

2022-2023 B.A. in HEALTH STUDIES

(32 credits required for graduation with a minimum cumulative GPA of 2.00)

NOTE: This guide is not meant to replace the degree audit; it is subject to change and represents actions approved by Faculty to date. Students are encouraged to run their degree audit often. Please refer to the *2022-2023 Catalog*, which will be updated with the most current information.

GENERAL EDUCATION PROGRAM

No single transfer course can meet more than one General Education requirement.

Core Courses

(Development math courses may be waived on basis of test scores.)

MAT 010 Pre-Algebra
MAT 011 Elementary Algebra
MAT 012 Elementary Algebra II

GSTR 110 Writing Seminar I: Critical Thinking in the Liberal Arts (Transfer students may waive if College Composition was taken as a degree-seeking student at another college and earned a grade of B or higher.)

GSTR 210 Writing Seminar II: Identity and Diversity in the U.S.
GSTR 310 Understandings of Christianity
GSTR 410 Seminar-Contemporary Global Issues

Scientific Knowledge and Inquiry

GSTR 332 Scientific Origins **OR**

Two (2) approved science courses, from two different disciplines, one of which must be an approved lab course. The following courses have been approved to meet this requirement: ANR 110, BIO 100, 101, 110, CHM 113, 131, PHY 111, 127, 221

Wellness & Fitness

WELL 101 Principles of Wellness I
WELL 102 Principles of Wellness II

Two (2) 1/4-credit HHP activity courses (HHP 200 will satisfy both the SWIM requirement and one of the activity course requirements)

Practical Reasoning (PR & PRQ)

Two (2) courses, at least one firmly grounded in math or statistics (PRQ); the other can be an approved practical reasoning (PR) course or another PRQ course.

Perspectives (Six areas required)

One (1) course in **each** of the six areas is required. Individual courses may be approved to satisfy more than one perspective, but no single course may satisfy more than two perspective areas.

- 1) Arts
- 2) Social Science
- 3) Western History
- 4) Religion
- 5) African American/Appalachian/Women
- 6) International (choose one option):
 - A) Two (2) courses in the same non-English language, one of which may be waived through testing; **OR**
 - B) Two (2) world culture courses, one of which must be grounded in a non-western culture

Active Learning Experience

An approved experience, taken for credit or non-credit (e.g. internships, undergraduate research experiences).

Learning Goal 1: Common learning goals pertaining to health and human performance.

HLT MAJOR COURSES

Minimum GPA of 2.0 in the major is required for graduation.

Core Courses

HLT 200 Foundations of Health Studies
HLT/PSY 227 Health Psychology
HLT 300 Health Program Planning & Evaluation

Capstone Course

HLT 400 Epidemiology

Distribution Courses (3 total credits)

HLT/WGS 111 Human Sexuality
APS/HLT 210 Health in Appalachia
HLT 224 Violence & Addiction in the Family
HLT/WGS 236 Women & Health
SOC 200 Sociology of Health
HLT 395/495 Health Internship
Or other health-related courses approved by HHP Department Chair

Required Collateral Courses (count outside the major)

BIO 201 Human Anatomy & Physiology I
CFS 221 Fundamentals of Nutrition
MAT 104 Intro to Statistics OR other approved statistics course
PSY 100 General Psychology
SENS 100 Intro to Sustainability & Environmental Science

Proficiency Requirement: Certification in First Aid/CPR including adult, child, and infant cardio-pulmonary resuscitation (CPR) with Automated External Defibrillator (AED). Must be completed by first term of senior year. May be met by taking HLT 109: *Comprehensive First Aid*.

ELECTIVES

Twenty (20) credits outside the major.

Learning Outcome 1.1: To understand research components and modes within the disciplines related to health studies.

Learning Outcome 1.2: To understand and apply current concepts, theories, and models/frameworks used in health studies, including health promotion and public health.

Learning Goal 2: To understand Health and Health Promotion

Learning Outcome 2.1: Assess health status and plan, implement, and evaluate health promotion programming and interventions that motivate and facilitate behavior change for populations of diverse individuals, groups, and communities.

Learning Goal 3: To understand pedagogical perspectives in health and human performance.

Learning Outcome 3.1: To plan, implement, and evaluate delivery of health content based on state and national standards.