



Springfield College Sequencing Guide

Health Promotion for Schools and Communities Major (HPSC) ▼2020-2021

If you entered Springfield College in 2020-2021, 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:

- WLPL 100, Exploring Movement & Wellness (1 cr)
- 300-level Wellness & Physical Literacy (1 cr)
- Literary Studies (3 cr)
- Spiritual and Ethical (3 cr)
- Aesthetic Expression (3 cr)
- Historical and Social (3 cr)
- Themed Explorations (9 cr)

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

- **15 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:

SCSM 101, Springfield College Seminar (GenEd requirement – 3 cr)
 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)
 Plus other GenEds, major requirements with flexible timing, or electives 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)
 HLTH 101, Physical Health and Wellness (3 cr)
 MOSK 201, Outdoor Pursuits (1 cr – also fills 200-level Wellness and Physical Literacy GenEd)
 Plus other GenEds, major requirements with flexible timing, or electives to total 30 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)
 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)
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 15 credits

Spring:

HLTH 343, Community Health Practices (3 cr)
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 30 credits

Fall or Spring:

HLTH 304, Health Education Methods and Pre-Practicum: PreK-12 (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)
 HLTH 487, Fieldwork in Health Promotion (3 cr)
 PSYC 301, Research Methods (3 cr – also fills a WAC requirement)

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 **9 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 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.

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)

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.