

# B.S. IN HEALTH PROMOTION (HEPR.FW.BS, HEPR.PUHE.BS)

Code	Title	Credits
<b>Major Requirements/Health Studies (13-16 credits)</b>		
HE-101	Strategies for Healthy Living	3
HE-290	Health Research Methods	3
HE-320	Principles of Health Education	3
<i>(Satisfies Reasoned Oral Discourse (RD) in General Education)</i>		
Select one course from the following list:		1-4
HE-485	Professional Seminar in Health (3 credits)	
HE-389	Internship in Health and Physical Education (1-3 credits)	
or PE-38! Internship in Health and Physical Education		
PE-350	School-Based Physical Activity (4 credits)	
HE-440	Health Policy	3
<b>Cluster Requirements (33 credits)</b>		
Select one of the following clusters:		33
<i>Fitness and Wellness</i>		
HE-380	Nutrition and Health	
PE-215	Fitness Concepts and Measurements	
PE-310	Sport and Exercise Psychology	
PE-320	Exercise Physiology	
PE-330	Biomechanics and Kinesiology	
PE-340	Motor Development and Learning	
PE-410	Exercise Testing and Prescription	
Select 8 credits from Course Type: HE.PE/HE.EL		
Select 3 credits of PE Skills Courses (with course*type GAMES, AQUA, RHYTH, OUTDR, or PERF)		
<i>Public Health Cluster</i>		
HE-180	Introduction to Public Health	
HE-212	Lifespan Development and Health	
HE-340	Environmental Health Issues	
HE-350	Epidemiology	
HE-375	Health in Developing Countries: A Cross-Cultural Perspective	
HE-435	Community Health	
Select 15 credits from Course Type: HE.PE/HE.EL		
<b>Interdisciplinary Requirements (17 credits)</b>		
BY-111	Anatomy and Physiology I	4
BY-112	Anatomy and Physiology II	4
<i>(Science courses satisfy Natural Science (NS) in General Education)</i>		
MA-151	Statistics with Applications	3
<i>(Satisfies Mathematics in General Education)</i>		
SO-101	Introduction to Sociology	3
<i>(Satisfies Social Science (SS.SV) in General Education)</i>		
PY-103	Introduction to Psychology	3
<i>(Satisfies Social Science (SS.SV) in General Education)</i>		

## Free Electives (30 credits)<sup>1</sup>

Complete up to 30 credits of free electives<sup>1</sup> 30

## General Education Requirements (27 credits)<sup>2</sup>

Complete 27 credits as outlined on the General Education table.<sup>2</sup> 27

**Total Credits 120**

<sup>1</sup> Please consult with your advisor regarding the required number of free electives that must be completed.

<sup>2</sup> The General Education curriculum requires the completion of 45 credits. However, students may be able to share credits from within their major or interdisciplinary requirements. Please consult with your advisor to determine which General Education (<https://catalog.monmouth.edu/undergraduate-catalog/academic-programs-support-services-regulations/general-education-requirements/>) courses must be completed.

## Notes

- 54 credits must be completed at the 200 level or higher.

## Sequence Chart - Public Health

Freshman			
Fall	Credits	Spring	Credits
HE-101 Strategies for Healthy Living		3 HE-180 Introduction to Public Health	3
EN-101 College Composition I	3	EN-102 College Composition II	3
PY-103 Introduction to Psychology (Gen*Ed Social Science Survey (SS.SV))	3	MA-151 Statistics with Applications (Gen*Ed Mathematics)	3
FO-xxx Gen*Ed World Language	3	SO-101 Introduction to Sociology (Gen*Ed Social Science Survey (SS.SV))	3
Gen*Ed Technological Literacy (TL)	3	Free Elective	3
<b>Semester Credits</b>		<b>15 Semester Credits</b>	
<b>Sophomore</b>			
Fall	Credits	Spring	Credits
HE-290 Health Research Methods		3 HE-212 Lifespan Development and Health	3
HE-xxx Health Elective	3	HE-xxx Health Elective	3
BY-111 Anatomy and Physiology I (Gen*Ed Natural Science (NS) BY,CE,PH,SC,GL)	4	BY-112 Anatomy and Physiology II (Gen*Ed Natural Science (NS) BY,CE,PH,SC,GL)	4
Gen*Ed Historical Perspectives (HS.SV)	3	Gen*Ed Aesthetics (AT) AR, DA, MU, TH	3
Free Elective	3	Free Elective	3
<b>Semester Credits</b>		<b>16 Semester Credits</b>	
<b>Junior</b>			
Fall	Credits	Spring	Credits
HE-320 Principles of Health Education (Gen*Ed Reasoned Oral Discourse (RD))		3 (HE-485 OR HE/PE-389 OR PE-350) or Free Elective <sup>1</sup>	1-4
HE-340 Environmental Health Issues	3	HE-350 Epidemiology	3
HE-xxx Health Elective	3	HE-375 Health in Developing Countries: A Cross-Cultural Perspective	3
EN-2xx Gen*Ed Literature (LIT)	3	HE-xxx Health Elective	3
Free Elective	3	Gen*Ed Cultural Diversity (CD) or Global Understanding (GU)	3
<b>Semester Credits</b>		<b>15 Semester Credits</b>	
<b>Semester Credits</b>		<b>13-16</b>	

