

**BS in Health Education and Health Promotion Program of Study**

<b>Year 1 Fall</b>	<b>Year 1 Spring</b>
SLU 101-First Year Experience-1 credit	ENG 122 Academic Writing II-3 credits
SLU 125-Choosing Wellness-3 credits	PHI 210 Thinking and Doing Ethics (Reflective and Spiritual Life UE Philosophy Course)-3 credits
ENG 121-Academic Writing I-3 credits	Creative Life UE Course-3 credits
COM 140-Basic Computer Skills-3 credits	Elective-3 credits
MAT 151 College Algebra-3 credits or higher MAT	BIO 225 Human Anatomy and Physiology I -3 credits
PSY 161 Introduction to Psychology (Human Adventure UE)-3 credits	BIO 225L Human Anatomy and Physiology I Lab-1 credit
Total Credits- 16	Total Credits-16
<b>Year 2 Fall</b>	<b>Year 2 Spring</b>
EDU 226 Human Growth and Development-3 credits Human Adventure UE-3 credits	MAT 201-Introduction to Statistics-3 credits Human Mosaic UE Course-3 credits
Creative Life UE-3 credits	Reflective and Spiritual Life Course UE-3 credits
Reflective and Spiritual Life UE-3 credits	Elective-3 credits
BIO 226 Human Anatomy and Physiology II-3 credits	CMM 205 Professionally Speaking-3 credits
BIO 226L Human Anatomy and Physiology II-1 credit	
Total Credits-16	Total Credits-15
<b>Year 3 Fall</b>	<b>Year 3 Spring</b>
HED 301 Foundations of Health Education: Profession, Principles, and Practices-3 credits	EDU 222 Teaching Diverse Populations-3 credits
HED 310 Health Promotion Across the Lifespan-3 credits	HED 340 Foundations of Health Literacy Practice-3 credits
EDU 370 Brain Based Learning in the Digital Age-3 credits	HED 350 The Wellness of Mind, Body, and Spirit-3 credits
HED 320 Nutrition and Health-3 credits	Elective-3 credits
HED 330 Health Education Curriculum and Instruction: Planning for Learning-3 credits	HED 360 Facilitating and Assessing Learning in Health Education-3 credits
Total Credits-15	Total Credits-15
<b>Year 4 Fall</b>	<b>Year 4 Spring</b>
HED 401 Introduction to Research Methods in Health Education and Health Promotion-3 credits	HED 440 Foundations of Community Health Education Methods-3 credits
HED 410 Leading and Evaluating Workplace Wellness Programs-3 credits	HED 450 Leading Health Education Programs-3 credits
HED 420 Health Behavior Theory and Motivation-3 credits	Elective-3 credits
HED 430 Emerging Technologies in Health Education and Health Promotion-3 credits	HED 498 Capstone Experience and Seminar: Health Education and Health Promotion-3 credits
Elective-3 credits	
Total Credits-15	Total Credits-12