

ACADEMIC PLANNING SHEET

B.S. EXHPR HEALTH PROMOTION/WELLNESS EMPHASIS

COLORADO STATE UNIVERSITY – PUEBLO

2014-2015 CATALOG

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	Fall Semester		Spring Semester	
First Year	EXHP 101: Intro to EXHPR CIS 100: Intro to Word & Windows CIS 103: PowerPoint & Web Publishing CIS 104: Excel Spreadsheets ENG 101: English Composition I MATH 121: College Algebra TOTAL SEMESTER HOURS	2 1 1 1 3 4 12	EXHP 162: Personal Health EXHP 162L: Personal Health Lab ENG 102: English Composition II PSYCH 151: Human Development OR PSYCH 100: General Psychology COMR 103: Speaking & Listening TOTAL SEMESTER HOURS	3 1 3 3 3 13
Second Year	EXHP 201: Drugs & Healthy Lifestyle EXHP 222: Behavior Facilitation AT 232: First Aid EXHP 288: Health Promotion Practicum BIOL 223: Human Physiology & Anatomy I BIOL 223L: Human Physiology & Anatomy I Lab TOTAL SEMESTER HOURS	3 3 2 3 3 1 15	BIOL 112: Nutrition BIOL 224: Human Physiology & Anatomy II BIOL 224L: Human Physiology & Anatomy II Lab General Education TOTAL SEMESTER HOURS	3 3 1 6 13
Third Year	EXHP 336: Community Health EXHP 343: Research and Statistics General Education Hours outside the Major TOTAL SEMESTER HOURS	3 3 6 3 15	EXHP 344: Exercise Physiology EXHP 344L: Exercise Physiology Lab EXHP 362: Evaluation of Current Health Issues EXHP 382: Lifestyle Disease Risk Reduction MCCNM 210-Intro to Integrated Communication OR MKTG 340-Principles of Marketing Hours outside the Major TOTAL SEMESTER HOURS	3 1 2 3 3 3 15
Fourth Year	EXHP 364: Kinesiology EXHP 485: Methods in Health Promotion Hours outside the Major TOTAL SEMESTER HOURS	3 3 6 12	EXHP 436: Exercise Assessment EXHP 461: Managing Programs in EXHPR EXHP 487: HP Program Plan/Evaluation Hours outside the Major TOTAL SEMESTER HOURS Senior - Summer EXHP 498 Internship	3 3 4 3 13 12

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General Education Requirements: 18 semester hours

- o ENG 101: English Composition I (3)
- o ENG 102: English Composition II (3)
- o Mathematics Course (3)
 - o *MATH 121: College Algebra (4)*
- o Humanities Courses (9)
 - o *COMR 103: Speaking and Listening (3)*
- o History Course (3)
- o Social Sciences Courses (6)
 - o *PSYCH 151: Human Development (3)*
 - OR
 - o *PSYCH 100: General Psychology (3)*
- o Natural and Physical Sciences Courses (8) ((2 courses with labs)
 - o *BIOL 223: Human Physiology & Anatomy I (3)*
 - o *BIOL 223L: Human Physiology & Anatomy I Lab (1)*
 - o *EXHP 162: Personal Health (3)*
 - o *EXHP 162L: Personal Health Lab (1)*

Course Completed elsewhere **CSU-Pueblo equivalent**
(Ex: English 101) (Ex: English 101)

Major Requirements:**Core Course Requirements for EXHP Emphasis Area: 27 credit hours**

- o AT 232: First Aid (2)
- o EXHP 101: Introduction to EXHPR (2)
- o BIOL 112: Nutrition (3)
- o *EXHP 162: Personal Health (3)*
- o *EXHP 162L: Personal Health Lab (1)*
- o EXHP 222: Behavior Facilitation (3)
- o EXHP 343: Research and Statistics (3)
- o EXHP 344: Exercise Physiology (3)
- o EXHP 344L: Exercise Physiology Lab (1)
- o EXHP 364: Kinesiology (3)
- o EXHP 461: Managing Programs in EXHPR (3)

Additional Graduation Requirements

- o Total of 120 semester hours, minimum.
- o Complete a minimum of 40 semester hours in upper-division courses.
- o Overall cumulative grade point average of 2.00.
- o A minimum of 60 semester hours must be earned from a four year institution. Of these, a minimum of 30 semester hours of credit must be earned in residence.
- o Of the last 30 semester credits earned immediately preceding graduation, no more than 15 may be completed at other colleges or universities.
- o All other requirements as specified in the Catalog.

Additional Major Graduation Requirements:

- o Complete an emphasis of study with a cumulative GPA of 2.50 or higher
- o Earn a minimum grade of a "C" in all prerequisite and major courses
- o Repeat prerequisite and major courses with a grade of "D" or lower until a grade of "C" or higher is achieved; and
- o Earn a cumulative of 2.0 or higher in required English and speech communication courses.

Major Requirements cont.:**Health Promotion/Wellness Emphasis: 39 credit hours**

- o EXHP 201: Drugs and Healthy Lifestyle (3)
- o EXHP 288: Health Promotion Practicum (3)
- o EXHP 336: Community Health (3)
- o EXHP 362: Evaluation of Current Health Issues (2)
- o EXHP 382: Lifestyle Disease Risk Reduction (3)
- o EXHP 436: Exercise Assessment (3)
- o EXHP 485: Methods in Health Promotion (3)
- o EXHP 487: HP Program Planning/Evaluation (4)
- o EXHP 498: Internship (12)
- o MCCNM 210: Intro to Integrated Communication (3)
- OR
- o MKTG 340: Principles of Marketing (3)

Other Required Courses: 39 credit hours

- o *BIOL 223: Human Physiology & Anatomy I (3)*
- o *BIOL 223L: Human Physiology & Anatomy I Lab (1)*
- o *BIOL 224: Human Physiology & Anatomy II (3)*
- o *BIOL 224L: Human Physiology & Anatomy II Lab (1)*
- o CIS 100: Intro to Word and Windows (1)
- o CIS 103: PowerPoint & Web Publishing (1)
- o CIS 104: Excel Spreadsheets (1)
- o ENG 101: English Composition I (3)
- o ENG 102: English Composition II (3)
- o *MATH 121: College Algebra (4)*
- o *PSYCH 151: Human Development (3)*
- o *COMR 103: Speaking and Listening (3)*
- General Education: History (3)
- General Education: Humanities (6)
- General Education: Social Science (3)

(Courses *italicized* meet General Education requirements)

Hours Outside the Major: 15 semester hours

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