

NAME \_\_\_\_\_ ID# \_\_\_\_\_

**CORE CURRICULUM – 43-44 Semester Hours (SH)**

**UNIVERSITY CORE**

**A. Core Foundations (12SH)**

CORE 101	_____	3
CORE 102	_____	3
CORE 103*	_____	3
CORE 201	_____	3
CORE 202	_____	3

**B. Core Skills & Knowledge (16SH)**

Courses must be from different disciplines:

**MATHEMATICAL SCIENCES (3SH)**  
 MATH 137 \_\_\_\_\_ 3\*\*

**NATURAL SCIENCES (4 SH)**  
 BIOL 105 \_\_\_\_\_ 4\*\*

**HUMANITITES (3 SH)**  
 \_\_\_\_\_ \_\_\_\_\_ 3

One of the following: ENGL 201, 202, 203 HIST 101, 102 PHIL 111, 112, 114 RELN 111, 112, 200, 202, 206

**SOCIAL/BEHAV. SCIENCES (3 SH)**  
 PSYC 121 \_\_\_\_\_ 3\*\*

**VISUAL & PERFORMING ARTS (3 SH)**  
 \_\_\_\_\_ \_\_\_\_\_ 3

One of the following: ART 111, 215, 216 CVPA 266 DNCE 111 MUSC 100, 121, 123 THEA 100, 180

NOTE: Courses listed in multiple areas can only be used to fulfill a single area requirement.

Students can use only one course with their major prefix to fulfill core requirements.

\* Honors course – will replace CORE 101 & 102 for those students in the RU honors program

\*\*Program requirements met through Core Curriculum

**COLLEGE CORE**

**A. National & International Perspectives (6SH)**

Courses must be from different disciplines:

**U. S. PERSPECTIVES (3 SH)**  
 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ 3

One of the following: APST 200 ECON 101, 105, 106, ENGL 203 GEOG 201, 202, 203 HIST 111, 112 POSC 120, SOCY 110

**GLOBAL PERSPECTIVES (3SH)**  
 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ 3

One of the following: ANTH/SOCY 121 ENGL 201 CVPA 266 GEOG 101, 102, 140, 280 HIST 101, 102 INST 101 ITEC 112 PEAC 200 RELN 112, 205, THEA 180 WMST 101

**B. Supporting Skills & Knowledge (9-11SH)**

**NATURAL SCI. OR MATHEMATICAL SCIENCES (3/4 SH)**  
 STAT 200 \_\_\_\_\_ 3\*\*

**HUMANITIES, VISUAL & PERFORMING ARTS, OR FOREIGN LANGUAGES (3-4 SH)**  
 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ 3-4

One of the following: ENGL 201, 202, 203 HIST 101, 102 PHIL 111, 112, 114 RELN 111, 112, 200, 202, 206 Or ART 111, 215, 216 DNCE 111 MUSC 100, 121, 123 THEA 100, 180 Or CHNS 101: 102, 201: 202 FORL 100, 109, 209, 309, 409, 200: 210 FREN 100, 200:210, 300, 320 GRMN 100, 200: 210, 300 LATN 101: 102, 201, 350 SPAN 101: 102, 201: 202

**SOCIAL/ BEHAV. SCI. OR HEALTH & WELLNESS (3SH)**  
 HLTH 200 \_\_\_\_\_ 3\*\*

**HEALTH EDUCATION AND HEALTH PROMOTION**

**Required Courses (77 Semester Hours)**

**HEALTH EDUCATION AND PROMOTION CONCENTRATION (57 Semester hours)**

BIOL 322	_____ (6)	Human Anatomy and Physiology	FS
NUTR 214	_____ (3)	Introduction to Nutrition	FS
ESHE 315	_____ (3)	Physical Activity and Aging	FS
ESHE 360	_____ (3)	Marketing and Promotion of ESHE	F/S
ESHE 390	_____ (3)	Kinesiology	FS/SU
ESHE 392	_____ (3)	Exercise Physiology	FS/SU
ESHE 396	_____ (3)	Assessment and Prescription	FS
HLTH 245	_____ (3)	Foundations of Health	F
HLTH 250	_____ (3)	Consumer Health	F
HLTH 300	_____ (3)	Community Health and Epidemiology	S
HLTH 325	_____ (3)	Diversity of Health in the United States	S
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
HLTH 475	_____ (3)	Strategies for Health Behavior Change	F
HLTH 480	_____ (3)	Helping Skills for Health Educators	S
HLTH 485	_____ (3)	Health Program Planning and Evaluation	F

**Prerequisites**

BIOL 105

BIOL 105/ 56 HRS.

BIOL 322

BIOL 322

HLTH 200 & ESHE 391 or 392

HLTH 200

HLTH 245 & STAT 200

HLTH 111, 200, NURS 111, NUTR 214

BIOL 322 OR 311, HLTH 200

HLTH 250

HLTH 475

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 To enroll and to graduate, gpa must be 2.1 overall and 2.5 in major (all ESHE and HTLH courses)

**ELECTIVES (Minimum of 13 credit hours)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*\* To graduate with Honors, a student must complete 60 semester hours at RU.

## Health Education/Health Promotion 4 Year Plan

\*Must be taken in designated semester. Courses in **Bold** are required in Core Curriculum.

Fall Semester		Spring Semester	
<b>Freshman Year</b>	<b>Cr.</b>	<b>Freshman Year</b>	<b>Cr.</b>
*University Core A: Core 101	3	* University Core A: Core 102	3
University Core B: <b>BIOL 105</b>	4	College Core B: <b>STAT 200</b>	3
University Core B: <b>Psychology 121</b>	3	College Core B: <b>HLTH 200</b>	3
University Core B: Humanities/VPA	3	University Core B: Humanities/VPA	3
University Core B: <b>Math 137</b>	3	College Core A: Global Perspectives	3
	<b>Total</b> <b>16</b>		<b>Total</b> <b>15</b>
<b>Sophomore Year</b>	<b>Cr.</b>	<b>Sophomore Year</b>	<b>Cr.</b>
* University Core A: Core 201	3	* University Core A: Core 202	3
BIOL 322 Human Anatomy and Physiology	6	HLTH 300 Community Health and Epidemiology	3
HLTH 245 Foundations of HEHP	3	FDSN 214 Introduction to Nutrition	3
HLTH 250 Consumer Health	3	College Core A: US Perspectives	3
		College Core B: Humanities/VPA/Foreign Lang	3
	<b>Total</b> <b>15</b>		<b>Total</b> <b>15</b>
<b>Junior Year</b>	<b>Cr.</b>	<b>Junior Year</b>	<b>Cr.</b>
ESHE 315 Physical Activity and Aging	3	ESHE 396 Assessment and Prescription	3
ESHE 360 Marketing Promotion ESHE	3	HLTH 325 Diversity of Health in the United States	3
ESHE 390, 392 Kinesiology, Exercise Physiology	6	HLTH 460 International Health	3
HLTH 451 Drug Use and Abuse	3	HLTH 453 Human Sexuality	3
_____ Elective	3	HLHT 465 Exercise, Perf. Nutrition	3
ESHE 315 Physical Activity and Aging	3		
	<b>Total</b> <b>18</b>		<b>Total</b> <b>15</b>
<b>Senior Year</b>	<b>Cr.</b>	<b>Senior Year</b>	<b>Cr.</b>
_____ Elective	3	ESHE 463 Fieldwork in ESHE	6
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	3		
ESHE 363 Seminar Fieldwork	1		
	<b>Total</b> <b>13</b>		<b>Total</b> <b>12</b>