

**FALL 2014**

Course	Cr	Title	✓
MAT 110	3	Probability and Statistics	
HLT 101	1	Introduction to the Health Professions	
PSY 100	3	General Psychology	
_____	3	Humanities LAC course	
FYS _____	3	First Year Seminar	
SPS 120	0.5	College Life	

**SPRING 2015**

Course	Cr	Title	✓
HLT 102	3	Introduction to Public Health	
PSY 250	3	Lifespan Development	
_____	3	Humanities LAC course	
WRI 100	3	College Writing	
SPS 160	0.5	Exploring Your Future	
_____	3	elective***	

**FALL 2015**

Course	Cr	Title	✓
BIO 117	4	Anatomy and Physiology I	
HLT 201	1	Health Professions II	
PSY 211	4	Experimental Methods	
_____	3-4	Health Promotion & Wellness elective*	
_____	3	Art LAC course	

**SPRING 2016**

Course	Cr	Title	✓
BIO 118	4	Anatomy and Physiology II	
PSY 201	3	Mind-body Medicine	
ETL 235	3	Ethical Life	
NTR 210	3	Principles of Human Nutrition	
_____	3	Art LAC course	

**FALL 2016**

Course	Cr	Title	✓
HLT 301	1	Health Professions III	
_____	3-4	Health Promotion & Wellness elective*	
BUA 211	3	Introduction to Health Care Systems	
PSY 251	3	Health Psychology	
PSY 227	3	Principles of Helping Relationships	
_____	3	elective***	

**SPRING 2017**

Course	Cr	Title	✓
_____	3-4	Health Promotion & Wellness elective*	
_____	3	Writing II LAC course	
_____	3	Social Science LAC course	
_____	3	Mathematics and Logic LAC course	
_____	3	elective***	

**FALL 2017**

Course	Cr	Title	✓
HLT 302	3	Capstone	
_____	3	Global Studies LAC course	
PSY 304	3	Stress, Disease and Psychophysiological Interventions	
_____	3	elective***	
_____	3	elective***	

**SPRING 2018**

Course	Cr	Title	✓
PSY _____	3	Advanced Seminar in Health Psychology	
_____	3	elective***	
_____	3	elective***	
_____	3	elective***	
_____	3	elective***	

\* Choose 3 courses from BIO 304, 339; NUR 311\*\*; PSY 230, 231; REL 233; SWK/SOC 324

\*\* Open only to those who were originally intending to do the Nursing program and have been prepared for this class.

\*\*\* Electives must be included to ensure that the overall total number of credits reaches the 120 credits needed to complete a degree.

## Liberal Arts Curriculum (LAC) for Health Promotion and Wellness majors

**Natural Science:** One must be a lab-based course

1. HLT 102
2. BIO 117

**Arts:** 6 cr. total, one must be a 3 cr. course\*

1. \_\_\_\_\_
2. \_\_\_\_\_

**Mathematics & Logic:** 6 cr total, one mathematics course

1. MAT 110
2. \_\_\_\_\_

**Ethics:** 3 cr.

1. ETL 235

**Technology:**

1. HLT 101, 201, 301, and 302

**Oral Presentation:**

1. HLT 101, 201, 301, and 302

**Writing:** 6 cr.

1. WRI 100
2. \_\_\_\_\_

**Humanities:** 6 cr. total from two disciplines\*

1. \_\_\_\_\_
2. \_\_\_\_\_

**Social Science:** 6 cr. total from two disciplines\*

1. PSY 100
2. \_\_\_\_\_

**Global Studies:** 3 cr.

1. \_\_\_\_\_

**Information Literacy:**

1. HLT 101, 201, 301, and 302

\* The 4 disciplines used to fulfill the Humanities and Social Science requirements cannot be used to fulfill the Arts requirement.