

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, 200 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 WGST 200

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, 200 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 101:102, 201:202, 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
Or		
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 /390 _____ (3)	Princ. & Practice of Str. & Cond./Kinesiolo	F/S
ESHE 392 _____ (3)	Exercise Physiology	F/S/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, GPA 2.5
GPA 2.5
BIOL 322 or 310, 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
STAT 200, GPA 2.5
Pre/Coreq HLTH 300, GPA 2.5
GPA 2.5
56 hrs, HLTH 200 or HLTH 111, GPA 2.5
Pre/Coreq HLTH 300 and GPA 2.5
BIOL 322 or BIOL 310, HLTH 200, GPA 2.5
HLTH 200, GPA 2.5, 56 hrs
HLTH 475, senior standing, GPA 2.5
HLTH 245, HLTH 475, 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 HLTH 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	
Freshman Year	Cr.	Freshman Year	Cr.
University Core A: Core 101	3	University Core A: Core 102	3
University Core B: BIOL 105	4	College Core B: STAT 200	3
University Core B: Psychology 121	3	College Core B: HLTH 200	3
University Core B: Humanities or VPA	3	University Core B: Humanities or VPA	3
University Core B: Math 137	3	College Core A: US Perspectives	3
	Total 16		Total 15
Sophomore Year	Cr.	Sophomore Year	Cr.
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 and 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
	Total 16-18		Total 16
Junior Year	Cr.	Junior Year	Cr.
HLTH 325 Diversity of Health in the US	3	ESHE 396 Assessment and Prescription	3
ESHE 360 Marketing Promotion ESHE	3	HLTH 460 International Health	3
ESHE 392 Exercise Physiology	3	HLTH 453 Human Sexuality	3
HLTH 451 Drug Use and Abuse	3	_____ Elective	3
HLTH 300 Community Health and Epidemiology	3	HLTH 465 Exercise, Performance, and Nutrition	3
_____ Elective (if needed)	3		
	Total 18		Total 15
Senior Year	Cr.	Senior Year	Cr.
_____ Elective	3	ESHE 463 Fieldwork in ESHE	6
HLTH 480 Interviewing and Helping Skills 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		
	Total 16		Total 12