HEALTH STUDIES CURRICULUM SHEET 2015-16

A 2.5 GPA is needed to transfer from University College to Health Studies. Majors must earn a C or better in HLT 200 and HLT 450.

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**Student Name:** ______________________________________________ ID # __________________________

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**General Education Requirements (40 credits):**

<table>
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<tr>
<th>Course</th>
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<tr>
<td><strong>English Communications (6 cr)</strong></td>
<td>WRT 104 or 106</td>
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<tr>
<td><strong>Natural Sciences (6 cr)</strong></td>
<td>BIO 105, BIO 101/103</td>
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<tr>
<td><strong>Social Sciences (6 cr)</strong></td>
<td>PSY 113</td>
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<tr>
<td><strong>Fine Arts/Literature (6 cr)</strong></td>
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<tr>
<td><strong>Foreign Lang./Cultural (6 cr)</strong></td>
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<tr>
<td><strong>Letters (6 cr)</strong></td>
<td>PHL 101, 103, 212</td>
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<tr>
<td><strong>Mathematics (3 cr)</strong></td>
<td>MTH 107,108,131 or 141</td>
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<tr>
<td><strong>URI 101 (1 cr)</strong></td>
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Unless specified above, students may select any General Education Classes. Below is a list of approved General Education Classes that are related to various aspects of health studies. Students may choose these courses, but they are not required.

- Social Science: APG 203, APG 301, HSS 130, MAF 100, NUR 150, PSC 113, PSC 116, PSY 103, PSY 232, PSY 235, PSY 254, PSY 255, SOC 100, SOC 212, SOC 240, WMS 150
- Fine Arts / Literature: ENG 355, ENG 357
- Letters: HIS 116, HIS 117, PHL 212, GWS 220

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**Health Studies Curriculum Requirements (28 credits):**

<table>
<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td><strong>KIN 123 (3 cr)</strong> Foundations of Health</td>
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<tr>
<td><strong>KIN 122 (4 cr)</strong> Anatomy and Physiology</td>
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<tr>
<td><strong>HLT 200 (4 cr)</strong> Intro to Health Studies*</td>
<td>(Pre: Soph standing)</td>
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<tr>
<td><strong>PHL 314 (3 cr)</strong> Ethical Problems in Society and Medicine</td>
<td>(Pre: PHL 101 or 103 or 1 200-level PHL course)</td>
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<td><strong>PHP 405 (4 cr)</strong> Epidemiology in Health Care</td>
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<tr>
<td><strong>HLT 450 (4 cr)</strong> Advanced Health Studies*</td>
<td>(Pre: HLT200, statistics course. C or higher in HLT 200)</td>
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<tr>
<td><strong>STA 307 (3 cr)</strong> Biostatistics</td>
<td>(Pre: MTH 107, 108, 131, or 141)</td>
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<td><strong>OR</strong></td>
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<tr>
<td><strong>PSY 200 (3 cr)</strong> Quantitative Methods in Psychology</td>
<td>(Pre: Psy 113, soph standing and 1 college math)</td>
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Select One Communications Course (3 cr)

- COM 202 Public Speaking
- COM 208 Argumentation and Debate
- COM 210 Persuasion: The Rhetoric of Influence
- COM 251 Small Group Communication

*Students must earn a C or higher in HLT 200 and HLT 450. Students may take the class two times if needed.

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**See next page for specializations.**
Specializations. Students must select a minimum of 18-24 credits (6 courses) from one of the following specialization areas. At least 4 courses must be at the 300 or 400 level. Courses selected must be from at least three different disciplines/departments.

1. Global and Environmental Health
- APG 319 (3 cr) Cultural Behavior and Environment
- BIO/ENT 286 (3 cr) Humans, Insects and Disease
- BPS 201 (3 cr) How Drugs Work
- COM/SUS 315 (3 cr) Environmental Dimensions of Communication (junior standing in a degree granting college)
- HPR 309 (3 cr) The Global Challenge of Emerging Infectious Disease in Developing Nations
- NRS 100 (3 cr) Natural Resource Conservation
- NRS/CPL 300 (3 cr) Intro to Global Issues in Sustainable Devel.
- NRS 411 (3 cr) Population and Environmental Change
- NUR/PHP 114 (3 cr) Responsible Health Care
- NUR 160 (3 cr) Exploring Global Health
- PHL 454 (3 cr) Philosophy of Natural Science (Pre: PHL 101 or 103 or permission)
- GCH 104 (4 cr) Health and Disease: On the Brink of Disaster
- PHP/NUR 143 (4 cr) Sustainable Solutions for Global Health Problems
- PSC 113 (4 cr) Introduction to American Politics
- PSC 402 (4 cr) Environmental Policy and Politics (Pre: PSC 133 and jr./sr. standing)
- PSC 403 (4 cr) Global Eco-politics (Pre: PSC 210 and 121 or 402)
- WMS 325 (3 cr) International Women’s Issues (Pre: WMS 150 or permission)

