

B.S. in Health Studies		
MAJOR REQUIREMENTS/HEALTH STUDIES: 41-42 Credits		Credits
33 Credits	HE101: Strategies for Healthy Living HE160: Substance Use & Abuse HE212: Health: A Lifelong Process HE225: Mind Body Connection NU/HE324: Human Sexuality: Implications for Health HE335: Promoting Health in Communities HE380: Nutrition and Health HE420: Principles of Health Education HE430: Health Advocacy HE440: Health Policy HE485: Sr. Seminar in Health	3.0 3.0 3.0 3.0 3.0 3.0 3.0 3.0 3.0 3.0 3.0
Elective Credits:	Choose 3 from: HE215: Wellness and Fitness HE235: Human Aging HE330: Women's Health HE340: Environmental Health HE/NU360: Transcultural Health HE/NU365: Wisdom Wellness & Aging HE370: Alternative/Complementary Health HE375: Health in Developing Countries HE398: Special Topics in Health HE399: Independent Study in Health HE476: Interpersonal Violence HE498: Special Topics in Health HE499: Independent Study in Health PE201: Safety & First Aid PE351: Prevention and Care of Athletic Injuries PR422: AIDS & The Global Society	8.0-9.0
REQUIREMENTS OUTSIDE MAJOR: 14 Credits		Credits
	PY103: Introduction to Psychology SO101: Introduction to Sociology BY111: Anatomy and Physiology I BY112: Anatomy and Physiology II	3.0 3.0 4.0 4.0
FREE ELECTIVES: 34-35 Credits		Credits
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B.S. in Health Studies		
GENERAL EDUCATION REQUIREMENTS: 39 Credits		Credits
English	EN101: College English I	3.0
	EN102: College English II	3.0
Literature	EN201: Literature I	3.0
	EN202: Literature II	3.0
History	HS101: Western Civilization In World Perspective I	3.0
	HS102: Western Civilization In World Perspective II	3.0
Information Technology	IT100: Information Technology	3.0
Critical Discourse	HU201: Critical Discourse	3.0
Science	Fulfilled in Requirements Outside the Major	0.0
Mathematics	MA100: Quantitative Reasoning & Problem Solving	3.0
Social Science	Fulfilled in Requirements Outside the Major	0.0
Aesthetics	AR101: Art Appreciation	3.0
	or MU101: Music Appreciation	
	or TH101: Theater Appreciation	
	or DA101: Dance Appreciation	
Cross Cultural <small>(may be fulfilled in required health studies courses)</small>	Two courses chosen from the set of approved courses	3.0
	or 6 credits in the same foreign language	3.0
Perspectives <small>(may be fulfilled in required health studies courses)</small>	PRxxx	3.0
Experiential Education	EX001 <small>(Fulfilled in major requirements)</small>	0.0
Demonstration of Writing Proficiency	WP001	0.0
Writing Intensive Requirement	Two Health (HE) courses designated as course type WT	0.0
		0.0

<b>TOTAL CREDITS FOR B.S. IN HEALTH STUDIES = 128.0</b>
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**NOTES:**

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