



YORK COLLEGE

The City University of New York
Jamaica, New York 11451

School of Health Sciences and Professional Programs

Department of Health and Human Performance

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Handbook for:

- **Community Health Education Major/Minor**
- **Gerontological Studies and Services Major/Minor**
- **Health Education preK-12 Major**
- **Health Promotion Management Major**
- **Exercise Science Major**
- **Physical Education preK-12 Major**
- **Public Health Major/Minor**

Revised Fall 2025



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The City University of New York
Jamaica, New York 11451
School of Health Sciences and Professional Programs
Department of Health and Human Performance

Dear Student,

Welcome to the Department of Health and Human Performance, a place where academic rigor meets real-world application. We pride ourselves on a culture of academic exploration and excellence that nurtures innovative thinking and practical skills development.

Our academic programs are carefully designed to prepare you for a successful career in health and wellness, offering both breadth and depth across various disciplines:

Bachelor of Science (BS) Degrees:

- Community Health Education
- Gerontological Studies & Services
 - Health Education preK-12
- Health Promotion Management
 - Exercise Science
- Physical Education preK-12

- Public Health

Minors:

- Health Education
 - Gerontology
- Public Health

Beyond the classroom, York College offers a dynamic and engaging campus life that will complement your academic growth. You will find a variety of student clubs and organizations, including academic societies and recreational groups, to enrich your college experience. The Student Government Association offers a platform for leadership and policymaking experience, where you can voice student interests and play a part in shaping campus life.

York College also provides a supportive learning environment with services like the Collaborative Learning Center, offering tutoring and study groups to help you excel academically. The Welcome Center is your gateway to the resources you'll need throughout your time with us, from orientation to graduation.

With the guidance of a department faculty advisor who understands your aspirations and challenges, you are set to thrive in an environment that values personal initiative and academic excellence. We are excited about the depth of experience and perspective you bring to our community.

Congratulations on starting this exciting chapter. I look forward to the energy and dedication you will bring to our department.

Best wishes,

Nicholas A. Grosskopf
Chairperson

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1. Introduction

The Department of Health and Human Performance houses seven academic majors and three academic minors.

The Health and Physical Education Complex where the HHP is housed, serves the York College student body. The HPE Facility includes a gymnasium, a fitness center and a weight room, a swimming pool, and an athletic field with a regulation outdoor track, a soccer field, six tennis courts, and five handball courts.

2. Graduation Requirements

Students must earn at least 120 credits to graduate. In addition, students must fulfill requirements in the following areas: General Education, Major, Writing Intensive Courses, and Grade Point Average (GPA) (2.0 in all courses at York or at other institutions, and 2.0 for most of our majors [higher GPA is required for the PE and HE preK-12 majors]). For more complete information regarding these requirements please review the [York College Bulletin](#).

3. Liberal Arts Credits

A Bachelor of Science degree is awarded to graduates for all seven majors in our department. In order to graduate, students must earn at least 60 Liberal Arts credits. Liberal arts courses are identified in this advisement handbook with a checkmark (✓).

4. Writing-Across-the-Curriculum Requirements

By incorporating guided writing assignments, Writing Intensive (WI) courses offer, in addition to other course objectives, practice and extended skills in reading, critical thinking, and writing.

All York college students, or who transfer with an AAS degree, or who transfer with fewer than 30 credits from a 2 year program, or who transfer from a 4 year program, are required to take three Writing Intensive (WI) courses: two in the lower division (100-200 level) and one in the upper division (300-400).

Transfer students who have had the General Education Requirements waived **must** take an upper-level WI course in **their major discipline**.

5. General Education Requirements

As part of CUNY's Pathways, York College implemented at the beginning of the Fall 2013 semester its new General Education requirements. Pathways provides a set of General Education requirements that each student must complete to earn an associate or bachelor's degree from one of CUNY's undergraduate colleges. CUNY Pathways General Education Requirements consist of a Common Core for all CUNY students and the College Option (students in bachelor's degree programs). In consultation with an academic advisor, students select courses that satisfy Core requirements preparing them for their intended major programs. To keep track of those courses taken, students may enter below their grade and the semester in which they took each course.

