

**Bachelor of Science in Health Promotion (BS)  
2014-2015**

**College of Health Sciences (CHS) Revised 7/30/14  
Department of Health and Exercise Science**

Major Code 509A  
CIP Code 51.2207  
Non-Teaching

Director: Dr. Alan Utter  
828-262-3094  
[utterac@appstate.edu](mailto:utterac@appstate.edu)  
[hes.appstate.edu](http://hes.appstate.edu)

**GENERAL EDUCATION..... 44**

**Note: Up to 20 sh of the following courses may be counted in General Education:**

BIO 1201/1202 and 1203 \_\_\_\_\_ (8) **OR** CHE 1101/1110 and 1102/1120 \_\_\_\_\_ (8)  
SOC 1000 \_\_\_\_\_ (3)  
SOC 1110 \_\_\_\_\_ (3)  
NUT 2202 \_\_\_\_\_ (2)  
MAT 1025 \_\_\_\_\_ (4) (required ONLY if an Exercise Science Minor is pursued)

**MAJOR REQUIREMENTS ..... 78**

*GPA Requirement: An overall 2.0 GPA is required in the major  
18 sh must be completed at Appalachian.*

**8 sh from one of the following science sequences:**

BIO 1201/1202 and 1203 \_\_\_\_\_ (Gen Ed: Sci. Inq.)

**OR**

CHE 1101/1110 and 1102/1120 \_\_\_\_\_ (Gen Ed: Sci. Inq.)

SOC 1000 \_\_\_\_\_ (3) The Sociological Perspective (Gen Ed theme: H&S: Individual and Society)

SOC 1110 \_\_\_\_\_ (3) Marriage & Family Relations

NUT 2202 \_\_\_\_\_ (3) Nutrition and Health (Gen Ed: Wellness Literacy, 2sh)

MAT 1025 \_\_\_\_\_ (4) Algebra & Elementary Function (required ONLY if an Exercise Science Minor is pursued)  
(Gen Ed: Quantitative Literacy)

H P 2100 \_\_\_\_\_ (3) Health Program Planning & Evaluation (WID)

H P 2200 \_\_\_\_\_ (3) Lifestyle Disease & Risk Reduction

H P 3000 \_\_\_\_\_ (3) Fitness in Health Promotion

HP/HED 3100 \_\_\_\_\_ (3) Emergency Care & CPR

H P 3130 \_\_\_\_\_ (3) Environmental Health

H P 3200 \_\_\_\_\_ (3) Health Risk Appraisal

H P 3700 \_\_\_\_\_ (3) Health Behavior Change

H P 4100 \_\_\_\_\_ (3) Biostatistics

H P 4200 \_\_\_\_\_ (3) Principles of Epidemiology (Prerequisite: HP 4100)

H P 4300 \_\_\_\_\_ (3) Smoking Cessation/Alcohol Treatment Program

H P 4400 \_\_\_\_\_ (3) Weight Management (Prerequisite: NUT 2202)

H P 4701 \_\_\_\_\_ (3) Seminar in Health Promotion (Prerequisite: HP 3200)

H P 4800 \_\_\_\_\_ (3) Health Promotion Interventions (Prerequisite: HP 2100 and Senior Standing)

H P 4900 \_\_\_\_\_ (6) Internship (CAP) (Senior Standing)

COM 2101 \_\_\_\_\_ (3) Public Speaking (C minimum)

C S 1410 \_\_\_\_\_ (2) Introduction to Computer Applications (Prerequisite: passing Math placement or MAT 0010)

E S 2030 \_\_\_\_\_ (4) Concepts in Human Anatomy and Physiology (Prerequisite: BIO 1101 or BIO 1801 or CHE 1101/1110)

SOC 3100 \_\_\_\_\_ (3) Gerontology

**Minor Requirements (minimum # of required hours)..... 15**

**NOTE:** *Each minor differs in number of hours and requirements.*

*Minor must be approved by an advisor.*

*9 sh of a minor must be completed at Appalachian*

**Free Electives (to total a minimum of 122 sh)..... 5**

*Note: 2 sh of free electives outside the major discipline are required.*

**General Education courses taken for the major ..... - Up to 20**

**TOTAL ..... 122**