

**Bachelor of Science in Health Promotion (BS)
2011-2012**

**College of Health Sciences (CHS)
Department of Health, Leisure and Exercise Science**

Major Code 509A
CIP Code 51.2207
Non-Teaching

Director: Dr. Alan Utter
828-262-3140
utterac@appstate.edu
HLES.Appstate.edu

GENERAL EDUCATION..... 44

Note: Up to 17 sh of the following courses may be counted in General Education:

- BIO 1101 and 1102 _____ (8) **OR** CHE 1101/1110 and 1102/1120 _____ (8)
- SOC 1000 _____ (3)
- NUT 2202 _____ (2)
- MAT 1025 _____ (4) (required ONLY if an Exercise Science Minor is pursued)

MAJOR REQUIREMENTS 78

*GPA Requirement: An overall 2.0 GPA is required in the major
18 sh must be completed at Appalachian.*

8 sh from one of the following science sequences:

BIO 1101 and 1102 _____ (Gen Ed: Sci. Inq.)

OR

CHE 1101/1110 and 1102/1120 _____ (Gen Ed: Sci. Inq.)

- SOC 1000 _____ (3) The Sociological Perspective (Gen Ed theme: H&S: Individual and Society)
- NUT 2202 _____ (3) Nutrition and Health (Gen Ed: Wellness Literacy, 2sh)
- MAT 1025 _____ (4) Algebra & Elementary Function (required ONLY if an Exercise Science Minor is pursued)
(Gen Ed: Quantitative Literacy)
- H P 2100 _____ (3) Health Program Planning & Evaluation (WID)
- H P 2200 _____ (3) Lifestyle Disease & Risk Reduction
- H P 3000 _____ (3) Fitness in Health Promotion
- HP/HED 3100 _____ (3) Emergency Care & CPR
- H P 3130 _____ (3) Environmental Health
- H P 3200 _____ (3) Health Risk Appraisal
- H P 3700 _____ (3) Health Behavior Change
- H P 4100 _____ (2) Biostatistics
- H P 4200 _____ (3) Principles of Epidemiology (Prerequisite: HP 4100)
- H P 4300 _____ (3) Smoking Cessation/Alcohol Treatment Program
- H P 4400 _____ (3) Weight Management (Prerequisite: FCS 2202)
- H P 4701 _____ (3) Seminar in Health Promotion (Prerequisite: HP 3200)
- H P 4800 _____ (3) Health Promotion Interventions (Prerequisite: HP 2100 and Senior Standing)
- H P 4900 _____ (6) Internship (CAP) (Senior Standing)
- COM 2101 _____ (3) Public Speaking (C minimum)
- C S 1410 _____ (2) Introduction to Computer Applications (Prerequisite: passing Math placement or MAT 0010)
- E S 2000 _____ (5) Human Anatomy & Physiology
- SOC 1110 _____ (3) Marriage & Family Relations
- SOC 3100 _____ (3) Gerontology

Minor Requirements (minimum # of required hours)..... 15

NOTE: *Each minor differs in number of hours and requirements: see catalog*

Minor must be approved by an advisor.

9 sh of a minor must be completed at Appalachian

Free Electives (to total a minimum of 122 sh)..... 2

Note: 2 sh of free electives outside the major discipline are required.

General Education courses taken for the major - Up to 17

TOTAL 122