

NAME \_\_\_\_\_ ID# \_\_\_\_\_

**CORE CURRICULUM – 43-45 Semester Hours (SH)**

**UNIVERSITY CORE**

**A. Core Foundations (12SH)**

CORE 101 \_\_\_\_\_ 3  
 CORE 102 \_\_\_\_\_ 3  
 HNRS 103\* \_\_\_\_\_ 3  
 CORE 201, POSC 201 or  
 MKTG 201 \_\_\_\_\_ 3  
 CORE 202  
 or POSC 202 \_\_\_\_\_ 3

NOTE: Courses listed in multiple areas can only be used to fulfill a single area requirement.

Students can use only one course with their major prefix to fulfill core requirements.

\* Honors course – will replace CORE 101 & 102 for those students in the RU honors program

**B. Core Skills & Knowledge (16SH)**

Courses must be from different disciplines:  
**MATHEMATICAL SCIENCES (3SH)**  
 MATH 137 \_\_\_\_\_ 3\*\*  
**NATURAL SCIENCES (4 SH)**  
 BIOL 105 \_\_\_\_\_ 4\*\*  
**HUMANITIES (3 SH)**  
 \_\_\_\_\_ 3  
 One of the following: CLSS 110, ENGL 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 206  
**SOCIAL/BEHAV. SCIENCES (3 SH)**  
 PSYC 121 \_\_\_\_\_ 3\*\*  
**VISUAL & PERFORMING ARTS (3 SH)**  
 \_\_\_\_\_ 3  
 One of the following: ART 100, 215, 216 CVPA 266 DNCE 111 MUSC 100, 121, 123 THEA 100, 180

**COLLEGE CORE**

**A. National & International Perspectives (6SH)**

Courses must be from different disciplines:  
**U. S. PERSPECTIVES (3 SH)**  
 \_\_\_\_\_ 3  
 One of the following: APST 200 ECON 101, 205, 206, ENGL 203 GEOG 201, 202, 203 HIST 111, 112 POSC 120, SOCY 110  
**GLOBAL PERSPECTIVES (3SH)**  
 \_\_\_\_\_ 3  
 One of the following: CVPA 266 ENGL 201, 202 CCST 103 GEOG 101, 102, 140, 280 HIST 101, 102 INST 101 ITEC 112 PEAC 200 RELN 112, 205, SOCY 121 THEA 180 WMST 101

**B. Supporting Skills & Knowledge (9-11SH)**

**NATURAL SCI. OR MATHEMATICAL SCIENCES (3/4 SH)**  
 STAT 200 \_\_\_\_\_ 3\*\*  
**HUMANITIES, VISUAL & PERFORMING ARTS, OR FOREIGN LANGUAGES (3-4 SH)**  
 \_\_\_\_\_ 3-4  
 One of the following: CLSS 110 ENGL 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 206 Or ART 100, 215, 216 DNCE 111 MUSC 100, 121, 123 THEA 100, 180 Or ARAB 101:102, 201:202 CHNS 101: 102, 201: 202 FORL 100, 109, 209, 309, 409, 200: 210 FREN 100, 200:210, 300, 320 GRMN 100, 200: 210, 300 LATN 101: 102, 201, 350 RUSS 100, 200, 210, 300 SPAN 101: 102, 103, 201: 202  
**SOCIAL/ BEHAV. SCI. OR HEALTH & WELLNESS (3SH)**  
 HLTH 200 \_\_\_\_\_ 3\*\*

**HEALTH EDUCATION AND HEALTH PROMOTION**

**Required Courses (77 Semester Hours)**

**HEALTH EDUCATION AND PROMOTION CONCENTRATION (57 Semester hours)**

BIOL 310 _____ (4)	Human Structure and Function I	F
BIOL 311 _____ (4)	Human Structure and Function II	S
<b>Or</b>		
BIOL 322 _____ (6)	Human Anatomy and Physiology	F/S
NUTR 214 _____ (3)	Introduction to Nutrition	F/S
ESHE 315 _____ (3)	Physical Activity and Aging	F/S
ESHE 360 _____ (3)	Marketing and Promotion of ESHE	F/S
ESHE 305 or 390 _____ (3)	Princ. & Practice of Str. & Cond./Kinesiology	F/S
ESHE 392 _____ (3)	Exercise Physiology	FS/SU
ESHE 396 _____ (3)	Assessment and Prescription	F/S
HLTH 245 _____ (3)	Foundations of HEHP	S
HLTH 250 _____ (3)	Consumer Health	F/S
HLTH 300 _____ (3)	Community Health and Epidemiology	F
HLTH 325 _____ (3)	Diversity of Health in the United States	F
HLTH 451 _____ (3)	Drug Use and Drug Abuse Education	F/SU
HLTH 453 _____ (3)	Human Sexuality	S
HLTH 460 _____ (3)	International Health	S
HLTH 465 _____ (3)	Exercise, Performance & Nutrition	F/S/SU
HLTH 475 _____ (3)	Strategies for Health Behavior Change	F
HLTH 480 _____ (3)	Helping Skills for Health Educators	F
HLTH 485 _____ (3)	Health Program Planning and Evaluation	S

