

## HEALTH STUDIES CURRICULUM SHEET

Student Name: \_\_\_\_\_

### General Education Requirements (40 credits):

		Course		Course	
English Communications	(6 cr)	WRT 104,105, or 106	_____	COM 100	_____
Natural Sciences	(6 cr)	BIO 106	_____	CHM 100 or 103	_____
Social Sciences	(6 cr)	PSY 113	_____		_____
Fine Arts/Literature	(6 cr)		_____		_____
Foreign Lang./Cultural Letters	(6 cr)	PHL 101	_____		_____
Mathematics	(3 cr)	MTH 107,108,131 or 141	_____		_____
URI 101	(1 cr)		_____		_____

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, WMS 220

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

KIN 123	(3 cr) Foundations of Health				
KIN 122	(4 cr) Anatomy and Physiology				
HLT 200	(4 cr) Intro to Interdisciplinary Health Studies				(Pre: Soph standing)
PHL 314	(3 cr) Ethical Problems in Society and Medicine				(Pre: PHL 101 or 103 or 1 200-level PHL course)
PHP 405	(4 cr) Epidemiology in Health Care				
HLT 450	(4 cr) Advanced Interdisciplinary Health Studies				
STA 307	(3 cr) Biostatistics				(Pre: MTH 107, 108, 131, or 141)
	OR				
PSY 300	(3 cr) Quantitative Methods in Psychology				(pre: Psy 113, soph standing and 1 college math)

Select One Communications Course (3 cr) \_\_\_\_\_ (Pre: COM 100 or 110)

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

**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				
BPS 202	(3 cr) Maintaining Health in Age of Chemicals				
COM/SUS 315	(3 cr) Environmental Dimensions of Communication				(junior standing in a degree granting college)
HPR 319	(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 Hlt 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 Womens' Issues	_____ (Pre: WMS 150 or permission)

## 2. Health Promotion

BPS 201	(3 cr) How Drugs Work	_____
BPS 202	(3 cr) Maintaining Health in Age of Chemicals	_____
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 357	(3 cr) Family and Community Health	_____ (Pre: junior standing)
HDF 450	(3 cr) Introduction to Counseling	_____ (Pre: senior standing in HDF or permission of instructor)
KIN 275	(3 cr) Introduction to Exercise Science	_____
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 207	(3 cr) Nutrition	_____
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 255	(3 cr) Health Psychology	_____
PSY 381	(3 cr) Physiological Psychology	_____ (Pre: junior standing)
PSY 460	(3 cr) The Substance Troubled Person	_____
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)
WMS 350	(3 cr) Women and Health	_____
WMS 351	(3 cr) Women and Mental Health	_____

## 3. Health Services

BPS 201	(3 cr) How Drugs Work	_____
BPS 202	(3 cr) Maintaining Health in Age of Chemicals	_____
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	_____
ECN 360	(3 cr) Health Economics	_____ (Pre: ECN 201)
HSA 360	(3 cr) Health Services Administration	_____
PSY 255	(3 cr) Health Psychology	_____
SOC 224	(3 cr) Health, Illness and Medical Care	_____
WRT 306	(3 cr) Writing Health and Disability	_____

**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.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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

Areas of Interest

- Worksite Health Promotion : Recommended Free Electives include: PSY 479, KIN 325, KIN 425, NFS 360, NFS 394, NFS 395, PSY 275, PSY 460, BUS 342, BUS 365, BUS 340, BUS 341, COM 351, HAS 360, HDF 416, other courses listed in #2 above not taken as a specialization requirement.
- Population/Agency Health Promotion: Recommended Free Electives include: HDF 314, SOC 214, WRT 303, WRT 304, HAS 360, PSY 460, COM 210, COM 271, COM 307, COM 340, COM 351, COM 372
- Communications / Media/ Activism: Recommended Free Electives include: COM 202, COM 208, COM 210, COM 251, FLM, 110, FLM 351, LIN 220, WRT 201, WRT 235, WRT 303, WRT 304, WRT 306, HIS 346, HIS 351, PHL 325, PHL 342
- Philosophical and Historical Perspectives: Recommended Free Electives include: COM 202, COM 208, COM 210, PHL 212, PHL 314