

EXERCISE, SPORT, AND HEALTH EDUCATION
Health Education and Health Promotion Concentration (120 Semester Hours)

GENERAL EDUCATION

Required Courses (50 Semester Hours)

Area 1: Communication (9 hrs)

ENGL 101 _____ 3
 ENGL 102 _____ 3
 COMM 114 _____ 3

Area 2: Fine Arts (3 hrs)

_____ _____ 3

Area 3: Health and Wellness (3 hrs)

HLTH 200 _____ 3

Area 4: Humanities (6 hrs)

ENGL _____ _____ 3
 PHIL _____ _____ 3
 or RELN

Area 5: International and Intercultural Studies (3 hrs)

_____ _____ _____ 3

Area 6: Mathematical Sciences (6 hrs)

STAT 200 _____ 3
 ITEC 100/120 _____ 3

Area 7: Physical and Natural Sciences (8 hrs)

BIOL 105 _____ 4
 _____ _____ _____ 4

Area 8: Social and Behavioral Sciences (12 hrs)

HIST _____ _____ 3
 PSYC 121 _____ 3
 SOCY 110 _____ 3
 _____ _____ _____ 3

The additional course must come from one other discipline: ANTH, APST, ECON, GEOG, POSC

HEALTH EDUCATION AND HEALTH PROMOTION

Required Courses (70 Semester Hours)

ESHE FOUNDATIONS (7 Hrs.)

ESHE 395 _____ (3)	Motor Behavior Foundations	FS
HLTH 320 _____ (3)	Wellness and Safety Foundations	FS/SU
ESHE 462 _____ (1)	Senior Capstone Experience	FS

Pre-requisites

PSYC 121
 HLTH 200

HEALTH EDUCATION AND PROMOTION CONCENTRATION (52 Hrs.)

BIOL 322 _____ (6)	Human Anatomy and Physiology	FS	BIOL 105
ESHE 315 _____ (3)	Physical Activity and Aging	FS	BIOL 105/ 56 HRS.
ESHE 360 _____ (3)	Marketing and Promotion of ESHE	F	
ESHE 391 _____ (4)	Exercise Science Foundations	FS/SU	BIOL105 & HLTH 200
HLTH 245 _____ (3)	Foundations of Health	F	
HLTH 250 _____ (3)	Consumer Health	F	HLTH 200
HLTH 300 _____ (3)	Community Health and Epidemiology	S	HLTH 245 & STAT 200
HLTH 325 _____ (3)	Diversity of Health in the United States	S	HLTH 245 & HLTH 300
HLTH 451 _____ (3)	Drug Use and Drug Abuse Education	FS/SU	
HLTH 453 _____ (3)	Human Sexuality	S	
HLTH 460 _____ (3)	International Health	S	
HLTH 465 _____ (3)	Exercise, Performance & Nutrition	FS/SU	BIOL 322 OR 311, HLTH 200
HLTH 475 _____ (3)	Strategies for Health Behavior Change	F	HLTH 245 & HLTH 300
HLTH 480 _____ (3)	Helping Skills for Health Educators	S	HLTH 475
HLTH 485 _____ (3)	Health Program Planning and Evaluation	F	HLTH 245, 300 & ESHE 360

PROFESSIONAL FIELDWORK (7 Hrs.)

ESHE 363 _____ (1)	Seminar for Professional Fieldwork	FS
ESHE 463 _____ (6)	Fieldwork in ESHE	FS/SU

ELECTIVES (7 hours)

The following electives are recommended*:

SOCY 341, SOCY 422, PSYC 317, PSYC 318, PSYC 429, SOWK 421, SOWK 425

*other electives should be approved by your advisor before you register for them.

* See General Education requirements; 3 hours from ANTH, APST, ECON, GEOG, POSC.

Revised May 2008

**HEALTH EDUCATION AND HEALTH PROMOTION (HEHP)
FOUR-YEAR PLAN
120 HOURS**

FALL SEMESTER			SPRING SEMESTER		
Freshman Year (32 Hours)					
ENGL 101	(area 1)	3	ENGL 102	(area 1)	3
FINE ART	(area 2)	3	STAT 200	(area 6)	3
PHIL or RELN	(area 4)	3	SCIENCE	(area 7)	4
BIOL 105	(area 7)	4	HLTH 200 Wellness Lifestyles	(area 3)	3
PSYC 121	(area 8)	3	HIST	(area 8)	3
		Total 16			Total 16
Sophomore Year (31 hours)					
BIOL 322		6	HLTH 300 Community Health and Epidemiology		3
COMM 114	(area 1)	3	HLTH 320 Wellness and Safety Foundations		3
HLTH 245 Foundations of HEHP		3	MATH/ITEC	(area 6)	3
HLTH 250 Consumer Health		3	INT/INC STUDIES	(area 5)	3
			SOCIAL SCIENCE	(area 8)*	3
		Total 15			Total 15
Junior Year (31 Hours)					
ESHE 315 Physical Activity and Aging		3	ESHE 395 Foundations of Motor Behavior		3
ESHE 360 Marketing Promotion ESHE		3	HLTH 325 Diversity of Health in the United States		3
ESHE 391 Exercise Science Foundations		4	HLTH 460 International Health		3
SOCY 110	(area 8)	3	HLTH 453 Human Sexuality		3
HLTH 465 Nutrition		3	ENGL	(area 4)	3
		Total 16			Total 15
Senior Year (26 Hours)					
HLTH 451 Drug Use and Abuse		3	ESHE 463 Fieldwork in ESHE		6-12
HLTH 475 Strategies for Health Behavior Change		3	HLTH 480 Helping Strategies for Health Educators		3
HLTH 485 Health Program Planning and Evaluation		3	Elective		3
Elective		4			
ESHE 363 Seminar Fieldwork		1			
ESHE 462 Senior Capstone Experience		1			
		Total 15			Total 12