



PROGRAM: Health Promotion (BS.HLP)

This plan is an example of how you can earn your degree in four years.
You may work with your advisor to customize the plan to fit your circumstances.

Health Promotion students are encouraged to consider School Health and/or Community Health Concentrations

2020-21

FALL		SPRING		J.TERM & SUMMER	
	cr.		cr.		cr.
FYS PED 1015 Intro HE & PA	3	INT 1053 Soundings II	.5		
ENG 1061 Eng Comp	3	ENG 1070 Effective Speaking	3		
INT 1051 Soundings I	1	HED 2010 Current Health Issues	3		
AE Gen Ed	3	AE Gen Ed *	3		
WV Gen Ed	3	WV Gen Ed *	3		
Elective	3				
		Quantitative Reasoning Exam			

NOTES: *AE or WV as a WI

Total credits after Year One (THINK 30): 31.5

2021-22

FALL		SPRING		J.TERM & SUMMER	
	cr.		cr.		cr.
BUS 1270 Prin Comp Apps (CI)	3	HED 2330 Drug & Alc Curr	2		
HED 2310 Health Methods	3	AHS 2150 Designs for Fitness (SM Gen Ed)	3		
Elective	3	ENG 2260 Touchstones WI	3		
BIO 2011 A&P I (SM Gen Ed)	4	BIO 2012 A&P II (SM Gen Ed)	4		
Elective	3	PED 2160 Emerg Care & Safety	3		
Information Literacy Exam					

NOTES:

Total credits after Year Two (THINK 60): 62.5

*Menu of Gen Ed courses

- | | |
|--------------------------------------------|------------------------------------------|
| -ENG 1070 Effective Speaking Understanding | -10 cr. Scientific & Mathematical |
| -2 WI courses | -6 cr. Aesthetic Understanding |
| -1 CI course | -6 cr. Social & Behavioral Understanding |
| -1 SI course | -6 cr. World Views |

2022-23

FALL	cr.	SPRING	cr.	J.TERM & SUMMER	cr.
INT 3054 Jr. Soundings	.5	Elective	3		
PED 2370 Com Health	3	HED 2350 Sexual Health Curr	2		
SWK 2020 Family Violence (SB Gen Ed)	3	Elective (SI)	3		
MAT 2021 Statistics	3	PSY 2265 Child & Adol Dev (SB Gen Ed)	3		
Elective	3	Elective	3		
Elective	3				
		<i>submit Application for Degree</i>			

NOTES:

Total credits after Year Three (THINK 90): 92

2023-24

FALL	cr.	SPRING	cr.	J.TERM & SUMMER	cr.
PED 3125 Psych Soc Health, PA, Sport	3	PED 4020 App Nut & Wt Control	3		
Elective	3	Elective	3		
Elective	3	Elective	3		
Elective	3	Elective	3		
Elective	3	Elective	1		

NOTES: *Need at least 120 cr. to graduate*

Total credits after Year Four (THINK 120): 120

We strongly encourage you to:

- **Get involved on campus:** Join (or start) a club. Serve as an SOS. Apply to be a CA. Be a tutor. Play intramurals. Participate in SGA, a singing group, WIUV, the Spartan newspaper, a theater production, Green Campus Initiative, the Athletic Band, etc.
- **Expand your academic program:** Complete a minor. Earn the Certificate in Civic Engagement or the Certificate in Global Studies. Take a foreign language. Study abroad. Visit the Academic Support Center. Meet with your academic advisor every semester.

- **Explore career options:** Visit Career Services early and often. Get an internship. Attend the Career & Grad School Fair. Go to the Part-Time Job Fair. Do research with a professor. Join your field's professional organization. Investigate graduate school options.
- **Serve the community:** Take a Civic Engagement course. Join the Mentoring Program. Participate in Alternative Spring Break. Volunteer off-campus for a community organization (e.g. Habitat for Humanity, Meals on Wheels, the Boys & Girls Club, etc.).