**MONMOUTH UNIVERSITY CURRICULUM CHART** 

## **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 3.0 HE-212: Lifespan Development and Health HE-290: Health Research Methods 3.0 HE-324: Human Sexuality 3.0 3.0 HE-380: Nutrition and Health HE-435: Community Health 3.0 HE-440: 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 PE-220: Exercise Physiology 3.0 PE-230: Biomechanics/Kinesiology 3.0 PE-310: Sport and Exercise Psychology 3.0 PE-340: 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 BY-111: Anatomy and Physiology I 4.0 or BY-211: Physiology with Anatomy I BY-112: Anatomy and Physiology II 4.0 or BY-212: Physiology with Anatomy II MA105: Mathematical Modeling in the Social Sciences 3.0 or 3 Credits of a higher level Mathematics Course SO-101: Introduction to Sociology 3.0 PY-103: Introduction to Psychology 3.0 FREE ELECTIVES: 33 Credits Credits 33.0

## **Bachelor of Science in Health Studies and Physical Education GENERAL EDUCATION REQUIREMENTS: 30 Credits** Credits First Year Seminar 3.0 FY-101: First Year Seminar EN-101: College Composition I Reading and Writing 3.0 EN-102: College Composition II 3.0 0.0 Mathematics Fulfilled in Outside Major Requirements with MA-105 or Higher Level Math Course Natural Sciences Fulfilled in Outside Major Requirements with Required Courses 0.0 Literature 3.0 3 Credits from courses designated with Course\*Type: LIT Aesthetics and Creativity 3 Credits from Art, Music, Theatre, or Dance 3.0 Technological Literacy HE-100: Technology and Health Informatics 3.0 or IT-100: Information Technology Fulfilled in Major Requirements with HE-212 Reasoned Oral Discourse 0.0 3 Credits from courses designated with Course\*Type: HS.SV 3.0 Historical Perspective Social Science Fulfilled in Outside Major Requirements with PY-103 0.0 Historical Perspective/Social Fulfilled in Outside Major Requirements with SO-101 0.0 Science 3 Credits from courses designated with Course\*Type: ISP Interdisciplinary Perspectives 3.0 Cultural Diversity 3 Credits from courses designated with Course\*Type: CD 6.0 Global Understanding and 3 Credits from courses designated with Course\*Type: GU or Foreign Language or 6 Credits from the SAME foreign language Experiential Education One course designated with Course\*Type: EX 0.0 Writing Intensive Two courses from Health Studies (HE) designated 0.0 with Course\*Type: WT 0.0

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

## NOTES:

<sup>\* 58</sup> credits must be completed at the 200 level or higher.