

Health Promotion and Wellness Major – 2021—2022  
Catalog

FIRST YEAR			
FALL		SPRING	
ENG 111	4	ENG 112	4
UNI 101	1	^MTH 170	4
HPE 210	3	^PSY 153	3
^HPE 158	3	GENERAL EDUCATION	3
^PED 206	2	HPE 200	3
^ATH 200	3		
TOTAL HOURS	16.0	TOTAL HOURS	17.0

SECOND YEAR			
FALL		SPRING	
GENERAL EDUCATION	6	GENERAL EDUCATION	6
HPE 214	3	BIO 309	5
BIO 101 or 110	4	BIO 309 Lab	0
BIO 101L or 110L	0	^HPE 300	3
^PED 157	3	HPE 250	3
TOTAL HOURS	16.0	TOTAL HOURS	17.0

THIRD YEAR			
FALL		SPRING	
HPE 410	3	GENERAL EDUCATION	3
GENERAL EDUCATION	6	MAJOR ELECTIVES UL** (#2)	3
MAJOR ELECTIVE** (#1)	3	MAJOR ELECTIVE UL** (#3)	3
BIO 308	5	MAJOR ELECTIVE UL** (#4)	3
BIO 308 Lab	0	PSY 211	3
TOTAL HOURS	17.0	TOTAL HOURS	15.0

FOURTH YEAR			
FALL		SPRING	
HPE 390 (fall, odd)	3	HPE 450	3
MAJOR ELECTIVES UL** (#5)	3	HPE 490	3
HPE 420 W	3	HPE 470	8
ELECTIVES	6	ELECTIVE	3
TOTAL HOURS	15.0	TOTAL HOURS	17.0

\*General Education Requirements – Some courses fulfill general education as well as major requirements. See catalog for accepted courses for general education

^Courses that are offered each semester.

If students choose to double major and/or minor, the following catalog rule applies: any course applied toward the completion of one major or minor may not also be applied toward the fulfillment of elective requirements in another major or minor.

\*\*Choose a minimum of 5 courses from the list below.

**ELECTIVES:**

- |   |                        |
|---|------------------------|
| HPE 212 (every spring) <b>or</b> PED 353 (every fall) | HPE 281 (even spring)# |
| HPE 301 W (every spring)                              | HPE 379 (odd spring)   |
| HPE 370 (even fall) #                                 | HPE 375 (even fall)    |
| HPE 325 W (every fall)                                | HPE 430 (every fall)#  |
| HPE 435 (every fall)                                  | PED 349 (every fall)   |
| PED 455 (every spring)                                | PSY 370 (every spring) |
| HPE 400 (every spring)                                |                        |
- up to 6 hours of approved electives to meet continuing education entrance requirements

# indicates electives that are strongly recommended