



Springfield College Sequencing Guide Health Promotion Major (HPRO) ▼2023-2024

Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress with your advisor.

Core Curriculum Requirements, Electives, and College Requirements

In addition to the major requirements listed below, you will need to fill the following Core Curriculum categories:

- 100-level, Exploring Movement & Wellness (1 cr)
- 300-level Wellness & Physical Literacy (1 cr)
- Literature (3 cr)
- Spiritual and Ethical (3 cr)
- Aesthetic Expression (3 cr)
- Historical and Social (3 cr)
- Themed Explorations (9 cr)
 - 3 different prefixes
 - 1 Global course

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

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

Wellness Passport Stamps

All students must complete **24 stamps** upon successful completion of a WLPL 300-level course. Students must complete a minimum of 8 stamps in each of the following domains:

- Mental Wellness Physical Wellness Meaning and Purpose Wellness

HPRO Major Requirements – Typical First-Year Schedule

Fall:

SCSM 101, Springfield College Seminar (Core requirement – 3 cr)
ENGL 113, College Writing I (Core requirement – 3 cr)
BIOL 130, Anatomy and Physiology Concepts I (3 cr – also fills Scientific Reasoning Core)
BIOL 132, Anatomy and Physiology Concepts I Lab (1 cr – also fills Scientific Reasoning Core)
Plus other Core and major requirements, or electives to total 15 credits

Spring:

ENGL 114, College Writing II (Core 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)
HLTH 101, Physical Health and Wellness (3 cr)
WLPL 201, Outdoor Pursuits (1 cr – also fills 200-level Wellness and Physical Lit Core)
Plus other Core and major requirements, or electives to total 30 credits

HPRO 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)
Plus Core and major requirements, or electives to total 30-33 credits for the year.

HPRO Major Requirements – Typical Third-Year Schedule

Fall or Spring:

HLTH 304, Health Education Methods and Pre-Practicum: PreK-12 (3 cr)
Plus other Core and major requirements, or electives to total 15 credits

Spring:

HLTH 343, Community Health Practices (3 cr)
Plus other Core and major requirements, or electives to total 30 credits

Fall or Spring:

HLTH 355, Human Sexuality (3 cr)
HLTH 360, Violence and Bullying/Prevention and Intervention (3 cr – fills WAC requirement)
HLTH 365, The Dynamics of Psychosocial Health Issues (3 cr)
HLTH 487, Fieldwork in Health Promotion (3 cr)
PSYC 301, Research Methods (3 cr – also fills a WAC requirement)

HPRO Major Requirements – Typical Fourth-Year Schedule

Fall or Spring:

AEXS 401, Management of Health/Fitness Programs (3 cr)
PUBH 410, Health and Health Care Disparities (3 cr)
HLTH 425, Human Disease and Health Promotion (3 cr)

Complete **9 credits** of:

HLTH 487, Fieldwork in Health Promotion

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

Additional HPRO Major Requirements – Flexible Timing

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

PUBH 130, Introduction to Public Health (3 cr)

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

Select **two courses** (1.0 credit) from the following wellness skills courses:

- PEAC 103, In-line Skating (.5 cr)
- PEAC 104, Swimming (.5 cr)
- PEAC 108, Adapted Sport I (.5 cr)
- PEAC 109, Adapted Sport 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)

HPRO Major – Program Standards

Program standards for the HPRO 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.