

Bachelor of Science in Health Studies and Physical Education	
MAJOR REQUIREMENTS/HEALTH AND PHYSICAL EDUCATION: 30 Credits	Credits
HE-101: Strategies for Healthy Living	3.0
HE-260: Substance Use & Abuse	3.0
HE-212: Lifespan Development and Health	3.0
HE-290: Health Research Methods	3.0
HE-324: Human Sexuality	3.0
HE-380: Nutrition and Health	3.0
HE-435: Community Health	3.0
HE-440: Health Policy	3.0
Guided Electives: Take 6 Credits from courses designated with Course*Type: HEPE	3.0 3.0
CONCENTRATION REQUIREMENTS/PHYSICAL EDUCATION: 18 Credits	Credits
PE-310: Sport and Exercise Psychology	3.0
PE-320: Exercise Physiology	3.0
PE-330: Biomechanics/Kinesiology	3.0
PE-340: Motor Development and Learning	3.0
Six Skills Courses: Choose at least 1 course from each category: Individual, Dual, and Team	6.0
INTERDISCIPLINARY REQUIREMENTS: 17 Credits	Credits
BY-111: Anatomy and Physiology I or BY-211: Physiology with Anatomy I	4.0
BY-112: Anatomy and Physiology II or BY-212: Physiology with Anatomy II	4.0
MA-105: Mathematical Modeling in the Social Sciences or 3 Credits of a higher level Mathematics Course	3.0
SO-101: Introduction to Sociology	3.0
PY-103: Introduction to Psychology	3.0
FREE ELECTIVES: 33 Credits	Credits
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GENERAL EDUCATION REQUIREMENTS: 30 Credits		Credits
First Year Seminar	FY-101: First Year Seminar	3.0
Reading and Writing	EN-101: College Composition I	3.0
	EN-102: College Composition II	3.0
Mathematics	Fulfilled in Interdisciplinary Requirements with MA-105 or Higher Level Math Course	0.0
Natural Sciences	Fulfilled in Interdisciplinary Requirements with Required Courses	0.0
Literature	3 Credits from courses designated with Course*Type: LIT	3.0
Aesthetics and Creativity	3 Credits from Art, Music, Theatre, or Dance	3.0
Technological Literacy	HE-100: Technology and Health Informatics or IT-100: Information Technology	3.0
Reasoned Oral Discourse	Fulfilled in Major Requirements with HE-212	0.0
Historical Perspective	3 Credits from courses designated with Course*Type: HS.SV	3.0
Social Science	Fulfilled in Interdisciplinary Requirements with PY-103	0.0
Historical Perspective/Social Science	Fulfilled in Interdisciplinary Requirements with SO-101	0.0
Interdisciplinary Perspectives	3 Credits from courses designated with Course*Type: ISP	3.0
Cultural Diversity Global Understanding or Foreign Language	3 Credits from courses designated with Course*Type: CD and 3 Credits from courses designated with Course*Type: GU or 6 Credits from the SAME foreign language	6.0
Experiential Education	One course designated with Course*Type: EX	0.0
Writing Intensive	Two courses from Health Studies (HE) designated with Course*Type: WT	0.0
		0.0

Minimum Credits for Bachelor of Science in Health Studies and Physical Education = 128.0

NOTES:

* 58 credits must be completed at the 200 level or higher.