

## 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      |

