I. GENERAL EDUCATION .................................................................................................................................................. 44

II. MAJOR REQUIREMENTS .................................................................................................................................................. 78

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, 2 sh.)
MAT 1025 _______ (4) Algebra & Elementary Function (required ONLY if an Exercise Science Minor is pursued)
(H 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

III. MINOR REQUIRED (Choose an appropriate minor in consultation with HP advisor) .................................................. 15–18

9 sh of a minor must be completed at Appalachian.

IV. FREE ELECTIVES (to total a minimum of 122 sh) ........................................................................................................ 139-142

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

V. GENERAL EDUCATION COURSES .......................................................................................................................... up to 17

The following courses taken for the major may count toward General Education.

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