

College of Human Environmental Sciences
Department of Health Sciences

PROGRAM REQUIREMENTS – MAJOR IN GENERAL HEALTH STUDIES – 2010-2012 Catalog
UNDERGRADUATE MAJOR (120 hours)

Name _____ Date _____

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) ATR 257 Introduction to Athletic Training
 - _____ (1) ATR 258 Clinical Athletic Training
 - _____ (3) HHE 270 Personal Health
 - _____ (2) ATR 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 447 Digital Tools (C)(W) **OR** CSM 401

Consumer Protection (W) **OR** HES 485 Self-managed Mentoring **OR** HD 412 Adult Development (W)

_____ (3) CSM 441 Consumer Communications (C)(W) **OR** CSM 445 Microcomputers in Cons 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 204 Intro Personal Financial Planning
- _____ (3) CSM 206 Practical Financial Planning
- _____ (3) CSM 425 Consumer Conflict Resolution
- _____ (3) CSM 427 Consumer Mediation, Negotiation, & Mgt.
- _____ (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 302 Child Develop.: Adolescence
- _____ (3) HD 382 Parent and Family Development
- _____ (3) KIN 199 Ecological Approach to Health & Fitness
- _____ (3) NHM 200:499

ELECTIVES: Total Hours Must = 120

Students interested in Physical Therapy should select 16 hours of biology (BSC 114:115, 116:117, 215, 216), PH 101-102, 6 hours of inorganic chemistry, (CH 101-102), 3 hours of statistics, 9 hours of psychology, MATH 113.

Students interested in Medical School should select MATH 125, the sciences above (except BSC 215, 216), and organic chemistry (CH 231, 232, and 237).