Senior			
Fall	Credits	Spring	Credits
(HE-485 OR HE/PE-389 OR PE-350) or Free Elective <sup>2</sup>		1-4 (HE-485 OR HE/PE-389 OR PE-350) or Free Elective <sup>2</sup>	1-4
HE-435 Community Health		3 HE-440 Health Policy	3
HE-xxx Health Elective		3 HE-xxx Health Elective	3
PR-xxx Gen*Ed Interdisciplinary Perspectives (ISP)		3 Free Elective	3
Free Elective		3 Free Elective	3
Free Elective		2 Free Elective	2
<b>Semester Credits</b>	<b>15-18</b>	<b>Semester Credits</b>	<b>15-18</b>
<b>Total Credits 120-129</b>			

PR-4xx Gen*Ed Interdisciplinary Perspectives (ISP)	3 HE-440 Health Policy	3
Free Elective	3 HE.PE.-xxx Health/PE Elective	3
PE-410 Exercise Testing and Prescription	4 Free Elective	3
	Free Elective	3
<b>Semester Credits</b>	<b>14-17</b>	<b>Semester Credits 16-19</b>
<b>Total Credits 120-129</b>		

- <sup>1</sup> Graduate school applicants take HE-485 in year three spring.  
<sup>2</sup> Take HE-485 or HE/PE-389 or PE-350 if still needed.

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## Sequence Chart - Fitness and Wellness

Freshman			
Fall	Credits	Spring	Credits
HE-101 Strategies for Healthy Living		3 PE-215 Fitness Concepts and Measurements	3
EN-101 College Composition I		3 EN-102 College Composition II	3
FO-xxx Gen*Ed World Language		3 MA-151 Statistics with Applications (Gen*Ed Mathematics)	3
PY-103 Introduction to Psychology (Gen*Ed Social Science Survey (SS.SV))		3 SO-101 Introduction to Sociology (Gen*Ed Social Science Survey (SS.SV))	3
Gen*Ed Technological Literacy (TL)		3 PE-xxx Skill/Activity	1
<b>Semester Credits</b>	<b>15</b>	<b>Semester Credits</b>	<b>13</b>
Sophomore			
Fall	Credits	Spring	Credits
HE-290 Health Research Methods		3 HE-380 Nutrition and Health	3
BY-111 Anatomy and Physiology I (Gen*Ed Natural Science (NS) BY,CE,PH,SC,GL)		4 BY-112 Anatomy and Physiology II (Gen*Ed Natural Science (NS) BY,CE,PH,SC,GL)	4
Gen*Ed Historical Perspectives (HS.SV)		3 Free Elective	3
Gen*Ed Aesthetics (AT) AR, DA, MU, TH		3 HE.PE.-xxx Health/PE Elective	3
PE-xxx Skill/Activity		1 Free Elective	3
<b>Semester Credits</b>	<b>14</b>	<b>Semester Credits</b>	<b>16</b>
Junior			
Fall	Credits	Spring	Credits
HE-320 Principles of Health Education (Gen*Ed Reasoned Oral Discourse (RD))		3 (HE-485 OR HE/PE-389 OR PE-350) or Free Elective <sup>1</sup>	1-4
PE-320 Exercise Physiology		3 Gen*Ed Cultural Diversity (CD) or Global Understanding (GU)	3
HE.PE-xxx Elective		3 PE-330 Biomechanics and Kinesiology	3
EN-2xx Gen*Ed Literature (LIT)		3 HE.PE-xxx Health/PE Elective	3
PE-xxx Skills/Activity		1 Free Elective	3
Free Elective		3 Free Elective	3
<b>Semester Credits</b>	<b>16</b>	<b>Semester Credits</b>	<b>16-19</b>
Senior			
Fall	Credits	Spring	Credits
(HE-485 OR HE/PE-389 OR PE-350) or Free Elective <sup>2</sup>		1-4 (HE-485 OR HE/PE-389 OR PE-350) or Free Elective <sup>2</sup>	1-4
PE-310 Sport and Exercise Psychology		3 PE-340 Motor Development and Learning	3