



## Springfield College Sequencing Guide

### Health Promotion for Schools and Communities Major (HPSC) ▼2019-2020

*If you entered Springfield College in 2019-2020, use this guide for sequencing your courses. Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress, and always confirm your plans with your advisor.*

#### GenEd Requirements, Electives, and College Requirements

*In addition to the major requirements listed below, you will need to fill the following General Education (GenEd) categories:*

- |  |   |  |
|--|---|--|
| <ul style="list-style-type: none"> <li>• Computing and Technology</li> <li>• Literary Studies</li> </ul> | <ul style="list-style-type: none"> <li>• Visual and Performing Arts</li> <li>• Spiritual and Ethical</li> </ul> | <ul style="list-style-type: none"> <li>• Historical/Cultural</li> <li>• International/Multicultural</li> </ul> |
|--|---|--|

*This major typically requires 73 credits to complete. In addition to the GenEd and major requirements listed, you must complete:*

- **20 elective credits or more** (depending on GenEds selected) to total at least 120 credit
- The **residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)

#### HPSC Major Requirements – Typical First-Year Schedule

**Fall:**

ENGL 113, College Writing I (GenEd requirement – 3 cr)  
 BIOL 130, Anatomy and Physiology Concepts I (3 cr – also fills Natural Sciences GenEd)  
 BIOL 132, Anatomy and Physiology Concepts I Lab (1 cr)  
 HLTH 101, Physical Health and Wellness (3 cr – also fills Health and Wellness GenEd)  
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 15 credits

**Spring:**

ENGL 114, College Writing II (GenEd requirement – 3 cr)  
 BIOL 131, Anatomy and Physiology Concepts II (3 cr – must earn a C or better)  
 BIOL 133, Anatomy and Physiology Concepts II Lab (1 cr – must earn a C or better)  
 MOSK 101, Outdoor Pursuits (1 cr – also partially fills Physical Activity GenEd)  
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 15 credits

#### HPSC Major Requirements – Typical Second-Year Schedule

**Fall or Spring:**

BUSM 220, Introduction to Healthcare Management (3 cr)  
 HLTH 210, Consumer and Environmental Health (3 cr)  
 HLTH 260, Drugs and Society (3 cr)  
 NUSC 261, Introduction to Nutrition (3 cr)  
 RHDS 230, Psychology of Disability and Illness (3 cr – also fills Social Justice GenEd and Behavioral and Social Sciences GenEd)  
 Plus GenEds, major requirements with flexible timing, or electives (as applicable) to total 30-33 credits for the year.

#### HPSC Major Requirements – Typical Third-Year Schedule

**Fall or Spring:**

HLTH 304, Health Education Methods and Pre-Practicum: PreK-12 (3 cr)  
 HLTH 343, Community Health Education (3 cr)  
 HLTH 355, Human Sexuality (3 cr)  
 HLTH 360, Violence and Bullying/Prevention and Intervention (3 cr)  
 HLTH 365, The Dynamics of Psychosocial Health Issues (3 cr)  
 PSYC 301, Research Methods (3 cr – also fills a WAC requirement)  
 Plus GenEds, major requirements with flexible timing, or electives (as applicable) to total 30-33 credits for the year.

### HPSC Major Requirements – Typical Fourth-Year Schedule

**Fall or Spring:**

AEXS 401, Management of Health/Fitness Programs (3 cr – also fills a WAC requirement)  
HSCI 410, Health and Health Care Disparities (3 cr)  
HLTH 425, Human Disease and Health Promotion (3 cr)

Complete **12 credits** of:

HLTH 487, Fieldwork in Health Promotion

Plus any outstanding major requirements, GenEds, or electives to total a minimum of 120 credits for your career

### Additional HPSC Major Requirements – Flexible Timing

*Note: In general, 100-level courses can be taken any year. 200- or 300-level courses can be taken 2<sup>nd</sup> or 3<sup>rd</sup> year. 400-level courses can be taken 3<sup>rd</sup> year if offered or 4<sup>th</sup> year. Some of these courses are not offered every year.*

HSCI 130, Introduction to Public Health (3 cr)

MATH 115, College Algebra (3 cr – also fills Quantitative Reasoning GenEd; or MATH 125, 131, or 140 )

Select **2 courses** (1 credit) from the following activity selectives

PEAC 103, In-line Skating (.5 cr)

PEAC 104, Swimming (.5 cr)

PEAC 108, Adapted Sports I (.5 cr)

PEAC 109, Adapted Sports II (.5 cr)

PEAC 113, Resistance Training (.5 cr)

PEAC 115, Fitness Swimming (.5 cr)

PEAC 121, Tai Chi Chuan (.5 cr)

PEAC 126, Orienteering (.5 cr)

PEAC 128, Outdoor Adventure (.5 cr)

PEAC 129, Rock Climbing (.5 cr)

PEAC 145, Yoga (.5 cr)

PEAC 179, Self-Defense I (.5 cr)

PEAC 279, Self Defense II (.5 cr)

### HPSC Major – Program Standards

Program standards for the HPSC major include, but are not limited to:

- A minimum cumulative GPA of 2.500
- A minimum GPA of 2.750 in major requirements

*Note: Students completing this program who wish to apply to the graduate program will need a minimum 3.000 GPA to be accepted.*