B	1
Biology - Select one group from the following:			X		4
Group A					
LIFE 102	Attributes of Living Systems (GT-SC1)			3A	
Group B					
BZ 110	Principles of Animal Biology (GT-SC2)			3A	
BZ 111	Animal Biology Laboratory (GT-SC1)			3A	
Arts and Humanities				3B	3
Total Credits					15

Semester 2		Critical	Recommended	AUCC	Credits	
FSHN 150	Survey of Human Nutrition		X		3	
MATH 125	Numerical Trigonometry (GT-MA1)	X		1B	1	
PSY 100	General Psychology (GT-SS3)		X	3C	3	
Chemistry - Select one group from the following:			X		5	
Group A						
CHEM 107	Fundamentals of Chemistry (GT-SC2)		X	3A		
CHEM 108	Fundamentals of Chemistry Laboratory (GT-SC1)		X	3A		
Group B						
CHEM 111	General Chemistry I (GT-SC2)		X	3A		
CHEM 112	General Chemistry Lab I (GT-SC1)		X	3A		
Arts and Humanities				X	3B	3
AUCC 1B (MATH) and CO 150 must be completed by the end of Semester 2.		X				
Total Credits					15	

Sophomore

Semester 3		Critical	Recommended	AUCC	Credits
HES 207	Anatomical Kinesiology		X		3
SPCM 200	Public Speaking		X		3
Statistics - select one of the following courses:			X		3
STAT 201	General Statistics				
STAT 301	Introduction to Statistical Methods				
STAT 307	Introduction to Biostatistics				
Global and Cultural Awareness			X	3E	3
Historical Perspectives			X	3D	3
CHEM 107/CHEM 108 or CHEM 111/CHEM 112 and LIFE 102 or BZ 110/ BZ 111 must be completed by the end of Semester 3.		X			
Total Credits					15

Semester 4		Critical	Recommended	AUCC	Credits
BMS 300	Principles of Human Physiology	X			4
ECON 202	Principles of Microeconomics (GT-SS1)			3C	3
HES 303	Biomechanics and Neurophysiology		X		3
Electives					6
HES 145, FSHN 150, HES 207 and BMS 300 (Cumulative GPA of 2.75 with a grade no lower than a C in these 4 courses) must be completed by the end of semester 4.		X			
Total Credits					16

Junior					
Semester 5		Critical	Recommended	AUCC	Credits
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)		X	2	3
HES 232	Techniques of Teaching Group Exercise	X			1
HES 340	Exercise Prescription	X			3
HES 354	Theory of Health Behavior		X		3
MKT 305	Fundamentals of Marketing		X		3
Health Promotion Guided Electives (See course list below)			X		3
Total Credits					16
Semester 6		Critical	Recommended	AUCC	Credits
HES 355	Integration of Health Behaviors	X			3
HES 386	Practicum–Adult Fitness				2
HES 403	Physiology of Exercise	X		4B	4
MKT 320	Integrated Marketing Communications		X		3
Health Promotion Guided Elective (see course list below)			X		3
Total Credits					15
Senior					
Semester 7		Critical	Recommended	AUCC	Credits
HES 345	Population Health and Disease Prevention	X			3
HES 434	Physical Activity Throughout the Lifespan	X			3
HES 455	Health Promotion Programming	X		4A,4C	3
HES 486	Practicum–Wellness Program Management	X			3
Electives		X			4
The benchmark courses for the 7th semester are the remaining courses in the entire program of study (except for HES 487).		X			
Total Credits					16
Semester 8		Critical	Recommended	AUCC	Credits
HES 487	Internship	X			12
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.		X			
Total Credits					12
Program Total Credits:					120

Code	Title	Credits
Health Promotion - Guided Electives		
Select a minimum of 6 credits		
ACT 205	Fundamentals of Accounting	3
BMS 420	Cardiopulmonary Physiology	3
BMS 450	Pharmacology	3
CHEM 320	Chemistry of Addictions	3
ECON 325	Health Economics	3
HES 379	Psychology and Sport	3
HES 420	Electrocardiography and Exercise Management	3
PSY 252	Mind, Brain, and Behavior	3
PSY 315	Social Psychology	3