**Prerequisites**

BIOL 105
BIOL 105
BIOL 105
BIOL 105/ 56 hrs, GPA 2.5
GPA 2.5
BIOL 322 or BIOL 310 & 311, GPA 2.5
BIOL 322 or BIOL 310 & 311, GPA 2.5
HLTH 200 & ESHE 391 or 392, GPA 2.5
HLTH 200
HLTH 245 & STAT 200, GPA 2.5
HLTH 111, 300, NURS 111 or NUTR 214, GPA 2.5
GPA 2.5
56 hrs, GPA 2.5
GPA 2.5
BIOL 322 OR BIOL 310 & 311, HLTH 200, GPA 2.5
HLTH 300, GPA 2.5
HLTH 475, GPA 2.5
ESHE 360, HLTH 475 and 86hrs, GPA 2.5

**PROFESSIONAL FIELDWORK (7 Hrs.)**

ESHE 363 _____ (1)	Seminar for Professional Fieldwork FS	GPA 2.5
ESHE 463 _____ (6)	Fieldwork in ESHE FS/SU	To enroll and to graduate, GPA must be 2.5 overall and 2.5 in major (all ESHE and HTLH courses)

**ELECTIVES (Minimum of 11 credit hours)**

\_\_\_\_\_  
 \_\_\_\_\_

**\*\* To graduate with Honors, a student must complete 60 semester hours at RU.**

## Health Education/Health Promotion SAMPLE 4 Year Plan

\*Must be taken in designated semester. Courses in **Bold** are required in Core Curriculum.

Fall Semester		Spring Semester	
<b>Freshman Year</b>	<b>Cr.</b>	<b>Freshman Year</b>	<b>Cr.</b>
*University Core A: Core 101	3	* University Core A: Core 102	3
University Core B: <b>BIOL 105</b>	4	College Core B: <b>STAT 200</b>	3
University Core B: <b>Psychology 121</b>	3	College Core B: <b>HLTH 200</b>	3
University Core B: Humanities/VPA	3	University Core B: Humanities/VPA	3
University Core B: <b>Math 137</b>	3	College Core A: US Perspectives	3
	<b>Total 16</b>		<b>Total 15</b>
<b>Sophomore Year</b>	<b>Cr.</b>	<b>Sophomore Year</b>	<b>Cr.</b>
* University Core A: Core 201, POSC 201 or MKTG 201	3	* University Core A: Core 202 or POSC 202	3
BIOL 322 Human Anatomy and Physiology or BIOL 310 Human Structure & Function I	6 or 4	HLTH 245 Foundations of HEHP	3
ESHE 315 Physical Activity and Aging	3	NUTR 214 Introduction to Nutrition	3
HLTH 250 Consumer Health	3	BIOL 311 Human Structure & Function II	4
College Core A: Global Perspectives	3	College Core B: Humanities/VPA/Foreign Lang	3
	<b>Total 16-18</b>		<b>Total 16</b>
<b>Junior Year</b>	<b>Cr.</b>	<b>Junior Year</b>	<b>Cr.</b>
HLTH 325 Diversity of Health in the United States	3	ESHE 396 Assessment and Prescription	3
ESHE 360 Marketing Promotion ESHE	3	ESHE 315 Physical Activity and Aging	3
ESHE 392 Exercise Physiology	3	HLTH 460 International Health	3
HLTH 451 Drug Use and Abuse	3	HLTH 453 Human Sexuality	3
HLTH 300 Community Health and Epidemiology	3	HLHT 465 Exercise, Perf. Nutrition	3
_____ Elective (if needed)	3	_____ Elective	3
	<b>Total 18</b>		<b>Total 18</b>
<b>Senior Year</b>	<b>Cr.</b>	<b>Senior Year</b>	<b>Cr.</b>
_____ Elective	3	ESHE 463 Fieldwork in ESHE	6
HLTH 480 Helping Strategies for Health Educators	3	HLTH 485 Health Program Planning and Evaluation	3
ESHE 390 or ESHE 305 Kinesiology/Strength &Cond	3	_____ Elective	3
_____ Elective	3		
ESHE 363 Seminar Fieldwork	1		
HLTH 475 Strategies for Health Behavior Change	3		
	<b>Total 16</b>		<b>Total 12</b>