Common Core			
Required Core (12 credits)			
English composition (6 credits): <i>Composition I and Composition II must be completed within a student's first three semesters (full-time) or 45 credits (part-time) at York. This requirement applies to transfer students who do not enter York with Composition I and II course equivalencies.</i>			
Course	Credits	Semester	Grade
ENG 125 Composition I			
ENG 126 Composition II			
Mathematical and Quantitative Reasoning (3-4 credits): <i>Choose one from the list below under advisement according to major program of study.</i>			
Course	Credits	Semester	Grade
Mathematics 111, 115, 117, 120, 121, 150, 190			
Life and Physical Sciences (3-5 credits): <i>Choose one from the list below under advisement according to major program of study.</i>			
Course	Credits	Semester	Grade
ASTR 140, ASTR 141, BIO 140, BIO 150, BIO 201, CHEM 106 and CHEM 107 (taken as co-requisites), EHS 140, GEOL 140, GEOL 282, PHS 110, PHYS 113 & PHYS 115 (taken as co-requisites), or PHYS 113 & PHYS 117 (taken as co-requisites), PHYS 140			
Flexible Core (18 credits) <i>To meet the requirements of the Flexible Core, students must take a total of six courses from among the selections below. Students must take at least one course from each of the five domains and no more than two courses in any discipline or interdisciplinary field.</i>			
A. World Cultures and Global Issues:			
Course	Credits	Semester	Grade
ANTH 101, ANTH 223, BLST 103, BLST 202, CLDV 210, ENG 200, ENG 272, FA 105, FA 106, HIST 100, HIST 108, HIST113, HUM 200, HUM 240, HUM 295, HUM 350, POL 202, POL 241, WLIT 201, WLIT 205, WLIT 207, WLIT 210, WLIT 211, WLIT 212, WLIT 215			

B. US Experience in its Diversity			
Course	Credits	Semester	Grade
ANTH 246, BLST 101, ENG 240, HIST 201, HIST 202, HIST 204, HIST 273, HIST 274, HUM 105, HUM 250, HUM 252, HUM 253, JOUR 284, POL 103, PRST 241, SOC 235, SOC 289			
C. Creative Expression:			
Course	Credits	Semester	Grade
ANTH 270 (cross-listed with MUS 270. Either but not both can be taken.), ENG 286, ENG 295, FA 101, FA 102, FA 297, JOUR 281, HUM 221, HUM 224, HUM 245, HUM 260, MUS 101, MUS 110, MUS 225, MUS 250, MUS 253, MUS 255, MUS 270 (cross-listed with ANTH 270. Either but not both can be taken.), SPCH 101, SPCH 160, TA 110, TA 201, TA 210, TA 255			
D. Individual and Society:			
Course	Credits	Semester	Grade
ANTH 205, ANTH 211, ANTH 289 (cross-listed with SOC 288 & YD 289. Only one among the three may be taken.), ANTH 302, CLDV 100, ECON 102, HUM 110, HUM 209, HUM 210, HUM 265, HUM 304, PHIL 103, POL 101, POL 267, POL 268, SOC 101, SOC 288 (cross-listed with ANTH 288 & YD 289. Only one among the three may be taken.), SPCH 250, YD 289 (cross-listed with ANTH 288 & SOC 289. Only one among the three may be taken.)			
E. Scientific World:			
Course	Credits	Semester	Grade
ANTH 152, ASTR 101, ASTR 102, BIO 110, BIO 120, BIO 130, BIO 202, BIO 234, BIO 235, BIO 281, CHEM 108 & CHM 109 (taken as co-requisites), EHS 110, GEOL 110, GEOL 115, GEOL 120, GEOL 121, HPGC 102, HUM 202, PHIL 102, PHYS 114 & PHYS 116 (taken as co-requisites), PHYS 114 & PHYS 118 (taken as co-requisites), PSY 102			
College Option (6-12 credits)			
<i>Students must complete A or B or C below, as applicable, in consultation with an academic advisor.</i>			
A. 12 Credits (for native students, those entering York with fewer than 30 credits, and students transferring from a 4-year institution)			
Course	Credits	Semester	Grade
• Foreign Languages, 0 to 6 credits, as per department placement.			
• HE 111 Health and the Individual	3.0		
• Any WI course at the 200-level or higher, or Writing 300, (Chosen under advisement according to major program of study).	3.0		
B. 9 Credits (for students who enter York with more than 30 credits from a 2 year program, but without an Associate's degree) • Foreign Languages, 0 to 6 credits, as per department placement • One (1) 3 credits WI course at the 200-level or higher, or Writing 300 (Chosen under advisement according to major program of study).			
C. 6 Credits (for student who enter York with an Associate's degree – AA, AS, or AAS) • Two (2) 3 credits writing courses. These include WI courses at the 200-level or higher, 3 credits, and a 3 credits WI course at the 200-level or higher, or Writing 300 (Chosen under advisement according to major program of study).			

