

MY DEGREE MAP
COLLEGE OF HEALTH AND HUMAN SERVICES APPROVED ACADEMIC PLAN
HEALTH PROMOTION WITH EXERCISE SCIENCE MINOR
PROGRAM YEAR 2021-22

1ST YEAR			
1ST SEMESTER	HRS	2ND SEMESTER	HRS
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
TOTAL	14	TOTAL	15
2ND YEAR			
3RD SEMESTER	HRS	4TH SEMESTER	HRS
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
TOTAL	16	TOTAL	14
3RD YEAR			
5TH SEMESTER	HRS	6TH SEMESTER	HRS
HSTM 2201	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
TOTAL	16	TOTAL	15
4TH YEAR			
7TH SEMESTER	HRS	8TH SEMESTER	HRS
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	PHYSIAL ACTIVITY COURSE	1
SUBMIT GRADUATION APPLICATION			
TOTAL	15	TOTAL	13
			TOTAL PROGRAM
			120

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 NOT TAKEN IN AREA IV SUCH AS SOC 2275		7 HOURS

HEALTH PROMOTION MAJOR
2.0 GPA REQUIRED

(42 HOURS)

HSTM 2201	INDUSTRY FUNDAMENTALS	3 HOURS
KHP 2211	HUMAN NUTRITION	3 HOURS
KHP 2251	FOUNDATIONS OF PHYSICAL EDUCATION AND HEALTH	3 HOURS
KHP 2260	APPLIED FITNESS CONCEPTS	2 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