

SAM HOUSTON STATE UNIVERSITY

Bachelor of Science in Health Health Fitness

Degree Plan Code:
BS/HFE, 2008

I. University Core Curriculum (42 Hours)

<input type="checkbox"/>	3	ENG 164	<input type="checkbox"/>	3	Any From: FL 263, 264, GEO 265, 266, SOC 168, BSL 236, or HIS 265, 266
<input type="checkbox"/>	3	ENG 165	<input type="checkbox"/>	3	HIS 163
<input type="checkbox"/>	3	MTH 164 or 170	<input type="checkbox"/>	3	HIS 164
<input type="checkbox"/>	4	BIO 245	<input type="checkbox"/>	3	POL 261
<input type="checkbox"/>	4	CHM 135/115 or 138/118	<input type="checkbox"/>	3	Any from: POL 231, 232, 235, 265, 266, 281, 285
<input type="checkbox"/>	3	Any from: ART 160, 161, 163, 260, MUS 138, 161, 264, 265, AGR 299, DNC 172, 176, or THR 160, 164, 166, 230, 231, FCS 160	<input type="checkbox"/>	3	Any from: ECO 230, 233, 234, PSY 131, 289, PHL 262, GEO 161, SOC 131, 264, AGR 236, or COM 286
<input type="checkbox"/>	3	Any From: ENG 265, 266 or PHL 261, 263	<input type="checkbox"/>	1	KIN 215W

II. Degree Specific Requirements (17 Hours)

<input type="checkbox"/>	3	MTH or STA 169	<input type="checkbox"/>	3	FCS 167 or 262
<input type="checkbox"/>	4	BIO	<input type="checkbox"/>	3	CTE 133 or 138
<input type="checkbox"/>	4	CHM 136/116 or 139/119			

III. Health Education Major (33 Hours)

<input type="checkbox"/>	3	HED 166	<input type="checkbox"/>	3	HED 280
<input type="checkbox"/>	3	HED 391	<input type="checkbox"/>	3	HED 392
<input type="checkbox"/>	3	HED 461	<input type="checkbox"/>	3	HED 493 (Pre-internship)
<input type="checkbox"/>	6	HED 494 (Internship)			
<input type="checkbox"/>	9	Select from: HED 272, 281, 385, 390, 460, 470, 490			

IV. Kinesiology Minor (17 Hours)

<input type="checkbox"/>	3	KIN 230	<input type="checkbox"/>	3	KIN 370
<input type="checkbox"/>	3	KIN 373	<input type="checkbox"/>	3	KIN 473
<input type="checkbox"/>	3	KIN 477	<input type="checkbox"/>	1	KIN 215W
<input type="checkbox"/>	1	KIN 214	<input type="checkbox"/>	1	KIN 219

(KIN 215W counted in core)

Business Support Courses (9 hours)

<input type="checkbox"/>	3	MGT 380	<input type="checkbox"/>	3	GBA 362
<input type="checkbox"/>	3	MKT 371			

V. Electives – As needed to complete 120 hours including 42 advanced (300-400 Level) hours.

Additional Degree Plan Notes:

1. Degree must have 120 hours and at least 42 hours of advanced (300-400) level coursework.
2. HED 166 should be completed prior to taking upper level health education courses.
3. HED 493 must be completed prior to enrollment in HED 494.
4. HED 494 is the Community Health Internship. Internships are performed during the final summer session prior to the student's anticipated graduation.
5. Consult the University catalog for questions concerning transfer courses and residency requirements.

HED 160 Introduction to Health Education and Health Careers.
HED 166 Lifestyle and Wellness.
HED 230 First Aid: Red Cross and Instructor's Course.
HED 272 Health and Medical Terminology.
HED 280 Drug Use and Abuse.
HED 281 Consumer Health Education.
HED 282 Child and Adolescent Health.
HED 283 Multicultural Health Issues.
HED 385 Safety Education.
HED 390 Family Life and Sex Education.
HED 391 Study of Human Diseases.
HED 392 Communication Skills for Health Education.
HED 460 Health Education Research: Methodology and Statistics.
HED 461 Managing Health Promotion in the Workplace.
HED 470 Aids: Current Health Problems and Prevention Strategies.
HED 487 Community Health.
HED 490 Environmental Health.
HED 492 Problems in Health.
HED 493 Principles and Practices of Community Organization and Community Development.
HED 494 Internship Program.

BIO 245 Human Anatomy.

CHM 135 Inorganic and Environmental Chemistry Lecture./ CHM 115 Inorganic and Environmental Chemistry Laboratory. *or* CHM 138 General Chemistry I: Lecture./ CHM 118 General Chemistry I: Laboratory.

MTH 169 Elementary Statistics. *or* STA 169 Elementary Statistics.

CHM 136 Introductory Organic and Biochemistry Lecture./CHM 116 Organic and Biochemistry Laboratory. *or* CHM 139 General Chemistry II: Lecture./ CHM 119 General Chemistry II: Laboratory.

FCS 167 Basic Nutrition. *or* FCS 262 Nutrition.

CS 133 Introduction to Computers. *or* CS 138 Multimedia and Network Computing.

KIN 230 First Aid: Red Cross and Instructor's Course.

KIN 373 Physiology of Exercise.

KIN 477 Principles of Exercise Testing and Prescription.

KIN 214 Weight Training and Physical Conditioning.

KIN 370 Prevention and Care of Injuries.

KIN 473 Advanced Topics in Physiology of Exercise.

KIN 215W Fitness for Living. (Writing Enhanced)

KIN 219 Kinesiology Activities.

MGT 380 Principles Of Management.

MKT 371 Principles of Marketing.

GBA 362 Business Law.