



Springfield College Sequencing Guide Health Promotion for Schools and Communities Major ▼2018-2019

If you entered Springfield College in 2018-2019, 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:

- Computing and Technology
- Literary Studies
- Visual and Performing Arts
- Spiritual and Ethical
- Historical/Cultural
- International/Multicultural

This major typically requires 74 credits to complete. In addition to the GenEd and major requirements listed, you must complete:

- **19 elective credits or more** (depending on GenEds selected) to total at least 120 credit
- The **residency requirement**—60 credits taken at Springfield College (including 15 of your last 30)

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

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.

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 Prevention and Psychosocial Health (3 cr)
HLTH 365, Family and Group Dynamics in Health Education (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.

Major Requirements – Typical Fourth-Year Schedule

Fall or Spring:

AEXS 401, Management of Health/Fitness Programs (3 cr – also fills a WAC requirement)

HSRS 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 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.

HSRS 130, Introduction to Public Health (3 cr)

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

*In addition, select **2 credits** from the following activity selectives (along with MOSK 101, also fills Physical Activity GenEd):*

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

PEAC 104, Swimming (.5 cr)

PEAC 108, Sports for the Disabled I (.5 cr)

PEAC 109, Sports for the Disabled 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.