

Department of Health and Exercise Science Health Promotion Concentration

Student Name _____

* **Careers:** The Health Promotion Concentration prepares students to create actions and conditions of living conducive to the health of individuals, groups and communities. Examples of careers include: working in corporate and community health promotion programs, for non-profit agencies, hospitals, managed care companies, health clubs, resorts, cruise ships and more.

* **Curriculum:** The sequence of classes listed during each academic year allows for meeting all prerequisites for upper level classes and the All University Core Requirements. Students enrolling in classes out of sequence may find unnecessary delays in their graduation. While Faculty and Peer Advisors are available to assist you in your class scheduling, it is your responsibility to follow all requirements on this check-sheet and in the University Catalog. Students transferring into this concentration will likely face delays in graduation in order to meet all prerequisites.

* **Advising:** Faculty and Peer Advisors are available throughout the year to assist you with career and academic issues. Office hours are posted in the Health and Exercise Science Main Office (Rm 220) and on faculty office doors.

Health Promotion Programs Requirements					
Freshman Year					
Course	Title	Credits	Prereqs	Grade	AUCC Category
COCC 150	College Composition *Must be completed by 60 credits	3	*CPE		1A
MCC 117 MCC 118 MCC 124	College Algebra in Context I AND College Algebra in Context II AND Logarithmic & Exponential Function *Must be completed by 60 credits	1 1 1	*MPE or *ELM		1B
EXCC 145	Health and Wellness	3			3G
EX 332F	Techniques of Teaching Weight Training	1			
AUCC 101, HYCC 150, HY 151, NRCC 320	Historical Perspectives AND US Public Values and Institutions *Choose only 1 from the list to the left, or choose one from both categories 3D and 3F	3			3D & 3F
FNCC 150	Survey of Human Nutrition	3			3G
LSCC 102	Attributes of Living Systems	4			
C CC 103, C CC 104	Chemistry in Context, Lab	3,1			3A
PYCC 100	General Psychology	3			3C
BSCC 122	Drugs and the Human Body	2			
Elective		2			
Total Freshman Credits		31			

*CPE - Composition Placement Exam

*MPE - Math Placement Exam

*ELM - Entry Level Math

Health Promotion Programs Requirements

Sophomore Year					
Course	Title	Credits	Prereqs	Grade	AUCC Category
EX 332H	Techniques of Teaching Aerobics	1			
EX 240	First Aid and Emergency Care *Can be waived with proof of current CPR and First Aid Certification	2			
EX 207	Anatomical Kinesiology	3	LSCC102		
EX 345	Population Health and Disease Prevention	3	EXCC 145		
BD 150 OR CS 110	Business Computing Concepts and Application OR Personal Computing	3 4			
ECCC 202	Principles of Microeconomics	3	MCC 117 or MCC 118		
JT 300 OR CO 300	Business Communication OR Writing Arguments	3	COCC 150		
BS 300	Principles of Anatomy and Physiology	4	CCC 103 & LSCC 102		
SPCC 200	Public Speaking	3			2A1
Electives		4-5			
Total Sophomore Credits		30			

Health Promotion Program Requirements

Junior Year					
Course	Title	Credits	Prereqs	Grade	AUCC Category
EX 340	Exercise Prescription * Concurrent registration with EX 386A	1			
EX 386A	Practicum – Adult Fitness *Concurrent registration with EX 340	2	EXCC 145, EX 240, EX 332F, EX 332H, FNCC 150		
BK 305	Fundamentals of Marketing	3	ECCC 202		
EX 356	Wellness Programming	3	EXCC 145 & EX 386A		
BA 205	Fundamentals of Accounting	3			
EX 403	Physiology of Exercise	4	BS 300		4B
BK 320	Integrated Marketing Communications	3	BK 305		
See Catalog	Arts and Humanities	3			3B
See Catalog	Global and Cultural Awareness	3			3E
EX 386B	Practicum – Wellness Management *Application Required – See Requirements listed on last page	3	EX 386A		
Electives		3			
Total Junior Credits		31			

Health Promotion Program Requirements

Senior Year					
Course	Title	Credits	Prereqs	Grade	AUCC Category
EX 456	Advanced Wellness Programming	3	EX 356; EX 386B or concurrent registration		
EX 486B	Practicum – Wellness Management *Application Required – See Requirements below	3	EX 386B		
EX 492	Health and Exercise Science Senior Seminar	2			4A & 4C
STCC 201 OR STCC 301 OR STCC 307 OR EHCC 307	General Statistics OR Introduction to Statistical Methods OR Introduction to Biostatistics OR Environmental Health	3	MCC 117 MCC 118 MCC 118		2B
Electives		2			
EX 487	Internship – Last Semester *Application Required – See Requirements below	15	<i>All Coursework Completed</i>		
Total Senior Credits		28			
Total Program of Study Credits		120			

→ **Application Requirements for EX 386B, EX 486B and EX 487V**

An application and a minimum GPA are required for EX 386B, EX 486B and EX 487V. Applications are required one semester prior to the experience. Application procedures and deadlines are advertised on the Health Promotion Bulletin Board located across from the department main office.

Students must have a GPA of 2.5 with no grade lower than a “C” in the following courses:

- EXCC - 145
- EX - 240
- EX – 340
- BS - 300

Failure to apply may delay your graduation.

All course work must be completed prior to internship - EX 487.

Required Course for ALL Cardiac Care Internship Placements

Course	Title	CR	Prereqs	Grade	AUCC Category
EX 420	Electrocardiograph and Exercise Management <i>*Minimum grade of “B” required for internship placements.</i>	3	BS 300		
Strongly Recommended Cardiac Rehabilitation Electives					
Course	Title	CR	Prereqs	Grade	AUCC Category
BS 420	Cardiopulmonary Physiology (Fall Only)	3	BS 300		
BS 450	Pharmacology	3	BS 300		

Health Promotion Program Requirements

Senior Year					
Course	Title	Credits	Prereqs	Grade	AUCC Category
EX 456	Advanced Wellness Programming	3	EX 356; EX 386B or concurrent registration		
EX 486B	Practicum – Wellness Management *Application Required – See Requirements	3	EX 386B		
EX 492	Health and Exercise Science Senior Seminar	2			4A & 4C
STCC 201 <u>OR</u> STCC 301 <u>OR</u> STCC 307 <u>OR</u> EHCC 307	General Statistics <u>OR</u> Introduction to Statistical Methods <u>OR</u> Introduction to Biostatistics <u>OR</u> Environmental Health	3	MCC 117 MCC 118 MCC 118		2B
Electives		2			
EX 487	Internship – Last Semester *Application Required – See Requirements	15	<i>All Coursework Completed</i>		
Total Senior Credits		28			
Total Program of Study Credits		120			