

# Health Promotion

The Health Promotion program prepares students for a career as a health care professional capable of implementing the disease preventing wellness programs sought after by today's health care delivery system. The program offers a Bachelor degree for students interested in working in the health and fitness fields. The focus is on providing students with an educational background in health, fitness, and business with an emphasis on real-world rather than scholastic situations. The minor is a good fit for students in the community leadership program. Students in business programs may also want to minor in health promotion if they are interested in working in the insurance industry. The health promotion degree can also be tailored for those students wishing to pursue an advanced degree in athletic training or physical therapy.

## Bachelor of Science Health Promotion (Non-Teaching)

Learning Outcomes: Students can plan, design, implement and assess a health promotion intervention Students can articulate the various settings where health promotion techniques would be applicable. Students are engaged in personal and professional activities in the field of health promotion.

Code	Title	Credits
General Education Core ( <a href="https://catalognow.msun.edu/general-education-core/general-education-core">https://catalognow.msun.edu/general-education-core/general-education-core</a> )		33
<b>Required Courses</b>		
ENGL Upper Division Selective in Writing		3
HTH 101	Opport in Health Professions	2
HTH 110	Personal Health and Wellness	3
NUTR 121	Clinical Human Nutrition	2
AHAT 210	Prev and Care Athletic Injur	3
HPE 234	First Aid and CPR	2
CHTH 262	Community Health	3
KIN 320	Exercise Physiology	3
HTH 325	Etiology of Disease	3
KIN 327	Kinesiology & Biomechanics	3
CHTH 355	Theory Pract Comm Hlth Ed	3
HTH 368	Safety Education	2
HTH 378	Sex Education	3
HTH 391	Special Topics	3
KIN 415	Adv Exercise Test & Prescrip	3
CHTH 445	Prgm Planning Comm Health	3
<b>Areas of Concentration</b>		
<b>Business</b>		
BMGT 245	Customer Service Management	3
BGEN 112	Creative Problem Solving	3
BGEN 110	Applied Business Leadership	3
BGEN 235	Business Law	3
BMGT 335	Management & Organization	3
BMGT 329	Human Resource Management	3
BMKT 325	Principles of Marketing	3
BMGT 461	Small Business Management	3
<b>Pre-Professional</b>		
STAT 216	Introduction to Statistics	3
Select one of the following:		4
CHMY 123/124	Intro to Organic & Biochem	
CHMY 141/142	College Chemistry I	
CHMY 321	Organic Chemistry I	3
CHMY 322	Organic Chemistry Lab I	2
PHSX 205	College Physics I	3
PHSX 206	College Physics I Laboratory	1
PHSX 207	College Physics II	3
PHSX 208	College Physics II Laboratory	1

BIOM 250	Microbiology for Hlth Sciences	3
BIOM 251	Microbiology Hlth Sciences Lab	1
AHAT 495	Practicum: Sports Medicine (additional credits in AHAT 495 may be substituted for HPE 498)	3

**Health Education**

23-24 credits in the area of: Education (not for teaching endorsement)\*\*, Community Leadership, Nursing, Other as developed by student and advisor

Select one of the following:

CHTH 498	Cooperative Education	
M 121	College Algebra (CAT II)	3
PSYX 100	Intro to Psychology (CAT IV)	3
or SOCI 101	Introduction to Sociology	
PSYX 230	Developmental Psychology	3
BMGT 461	Small Business Management	3
COMX 111	Intro to Public Speaking (CAT I)	3
or COMX 115	Intro to Interpersonal Communc	
WRIT 101	College Writing I (CAT I)	3

Advisor Approved Electives 2

HPEA Fitness and Wellness Skills – Select one course from the following:

ACT 131	Weight Control	
ACT 157	Beginning Martial Arts	
ACT 135	Trimnastics	
ACT 106	Beg Conditioning and Fitness	
ACT 150	Beginning Yoga	
ACT 210	Intermediate Weight Training	
ACT 191	Special Topics	

**Total minimum credits required for degree 120**

**Minor Health Promotion (Non-Teaching)**

Code	Title	Credits
<b>Required Courses</b>		
NUTR 121	Clinical Human Nutrition	2
HTH 325	Etiology of Disease	3
HTH 110	Personal Health and Wellness	3
CHTH 262	Community Health	3
CHTH 355	Theory Pract Comm Hlth Ed	3
HTH 374	Current Issues in Health	3
HTH 368	Safety Education	2
CHTH 445	Prgm Planning Comm Health	3
<b>Total minimum credits required for minor</b>		<b>22</b>