

# Health Promotion Major (with Developmental Math) – Graduation MAP



**WEBER STATE**  
UNIVERSITY

This is a suggested Major Academic Plan (MAP). Meet with an academic advisor to create a specific plan that best fits your academic needs. Remember, taking an average of 15 credit hours per semester facilitates timely graduation.

201-18 Catalog Year

NAME: \_\_\_\_\_

<input checked="" type="checkbox"/>	Course	Credit Hour	Semester Offered	Milestones & Notes
<b>Freshman (Semester 1)</b>				
	<b>Composition:</b> ENGL 1010, Intro to Writing	3	ALL	<ul style="list-style-type: none"> <li>*MATH &amp; ENGL placement is determined by the ACT, Developmental Math Challenge, or Accuplacer exam. If MATH 0950 is not required, take the next MATH in the series (MATH 0950, 0810 or 0990, 1010, then QL.)</li> <li>Check off your courses in the box provided on the left as they are completed.</li> <li>C or better in all Core classes required, core classes include: ENGL, MATH, AI, CIL &amp; Diversity.</li> <li>Meet with Academic Advisor</li> </ul>
	<b>Humanities:</b> COMM HU 1020, Public Speaking OR COMM HU 2110, Interpersonal/Small Group Communication	3	ALL	
	<b>Computer Information Literacy,</b> Parts A, B, C: WEB 1700	3	ALL	
	<b>Computer Information Literacy,</b> Part D: LIBS 1704 or WEB 1504	1 or .5	ALL	
	<b>Social Science:</b> HLTH SS 1030, Healthy Lifestyles	3	ALL	
	<b>Quantitative Literacy:</b> *MATH 0950, Pre-Algebra	3	ALL	
	<b>Total Semester Credits</b>	<b>15.5 or 16</b>		
<b>Freshman (Semester 2)</b>				
	<b>Physical Science:</b> (REC: CHEM PS 1010 Introductory Chemistry)	3	ALL	<ul style="list-style-type: none"> <li>You must register for a lecture &amp; a lab at the same time when registering for HTHS 1110</li> <li>*MATH 0970 – pre-req for MATH 1030 only.</li> <li>*MATH 0990 – pre-req for MATH 1010 which is the required pre-req for MATH QL 1040 or 1050.</li> <li>Most Grad Schools require at least MATH QL 1050.</li> <li>Meet with Academic Advisor</li> </ul>
	<b>Composition:</b> ENGL 2010, Intermediate College Writing	3	ALL	
	<b>Life Science:</b> ZOOL LS 1020, Human Biology OR HTHS LS 1110 (w/lab), Int Human Anat & Phys I	3 or 4	ALL	
	<b>Social Science</b> (REC: PSY SS 1010 OR CHF SS 1500)	3	ALL	
	<b>Quantitative Literacy:</b> *MATH 0990, First Course in Algebra OR MATH 0970, Pathway to Contemporary Math	3	ALL	
	<b>Total Semester Credits</b>	<b>15-16</b>		
<b>Sophomore (Semester 3)</b>				
	<b>Humanities or Creative Arts/Diversity:</b> (REC: DANC CA/DV 1010 or ANTH HU/DV 1040)	3	ALL	<ul style="list-style-type: none"> <li>HU/DV or CA/DV meets both the HU/CA and Diversity requirement.</li> <li>Diversity is a core requirement, must have a C or better.</li> <li>NUTR LS 1020 meets a Gen Ed Breadth requirement AND counts as a Health major elective.</li> <li>*If not completing MATH 1010, an AS or BS elective may be completed.</li> <li>Meet with Academic Advisor</li> </ul>
	<b>Physical or Life Science:</b> (REC: NUTR LS 1020, Sci Foundations of Human Nutrition)	3	ALL	
	<b>American Institution:</b> (REC: POLS 1100, American Ntnl Government)	3	ALL	
	<b>Creative Arts</b> (REC: ART 1030, Studio Art for NonArt Major)	3	ALL	
	<b>Quantitative Literacy:</b> *MATH 1010, Intermediate Algebra (if planning to take MATH QL 1040 or 1050. Not required for MATH QL 1030)	4	ALL	
	<b>Total Semester Credits</b>	<b>16</b>		
<b>Sophomore (Semester 4)</b>				
	HLTH 3000, Foundations of Health Promotion	3	ALL	<ul style="list-style-type: none"> <li>This plan will allow you to complete your Associate of Science (AS) degree in 2 years. You will need to make sure your AS in General Studies degree is declared and apply for graduation on your eWeber student services portal.</li> <li>Meet with Academic Advisor.</li> </ul>
	<b>Quantitative Literacy</b> ( choose from: *MATH QL 1030, 1040 or 1050)	3 or 4	ALL	
	HAS 3000, The Health Care System	3	ALL	
	HAS 3150, Community Health Agencies & Services	3	ALL	
	HAS 3230, Health Communication	3	ALL	
	<b>Total Semester Credits</b>	<b>15 or 16</b>		

**NOTE:** No summer terms are used in this MAP, utilizing summer terms will complete your degree requirements much sooner and may be recommended on a case by case basis. This MAP includes development MATH classes, if they need to be taken additional credit hours will need to be completed to get to the 120 minimum credit hour requirement. Development ENGL courses may also be needed depending on placement test scores. Summer terms can be used to make up these credit hours as well. Seek advisement to personalize your plan.



