

FALL 2016

| 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 | |

FALL 2017

| 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 | |

FALL 2018

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|---------|-----|---------------------------------------|---|
| _____ | 3-4 | Health Promotion & Wellness elective* | |
| BUA 211 | 3 | Introduction to Health Care Systems | |
| _____ | 3 | PSY ___ or elective ** | |
| PSY 227 | 3 | Principles of Helping Relationships | |
| _____ | 3 | elective*** | |

FALL 2019

| Course | Cr | Title | ✓ |
|--------|----|---------------------------|---|
| _____ | 3 | Global Studies LAC course | |
| _____ | 3 | PSY ___ or elective ** | |
| _____ | 3 | elective*** | |
| _____ | 3 | elective*** | |
| _____ | 3 | elective*** | |

SPRING 2017

| 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*** | |

SPRING 2018

| 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 | |
| PSY 212 | 4 | Statistical Methods | |

SPRING 2019

| 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 | Art LAC course | |

SPRING 2020

| Course | Cr | Title | ✓ |
|---------|----|---------------------------------------|---|
| HLT 302 | 3 | Health Sciences Capstone | |
| PSY 360 | 3 | Advanced Seminar in Health Psychology | |
| _____ | 3 | elective*** | |
| _____ | 3 | elective*** | |
| _____ | 3 | elective*** | |

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

** Choose either PSY 251 or PSY 304.

*** 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

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|--|
| 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 |

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|--|
| 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.