

**MY DEGREE MAP**  
**COLLEGE OF HEALTH AND HUMAN SERVICES APPROVED ACADEMIC PLAN**  
**HEALTH PROMOTION WITH EXERCISE SCIENCE MINOR**  
**PROGRAM YEAR 2020-21**

<b>1<sup>ST</sup> YEAR</b>			
<b>1<sup>ST</sup> SEMESTER</b>	<b>HOURS</b>	<b>2<sup>ND</sup> SEMESTER</b>	<b>HOURS</b>
TROY 1101	1	ENG 1102/04	3
ENG 1101/03	3	AREA III SCI/LAB COURSE	3/1
MTH 1110 OR MTH 1112	3	AREA IV SS COURSE	3
AREA II FINE ARTS COURSE	3	KHP 2200	1
AREA IV SS COURSE	3	KHP 2202	2
IS 2241	3	PHYSICAL ACTIVITY COURSE	1
		ADVISOR APPROVED ELEC	1
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>15</b>
<b>2<sup>ND</sup> YEAR</b>			
<b>3<sup>RD</sup> SEMESTER</b>	<b>HOURS</b>	<b>4<sup>TH</sup> SEMESTER</b>	<b>HOURS</b>
AREA II LIT COURSE	3	AREA II HUM/FA COURSE	3
AREA IV HIS COURSE	3	KHP 2211	3
AREA III SCI/LAB COURSE	3/1	KHP 2251	3
AREA IV SS COURSE	3	KHP 2260	2
KHP 2240	3	MINOR COURSE	3
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>14</b>
<b>3<sup>RD</sup> YEAR</b>			
<b>5<sup>TH</sup> SEMESTER</b>	<b>HOURS</b>	<b>6<sup>TH</sup> SEMESTER</b>	<b>HOURS</b>
HSTM 3301	3	KHP 3350	3
KHP 3310/L310	3/1	SOC 3365	3
KHP 3316	3	HS 3370	3
HSTM 3340	3	KHP 3391	3
MINOR COURSE	3	MINOR COURSE	3
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>15</b>
<b>4<sup>TH</sup> YEAR</b>			
<b>7<sup>TH</sup> SEMESTER</b>	<b>HOURS</b>	<b>8<sup>TH</sup> SEMESTER</b>	<b>HOURS</b>
ADVISOR APPROVED ELEC	3	MINOR COURSE	3
KHP 4427	3	KHP 4458	3
KHP 4442	3	ADVISOR APPROVED ELEC	3
MINOR COURSE	3	AREA II HUM/FA COURSE	3
MINOR COURSE	3	PHYSICAL ACTIVITY COURSE	1
<b>SUBMIT GRADUATION APPLICATION</b>			
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>13</b>
		<b>TOTAL PROGRAM</b>	<b>120</b>

## COLLEGE OF HEALTH AND HUMAN SERVICES APPROVED ACADEMIC PLAN HEALTH PROMOTION WITH EXERCISE SCIENCE MINOR PROGRAM YEAR 2020-21

COMPLETE ALL REQUIREMENTS (60 HOURS)

### AREA I

TAKE THE FOLLOWING COURSES:

ENG 1101	COMP AND MODERN ENGLISH I	3 HOURS
ENG 1102	COMP AND MODERN ENGLISH II	3 HOURS

MINIMUM GRADE OF "C" REQ

### AREA II

TAKE ANY 1000 2000 LEVEL COURSE IN LITERATURE	3 HOURS
TAKE ANY 1000 2000 LEVEL COURSE WITH AN EXPANDED HISTORICAL AND CULTURAL SCOPE IN FINE ARTS, INCLUDING THE DISCIPLINES OF ART, MUSIC, THEATRE, FILM, OR OTHER FINE ARTS AREA.	3 HOURS

TAKE ANY TWO 1000 2000 LEVEL COURSES WITH AN EXPANDED HISTORICAL AND CULTURAL SCOPE IN THE HUMANITIES/FINE ARTS DISCIPLINES, INCLUDING ENGLISH, FOREIGN LANGUAGES, RELIGION, PHILOSOPHY, CLASSICS, THEATRE, MUSIC, DANCE, COMMUNICATION, SIGN LANGUAGE, INTERDISCIPLINARY STUDIES, OR OTHER HUMANITIES/FINE ARTS AREAS.	6 HOURS
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NOTE: A SEQUENCE IN LITERATURE OR HISTORY IS REQ WHEN SELECTING COURSEWORK IN AREAS II OR IV, PLEASE CONSIDER THIS REQUIREMENT.

