

FALL 2015

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 2016

Course	Cr	Title	✓
HLT 102	3	Introduction to Public Health	
PSY 210	3	Lifespan Development	
_____	3	Humanities LAC course	
WRI 100	3	College Writing	
SPS 160	0.5	Exploring Your Future	
_____	3	elective***	

FALL 2016

Course	Cr	Title	✓
BIO 117	4	Anatomy and Physiology I	
HLT 201	1	Health Professions II	
PSY 211	4	Experimental Methods	
SPS 170	1	Using APA Editorial for PSY majors	
_____	3-4	Health Promotion & Wellness elective*	
_____	3	Art LAC course	

SPRING 2017

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 2017

Course	Cr	Title	✓
_____	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 2018

Course	Cr	Title	✓
HLT 301	1	Health Professions III	
_____	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 2018

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

SPRING 2019

Course	Cr	Title	✓
HLT 302	3	Health Sciences Capstone	
PSY ____	3	Advanced Seminar in Health Psychology	
_____	3	elective***	
_____	3	elective***	
_____	3	elective***	

* Choose 3 courses from BIO, HLT, NUR, PSY, REL, or SWK with advisor approval.

*** 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. BIO 117 2. BIO 118
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.