

ACADEMIC PLANNING SHEET

B.S. EXHPR HEALTH PROMOTION/WELLNESS EMPHASIS

COLORADO STATE UNIVERSITY – PUEBLO

2015-2016 CATALOG

Carol Foust, Ph.D., Professor

PHONE: 549-2337 EMAIL: carol.foust@csupueblo.edu

Ms. Pamela Parrack, Administrative Assistant II

PHONE: 549-2381 EMAIL: pamela.parrack@csupueblo.edu

	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	2 1 1 1 3 4	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	3 1 3 3 3
	TOTAL SEMESTER HOURS	12	TOTAL SEMESTER HOURS	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	3 3 2 3 3 1	BIOL 112: Nutrition BIOL 224: Human Physiology & Anatomy II BIOL 224L: Human Physiology & Anatomy II Lab General Education	3 3 1 6
	TOTAL SEMESTER HOURS	15	TOTAL SEMESTER HOURS	13
Third Year	EXHP 336: Community Health EXHP 343: Research and Statistics General Education Hours outside the Major	3 3 6 3	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	3 1 2 3 3 3
	TOTAL SEMESTER HOURS	15	TOTAL SEMESTER HOURS	15
Fourth Year	EXHP 364: Kinesiology EXHP 485: Methods in Health Promotion Hours outside the Major	3 3 6	EXHP 436: Exercise Assessment EXHP 461: Managing Programs in EXHPR EXHP 487: HP Program Plan/Evaluation Hours outside the Major	3 3 4 3
	TOTAL SEMESTER HOURS	12	TOTAL SEMESTER HOURS	13
			Senior - Summer	
			EXHP 498 Internship	12

DISCLAIMER: The Academic Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered CSU-Pueblo.

General Education Requirements: 18 semester hours

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

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

Additional Graduation Requirements

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

Additional Major Graduation Requirements:

- Complete an emphasis of study with a cumulative GPA of 2.50 or higher
- Earn a minimum grade of a "C" in all prerequisite and major courses
- Repeat prerequisite and major courses with a grade of "D" or lower until a grade of "C" or higher is achieved; and
- 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**

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

Other Required Courses: 39 credit hours

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