### AREA III

TAKE MTH 1110 OR MTH 1112 MINIMUM GRADE OF "C" REQ	3 HOURS
TAKE ANY TWO 1000-2000 LEVEL SCIENCE CLASSES (CLASS AND CORRESPONDING LAB) FROM THE FOLLOWING SCIENCE DISCIPLINES: BIOLOGY, CHEMISTRY, PHYSICS, PHYSICAL SCIENCE, OR OTHER SCIENCE AREAS. SELECT 2: BIO 1100/L100, BIO 1101/L101, BIO 1120/L120, BIO 2229/L229, CHM 1115/L115, CHM 1142/L142, CHM 1143/L143, CHM 2242/L242, PHY 2252/L252, PHY 2253/L253, PHY 2262/L262, PHY 2263/L263, SCI 1110/L110, SCI 2233/L233, SCI 2234/L234, SCI 2240/L240.	8 HOURS

### AREA IV

TAKE ANY 1000-2000 LEVEL COURSE WITH A PRIMARY FOCUS IN HISTORY	3 HOURS
TAKE THREE 1000-2000 LEVEL COURSE FROM THE FOLLOWING SOCIAL SCIENCE DISCIPLINES: ANTHROPOLOGY, BUSINESS, CRIMINAL JUSTICE, ECONOMICS, FINANCE, GEOGRAPHY, HISTORY, HUMAN SERVICES, LEADERSHIP, INTERDISCIPLINARY STUDIES, NURSING, POLITICAL SCIENCE, PSYCHOLOGY, RELIGION, SOCIAL WORK, SOCIOLOGY, OR OTHER SOCIAL SCIENCE AREAS.	9 HOURS

NOTE: A SEQUENCE IN LITERATURE OR HISTORY IS REQ WHEN SELECTING COURSEWORK IN AREAS II OR IV, PLEASE CONSIDER THIS REQUIREMENT.

### AREA V

IS 2241	COMPUTER CONCEPTS AND APPLICATIONS	3 HOURS
TROY 1101	THE UNIVERSITY EXPERIENCE	1 HOUR
KHP 2200	HEALTH CONCEPTS	1 HOUR
KHP 2202	FIRST AID, SAFETY, AND CPR	2 HOURS
KHP 2240	PERSONAL AND COMMUNITY HEALTH	3 HOURS
TAKE 2 HOURS OF PHYSICAL ACTIVITY COURSES		2 HOURS
TAKE 7 HOURS OF ADVISOR APPROVED ELECTIVES OR COURSES TO MEET PREREQUISITES		7 HOURS
NOT TAKEN IN AREA IV SUCH AS SOC 2275		

## COLLEGE OF HEALTH AND HUMAN SERVICES APPROVED ACADEMIC PLAN HEALTH PROMOTION WITH EXERCISE SCIENCE MINOR PROGRAM YEAR 2020-21

HEALTH PROMOTION MAJOR (42 HOURS)  
2.0 GPA REQUIRED

KHP 2211	HUMAN NUTRITION	3 HOURS
KHP 2251	FOUNDATIONS OF PHYSICAL EDUCATION AND HEALTH	3 HOURS
KHP 2260	APPLIED FITNESS CONCEPTS	2 HOURS
HSTM 3301	LEISURE IN SOCIETY	3 HOURS
KHP 3310/L310	INTRODUCTION TO FOOD SCIENCE AND LAB	3/1 HOURS
KHP 3316	COMMUNITY NUTRITION	3 HOURS
HSTM 3340	PRINCIPLES OF RECREATION	3 HOURS
KHP 3350	PSYCHOLOGY OF WELLNESS	3 HOURS
HS 3375	DIVERSITY	3 HOURS
HS 3370	PROFESSIONAL COMMUNICATION SKILLS	3 HOURS
KHP 3391	TESTING & STATISTICAL INTERPRETATION	3 HOURS
KHP 4427	HEALTH BEHAVIOR	3 HOURS
KHP 3360	PHYSIOLOGICAL PRINCIPLES OF BODY SYSTEMS	3 HOURS
KHP 4458	LIFECYCLE NUTRITION	3 HOURS

EXERCISE SCIENCE MINOR (18 HOURS)

KHP 3352	KINESIOLOGY	3 HOURS
KHP 4459	SPORT AND EXERCISE NUTRITION	3 HOURS
KHP 4474/L474	EXERCISE PHYSIOLOGY AND LAB	3/1 HOURS
KHP 4475	EXERCISE TESTING	3 HOURS
KHP 4488	ISSUES AND PRACTICE IN CARDIAC REHABILITATION	3 HOURS
KHP 4476	LABORATORY PRACTICUM	2 HOURS