# PROGRAM REQUIREMENTS – MAJOR IN GENERAL HEALTH STUDIES – 2008-2010 Catalog

## UNDERGRADUATE MAJOR (120 hours)

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### STATE-WIDE ARTICULATION AND UA CORE

#### I. Written Composition (6 hrs required)
- ___ (3) EN 101 English
- ___ (3) EN 102 English

#### II. Humanities and Fine Arts (12 hrs required)*
- ___ (3) Fine Arts
- ___ (3) Literature
- ___ (3) ____________
- ___ (3) ____________

* Must complete either two semesters of literature or history.

### III. Natural Sciences (N) and Mathematics (11 hours required)
- ___ (3) Math
- ___ (4) N
- ___ (4) N

### IV. History, Social and Behavioral Sciences (12 hrs required)*
- ___ (3) History
- ___ (3) SB
- ___ (3) SB
- ___ (3) ____________

*Must complete either two semesters of literature or history.

### Computer / Foreign Language (6 hrs “C” or 1 yr same Foreign Language required)
- ___ (3) ____________
- ___ (3) ____________

### Writing Courses (6 hrs “W” Required)
- ___ (3) HHE 378 Drug Awareness
- ___ (3) ____________

**NOTE:** Verify that core designations are still in effect by checking the University Registrar’s webpage (http://registrar.ua.edu/curriculum/composition.html) the semester the course is taken.

Students must apply for admission and be accepted into the Athletic Training Program. Applications are reviewed spring semester. The program is highly competitive. The selection committee requires:

- Formal application to ATEP
- 2.5 QPA (24 + hours)
- Evaluation by athletic training staff
- 3 recommendation forms
- Personal interview with ATEP selection committee
- Proof of current adult CPR training

*Completion and grade of “C” or higher in:

- ___ (3) HAT 257 Introduction to Athletic Training
- ___ (1) HAT 258 Clinical Athletic Training
- ___ (3) HHE 270 Personal Health
- ___ (2) HAT 272 First Aid, Safety, and CPR

Satisfy one Natural Science with BSC 114:115 Principles of Biology I
Satisfy Math requirement with MATH 112 or higher
Satisfy Written Composition requirement
Satisfy one Social and Behavioral Science with PY 101

## GENERAL HEALTH STUDIES MAJOR REQUIRED COURSES (36 Hours required)

- ___ (3) HHE 270 Personal Health
- ___ (3) HHE 273 Community and Public Health
- ___ (3) HHE 370 Principles and Foundations of Health Promotion
- ___ (3) HHE 378 Drug Awareness/Education (W)
- ___ (3) HHE 440 Stress Management
- ___ (3) HHE 467 Design and Evaluation of Health Promotion Programs
- ___ (3) HHE 468 Practical Applications in Health Communications and Health Promotion
- ___ (3) NHM 101 Introduction to Human Nutrition
- ___ (3) Approved NHM course at 200 level or above
- ___ (3) HD 101 Human Development
- ___ (3) CSM 401 Consumer Protection (W) OR HD 412 Adult Development (W)
- ___ (3) CSM 441 Consumer Communications (C) (W) OR CSM 445 Microcomputers in Consumer Services (C)

## HUMAN ENVIRONMENTAL SCIENCES REQUIRED COURSES (6 Hours required)

- ___ (3) HES 100 Freshman Compass
- ___ (3) HES 310 Issues in HES

## SUPPORT COURSES / EMPHASIS (15 Hours)

Choose 15 hours of support courses in consultation with your advisor. Possible choices include but are not limited to the following:

- ___ (3) CSM 425 Consumer Conflict Resolution
- ___ (3) CSM 437 Developing the Leader Within
- ___ (3) CSM 486 Consumer/Employee Assistance Program
- ___ (1-12) HHE 488 Internship in Community Health
- ___ (1-6) HHE 496 Independent Study in Health Education
- ___ (3) HD 202 Child Develop.: Infancy and Toddlerhood
- ___ (3) HD 205 Child Develop.: Preschool
- ___ (3) HD 262 Marriage and the Family
- ___ (3) HD 301 Child Develop.: School Age
- ___ (3) HD 302 Child Develop.: Adolescence
- ___ (3) HD 382 Parent and Family Development
- ___ (3) HD 401 Cultural Influences on Children (W)

**ELECTIVES:** Total Hours Must = 120

Students interested in Physical Therapy should select 16 hours of biology (BSC 114:115, 116:117, 215, 216), 3 hours of calculus (MATH 125), PH 101-102, 6 hours of inorganic chemistry (CH 101-102), 3 hours of statistics, 9 hours of psychology.

Students interested in Medical School should select the math and sciences above and organic chemistry (CH 231, 232, and 237)