Bachelor of Science in Health Studies and Physical Education MAJOR REQUIREMENTS/HEALTH AND PHYSICAL EDUCATION: 30 Credits Credits HE101: Strategies for Healthy Living 3.0 HE160: Substance Use & Abuse 3.0 HE190: Introduction to Health Research 3.0 HE212: Lifespan Development and Health 3.0 HE324: Human Sexuality 3.0 HE380: Nutrition and Health 3.0 HE435: Community Health 3.0 HE440: Health Policy 3.0 **Guided Electives:** Choose 6 credits from courses designated with Course*Type: HEPE 3.0 3.0 CONCENTRATION REQUIREMENTS/PHYSICAL EDUCATION: 18 Credits Credits PE220: Exercise Physiology 3.0 PE230: Biomechanics/Kinesiology 3.0 PE310: Sport and Exercise Psychology 3.0 PE340: Motor Development and Learning 3.0 Six Skills Courses: Choose at least 1 course from each category: 6.0 Individual, Dual, and Team REQUIREMENTS OUTSIDE MAJOR: 17 Credits Credits BY111: Anatomy and Physiology I 4.0 or BY211: Physiology with Anatomy I BY112: Anatomy and Physiology II 4.0 or BY212: Physiology with Anatomy II SO101: Introduction to Sociology 3.0 PY103: Introduction to Psychology 3.0 MA105: Mathematical Modeling in the Social Sciences 3.0 or 3 Credits of a higher level Mathematics Course FREE ELECTIVES: 33 Credits Credits 33.0

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GENERAL EDUCATION REQUIREMENTS: 30 Credits		Credits
First Year Seminar	FY-101: First Year Seminar	3.0
Reading and Writing	EN101: College Composition I EN102: College Composition II	3.0 3.0
Mathematics	Fulfilled in Outside Major Requirements with MA105 or Higher Level Math Course	0.0
Natural Sciences	Fulfilled in Outside Major Requirements with Biology 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	HE100: Technology and Health Informatics or IT100: Information Technology	3.0
Reasoned Oral Discourse	Fulfilled in Major Requirements with HE212	0.0
Historical Perspective	3 Credits from courses designated with Course*Type: HS.SV	3.0
Social Science	Fulfilled in Outside Major Requirements with PY103	0.0
Historical Perspective/Social Science	Fulfilled in Outside Major Requirements with SO101	0.0
Interdisciplinary Perspectives	3 Credits from courses designated with Course*Type: ISP	3.0
Cultural Diversity and 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.