



Core Health Studies Requirements			
Course	Cr.	✓	
Take all of the following			
URI 101	1		
KIN 122 Anat & Physio	4		
KIN 123 Health* (A2, B4)	3		
PSY 113 Psychology* (A2)	3		
COM 100 Communication Fund.* (B2)	3		
Select 1 of the following (A3)			
MTH 107 Finite Math*	3		
MTH 108 Math Topics*	3		
MTH 131 Appl Calc*	3		
MTH 141 Calc*	4		
Select 1 of the following			
PHL 101 Critical Think (A3)	3		
PHL 103 Intro. Phil (A3)	3		
PHL 212 Ethics (A3, C3)	3		
Select 1 of the following			
COM 202 Public Speak	3		
COM 208 Debate	3		
COM 210 Persuasion	3		
COM 251 Group Comm	3		
<b>Total Credits</b>			

\*Maybe used as a general education course. Mark GE if used as a gen ed (credits cannot count twice).

**Free Electives**

Use free elective as needed to total 120 credits. Free electives may be used for further study in the area of health. Completing an internship through the office of Internships and Experiential Learning is highly recommended. At least 12 credits must be at the 300 or 400 level.

Course	Cr.	Course	Cr.
<b>Total Credits</b>			

Note: Free Electives may be used for a minor or certificate or to take additional courses in a specific area of interest. Partial list of Minors: Business, Gerontology; Hunger Studies; Leadership; International Development; International Relations; Sustainability; or 18 credits in an approved minor field of study. Certificates: Substance Abuse Counseling.

<b>Specializations</b>							
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 4 different disciplines/departments.							
<b>Global and Environmental Health</b>							
Course	Cr.	✓	Prerequisites	Course	Cr.	✓	Prerequisites
APG 319 Cultural Behavior & Environ.	3			NUR 160 Global Health	3		
BIO/ENT 286 Insects & Disease	3			NRS 100 Resource Conservation*	3		
COM/SUS 315 Environ Communication	3		Jr. Standing	NRS 300 Introduction to Global Issues In Sustainable Development	3		
GWS 325 International Women's Issues	3		GWS 150	PSC 113 Intro American Politics	3		
HPR 412 Emerging Infectious Diseases	3			PSC 402 Environment Policy	4		PSC 113. Jr. Standing
HLT 312 Intersecting Social Identities and Health	3		HLT 200	PSC 403 Global Eco-politics	4		PSC 210, or 402
HLT/COM 320 Health Communications	3		HLT 200	PHP 201 Intro U.S. Hlth Care System	4		
				PHL 454 Philos. of Natural Sci	3		Jr. Standing
<b>Health Promotion (HR-Highly Recommended)</b>							
PSY 255 Health Psychology (HR)	3			HLT 312 Intersecting Social Identities	3		HLT 200
PSY 479 Topics: Health Promote (HR)	3			HLT/COM 320 Health Communication	3		HTL 200
HDF 357 Fam & Commun Health (HR)	3		Jr. Standing	KIN 401 Current Issues Hlt Ed	3		
NFS 207 General Nutrition (HR)*	3			NFS 276G Food, Nutrition, People	3		NFS 207
BPS 201 How Drugs Work	3			NFS 360 Nutrition in Exercise	3		NFS 207
HDF 200 Life Span Development	3			NFS 394 Nutrition Lifecycle I	3		NFS 276G
HDF 201 Life Span Development 11	3			NFS 395 Nutrition Lifecycle II	3		NFS 276G and 394
HDF 310/311 Adolescent Development	4			PSY 381 Physiological Psych	3		Jr. Standing
HDF 314 Intro to Gerontology	4		Complete 24 Credits	PSY 460 Substance Troubled	3		PSY 113
HDF 450 Intro to Counseling	3		Permission of Instr.	PSY 479 Topics <i>Advisor Permission</i>	3		Permission of Instr.
HDF 440 Environmental Context of Aging	3			GWS 350 Women & Health	3		
HDF 312 Adult Development	3			GWS 350 Women & Mental Hlth	3		
KIN 325 Exercise Testing & Presc.	3		KIN 275 and KIN 300	GWS 350 Women in Aging	3		
KIN 275 Intro to Exercise Science	3			PHP 201 Intro U.S. Hlth Care System	3		
KIN 425 Fitness Wellness Prog. Dev.	3		KIN 275				
<b>Health Services</b>							
HSA 360 Health Services Admin. (HR)	3		Jr. Standing	COM 361 Intercultural Communication	3		Jr. Standing
ECN 360 Health Economics (HR)	3		ECN 201	COM 402 Leadership and Motiv.	3		BUS 202, 201, or COM 251
PHP 201 Intro U.S. Hlth Care System (HR)	3			COM 450 Org. Commun. Theory	3		COM 251, Jr. Standing
BPS 201 How Drugs Work	3			COM 461 Manage Cult. Differ.	3		COM 361, Jr. Standing
MKT(BUS) 341 Organizational Behav.	3		Jr. Standing	ECN 201 Microeconomics	3		
MKT(BUS) 342 HR Management	3		Jr. Standing	PSY 255 Health Psychology	3		
HLT 312 Intersecting Social Identities and HLT	3		HLT 200	PSC/HDF 405 Policy Issues in Hlth	3		
HLT/COM 320 Health Communication	3		HLT 200	SOC 224 Health, Illness, and Medical Care	3		
COM 351 Organizational Comm	3		Jr. Standing	WRT 306 Writing Hlth & Disability (HR)	3		