2. Health Promotion
   Highly Recommended:
- PSY 255 (3) Health Psychology
- PSY 479 (3) Topics: Health Promotion
- HDF 357 (3) Family and Community Health (Pre: junior standing)
- NFS 207 (3) General Nutrition

- BPS 201 (3 cr) How Drugs Work
- HDF 201 (3 cr) Life Span Development II
- HDF 310 (3 cr) Adolescent Growth and Development (Pre: HDF 201 or permission)
- HDF 312 (3 cr) Adult Development (Pre: HDF 201 or permission)
- HDF 314 (3 cr) Introduction to Gerontology (Pre: completion of 24 or more credits)
- HDF 450 (3 cr) Introduction to Counseling (Pre: senior standing in HDF or permission of instructor)
- KIN 275 (3 cr) Introduction to Exercise Science (Pre: KIN 275)
- KIN 325 (3 cr) Exercise Testing and Prescription (Pre: KIN 275)
- KIN 401 (3 cr) Current issues in Health Education (Pre: acceptance into PHETE program or permission)
- KIN 425 (3 cr) Fitness and Wellness Program Development (Pre: KIN 275)
- NFS 276 (3 cr) Food, Nutrition and People (Pre: NFS 207)
- NFS 360 (3 cr) Nutrition in Exercise and Sport (Pre: NFS 207, KIN 275 and/or BIO 242)
- NFS 394 (3 cr) Nutrition in the Lifecycle I (Pre: NFS 276)
- NFS 395 (3 cr) Nutrition in the Lifecycle II (Pre: NFS 276 and 394)
- PSY 381 (3 cr) Physiological Psychology (Pre: junior standing)
- PSY 460 (3 cr) The Substance Troubled Person (Pre: PSY 113 or permission)
- PSY 479 (3 cr) Topics: Human Behavior Change (Pre: PSY 113 or permission)
- PSY 479 (3 cr) Topics: Stress Management (Pre: PSY 113 or permission)
- GWS 350 (3 cr) Women and Health
- GWS 351 (3 cr) Women and Mental Health

See next page for Health Services specialization
3. Health Services
High Recommended

HSA 360  (3 cr) Health Services Administration     (Pre: Junior Standing)
ECN 360  (3 cr) Health Economics       (Pre: ECN 201)
WRT 306 (3 cr) Writing Health and Disability     

BPS 201 (3 cr) How Drugs Work     
BUS 341 (3 cr) Organizational Behavior     (Pre: junior standing in a degree granting college)
BUS 342 (3 cr) Human Resources Management     (Pre: junior standing in a degree granting college)
COM 351 (3 cr) Organizational Communication Skills     (Pre: jr. standing in a degree granting college or permission)
COM 361 (3 cr) Intercultural Communication     (Pre: jr. standing in a degree granting college or permission)
COM 402 (3 cr) Leadership and Motivation     (Pre: BUS 202 or 210 or COM 251, jr standing)
COM 450 (3 cr) Organizational Communication Theory     (Pre: COM 251 and jr standing in a degree granting college
COM 461 (3 cr) Managing Cultural Differences in Organizations     (Pre: COM 361 and jr standing in a degree granting college
ECN 201 (3 cr) Principles of Economics: Microeconomics     
PSY 255 (3 cr) Health Psychology     
SOC 224 (3 cr) Health, Illness and Medical Care     

Free Electives: 25-31 credits
Students may choose to use free electives for further study in the area of health. Completing an internship through the office of Internships and Experiential Learning is highly recommended. At least 13 credits must be at the 300 or 400 level.

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Free Elective credits can also be used for a minor or certificate or to take more courses in a specific area of interest

Minors
• Gerontology
• Hunger Studies
• Leadership
• International Development
• International Relations Minor
• Asian Studies
• Sustainability
• 18 credits in an approved minor field of study

Certificates
• Substance Abuse Counseling

Advisor Signature: __________________________________________________________