



Physical Education Major:
Public Health Concentration (Comprehensive)
Academic Plan of Study
2021-2022 Catalog

Name: _____ Student ID #: _____ Date: _____

University Studies Requirements

Core Courses *completed within first 60 credits

Course	Credits	Grade	Planned to Take
WRIT 102 College Writing II	3	_____	_____
WRIT 209 Business and Professional Writing	3	_____	_____
HHP 102 Wellness and a Positive Lifestyle	3	_____	_____
COMM 110 Intro to Speech Communications	3	_____	_____
MATH/CSCI	3-4	_____	_____

Humanities

Course	Course Title	Credits	Grade	Planned to Take
History	_____	3	_____	_____
Literature	_____	3	_____	_____
World Language, Culture, & Philosophy	_____	3	_____	_____

Social Science (6 cr) *must include 2 different prefixes*

Course	Course Title	Credits	Grade	Planned to Take
Course 1	_____	3	_____	_____
Course 2	_____	3	_____	_____

Natural & Physical Sciences

Course	Course Title	Credits	Grade	Planned to Take
Environmental	_____	2	_____	_____
Lab	_____	4	_____	_____

Fine & Applied Arts

Course	Course Title	Credits	Grade	Planned to Take
Art History, Criticism & Appreciation	_____	3	_____	_____
Aesthetic Experience	_____	3	_____	_____

Global Awareness & Diversity *may be fulfilled through other University Studies categories

Course	Course Title	Credits	Grade	Planned to Take
Global Awareness	_____	3	_____	_____
Diversity	_____	3	_____	_____

Physical Education Major – Public Health concentration (comprehensive) Requirements

52 credits to include:

Required courses (43 credits required):

Course	Course Title	Credits	Grade	Planned to Take
HHP 110	Introduction to HHP Majors/Minors	1		
HLTH 158	Responding To Emergencies and Safety Education	2		
HLTH 160	Introduction to Health Science and Terminology	2		
HLTH 264	Human Structure & Function	3		
HLTH 265	Human Structure & Function	3		
HLTH 267	Introduction to Mental health and Stress Management	3		
HHP 282	Intro to Physical Assessment and Exercise Evaluation	1		
HLTH 366	Principles Of Nutrition	3		
HLTH 367	Human Sexuality	3		
HLTH 368	Drugs, Health and Human Behavior	3		
HLTH 469	Pathophysiology of Disease\Prevention and Control	3		
HLTH 470	Community and Environmental Health	3		
HHP 472	Epidemiology	3		
HHP 496	Internship	10-20		
HHP 497	Senior Capstone Experience	0		

Focus Areas (9 credits required):

Students may choose to fulfill their 9 elective credits by working towards one or a combination of the focus areas listed below depending on their professional career goals. Other courses not listed below can be substituted and count as part of the 9 credits in consultation with your advisor.

Public Health Focus:

Designed to support careers associated with public health programming, public health education, work site wellness programs, community education through hospitals, non-profit organizations, governmental health programs that strive to support health across all ages, and other public health orientated professions.

Course	Course Title	Credits	Grade	Planned to Take
LSTU 115	Law and Human Behavior	3		
HHP 337	Practicum in HHP 102 Lab	1-2		
HHP 340	Organization and Administration of Human Performance, Health & Athletics	3		
HHP 403	Health Coach	2		

Maternal Child Focus:

Designed to support careers associated with the facilitation and supervision of infant and youth health programs, maternal education programs offered through hospitals, infant and youth non-profit programs, government agencies that support infant and maternal welfare, and other programs that require a strong understanding of infant and youth physical and mental health issues.

Course	Course Title	Credits	Grade	Planned to Take
HLTH 300	Maternal Child Health	3		
HLTH 301	Infant Health and Development	3		
HLTH 495	Healthy Families	3		