# Health Promotion Major – Graduation MAP

## Continued - Junior & Senior years

<input checked="" type="checkbox"/>	Course	Credit Hours	Semester Offered	Milestones & Notes
<b>Junior (Semester 5)</b>				
	Health Program Elective: select from the approved course options	3	ALL	<ul style="list-style-type: none"> <li>Professional Block and Health Program Elective courses have many options to choose from – they are listed on your 'cat tracks and the website. Seek advisement to select Health Program Electives and Professional Block courses that are best for your professional goals.</li> <li>Meet with academic advisor.</li> </ul>
	HLTH 3200, Methods in Health Education	3	ALL	
	Professional Block: (HLTH 3160 is only offered in the FALL)	3	ALL	
	HIM 3200, ESS 3600 OR GERT 3600, Statistics	3	ALL	
	ELECTIVE for BS minimum credit hour requirement	3	ALL	
	<b>Total Semester Credits</b>	<b>15</b>		
<b>Junior (Semester 6)</b>				
	HAS 3190, Cultural Diversity Patient OR NUTR 3420 Multicultural Health & Nutr	3	ALL	<ul style="list-style-type: none"> <li>Electives for the BS degree minimum credit hour requirement can be used to complete an optional minor related to your field – Child &amp; Family Studies, Psychology or Nutrition Education are excellent academic partners to the Health Promotion course work.</li> <li>Begin thinking about what type of Field Experience you want to do – some require an application well in advance.</li> <li>Meet with academic advisor</li> </ul>
	Professional Block (HLTH 3100 is only offered in the SPR)	3	ALL	
	Health program elective: select from the approved course options	3	ALL	
	Health program elective: select from the approved course options	3	ALL	
	ELECTIVE for BS minimum credit hour requirement	3	ALL	
	<b>Total Semester Credits</b>	<b>15</b>		
<b>Senior (Semester 7)</b>				
	Professional Block	3	ALL	<ul style="list-style-type: none"> <li>Electives for Bachelor of Science (BS) degree minimum credit hour requirement are listed to assist you with making sure you complete the minimum 120 total credit hour requirement for any bachelor degree.</li> <li>There is a minimum of 40 credit hours of upper division (3000 and 4000 level) course work required for any Baccalaureate degree.</li> <li>Meet with academic advisor.</li> </ul>
	HLTH 4150, Planning/Evaluating Health Promotion Programs	4	ALL	
	Health Program Elective: select from the approved course options	3	ALL	
	Health Program Elective: select from the approved course options	3	ALL	
	ELECTIVE for BS minimum credit hour requirement	2	ALL	
	<b>Total Semester Credits</b>	<b>15</b>		
<b>Senior (Semester 8)</b>				
	HLTH 4860, Field Experience	3	ALL	<ul style="list-style-type: none"> <li>There is a minimum 3 cr hr Field Experience requirement. Students may complete up to 3 cr hrs more as a Health Program or BS degree elective.</li> <li>Apply for graduation through your eWeber student portal.</li> <li>Meet with academic advisor</li> <li>Attend Grad Fair to pick-up your cap &amp; gown</li> <li>Participate in Graduation ceremonies.</li> </ul>
	HLTH 4990, Senior Seminar	1	ALL	
	HLTH 4013, Research & Assessment	3	ALL	
	ELECTIVE for BS minimum credit hour requirement	3	ALL	
	ELECTIVE for BS minimum credit hour requirement	2	ALL	
	ELECTIVE for BS minimum credit hour requirement	3	ALL	
	<b>Total Semester Credits</b>	<b>15</b>		
	<b>Total Bachelor Degree Credits</b>	<b>120</b>		

### Gen Ed Breadth Requirements

(Remember - you can NOT duplicate departments in ANY Breadth Area courses!)

<input type="checkbox"/> HU	<input type="checkbox"/> CA	<input type="checkbox"/> HU or CA
<input type="checkbox"/> SS	<input type="checkbox"/> SS	
<input type="checkbox"/> PS	<input type="checkbox"/> LS	<input type="checkbox"/> PS or LS
<input type="checkbox"/> DV (Double dip with breadth course)		

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Notes: The HPHP Department policy is that all students should be in touch with an advisor each semester. Sherrie Jensen, the HPHP Advisement Coordinator can be contacted by e-mail at [sjensen3@weber.edu](mailto:sjensen3@weber.edu) to answer general questions. To schedule an appointment for advisement go to [www.HPHPAdvisement.youcanbook.me](http://www.HPHPAdvisement.youcanbook.me). Faculty advisors/mentors have their contact information and office hours posted by their office doors.

Electives for BS minimum credit hour requirement can be ANY course that qualifies for college credit, including PE activity courses and can be taken on a credit/no credit basis rather than for a letter grade. ALL other degree requirements have grade specific requirements, please review those on your 'cat tracks degree evaluation or with your advisor.

**Avoid misadvisement! Consult your academic advisor**

([weber.edu/advisors](http://weber.edu/advisors)), the WSU catalog ([weber.edu/catalog](http://weber.edu/catalog)), and your CatTracks degree evaluation (log in to your eWeber Student Portal).

Revised: 05/2017.SaJ