6. Transfer Students

Pathways makes it easier for students to transfer from one CUNY college to another. When a student has met a Common Core or College Option requirement at one CUNY school, those requirements will be met at any other CUNY school. Advanced Placement (AP) credits and non-CUNY credits may also count toward a student's Common Core or College Option requirements. With Pathways, students in certain CUNY majors can easily transfer their major credits.

Students who have earned an associate or a bachelor's degree from an accredited and recognized institution of higher education and who transfer to York College will be deemed to have automatically fulfilled the Common Core requirements, thus only six College Option credits required. Please note, some of the General Education courses are prerequisites for several of the courses required for the department's majors. If a student did not transfer these specific prerequisite courses, he/she is required to take the course(s). Students who are pursuing a second baccalaureate degree are exempt from College Option courses, Writing Intensive requirements, and the General Education requirements except those courses that are prerequisites for our major courses.

7. Majors and Minors Requirements

The following are the majors and minors offered by the [Department of Health and Human Performance](#).

For each major, all the required courses are listed with their prerequisites. Please note that the prerequisite courses may include General Education courses, courses from other disciplines, or introductory level courses offered by our department. Make sure that the courses you are registering for each semester are those you need and that will allow you to progress appropriately in your major.

Students who are majoring in the Health or Physical Education majors must fulfill the Teacher Education department requirements as listed in the York College Bulletin in order to be formally admitted to the program. In this handbook each major is followed by a suggested four-year program for a full-time student who starts at York College as a freshman.

7.1 Community Health Education Major Requirements

Required Courses (51 Credits)

I. Required Courses (6 credits)

BIO 120	Principles of Inheritance and Human Reproduction	
OR		
BIO 140	Human Biology	3
WRIT 303	Research and Writing for Professional Programs	3

II. Required Major Discipline Courses (27 credits)

HE 201	Foundations of Health and Wellness	2
HE 219	Health Services	3
HE 223	Health Behavior	2
HE 224	Laboratory in Health Behavior	1
HE 321	Health Counseling	3
HE 331 WI	Program Planning	3
HE 471	Field Work in Health Education	1
HE 472	Field Work in Health Education	1
HE 473	Field Work in Health Education	2
HE 474	Field Work in Health Education	2
HE 481	Organization and Administration of Health Education	3
BIO 281	Human Structure and Function	4

III. Elective Major Discipline Courses (12 credits)

GERO 301	Wellness and the Elderly: Programs and Services	3
HE 200	Basic Cardiac Life Support	1
HE 211	Stress and Health	2
HE 241	Sex and Sexuality	3
HE 312	Health, Communities, & Society	3
HE 313	Alcohol Use Disorder	3
HE 314	Nutrition and Health	2
HE 315	Consumer Health	2
HE 316	Family Health	3
HE 317	First Aid and Safety Education	2
HE 341	HIV/AIDS: Public Health Implications	3
HE 342	Substance Use Disorder	3
PE 358	Physiology of Exercise	3
HE 365 WI	Research & Writing in Health & Physical Education	3
HE 420	Alcohol & Substance Use Counseling	3
HE 450	Practicum in Health Education	2
HE 452	Cardiovascular Fitness Exercise Testing and Prescription	3
PH 201	History & Principles of Public Health	3
PH 210	Epidemiology for Public Health Practice	3
PH 215	Social & Behavioral Determinants of Health	3

Community Health Education Major Requirements (continued)

PH 225	Principles & Practices of Health Behavior Change	3
PH 285	Health Equity & Cultural Responsiveness	3
PH 320	Applied Biostatistics in Public Health	3
PH 330	Public Health Policy & Management	3
PH 340	Environmental & Occupational Health	3
PH 343	Sexual and Gender Minority Health Perspectives	3

IV. **Psychology Electives (6 credits)**

Select two from the following:

PSY 215	Human Development I: Infancy/Childhood	3
PSY 216	Human Development II: Adolescence/Maturity (3
PSY 232	Social Psychology	3
PSY 238	Abnormal Psychology	3
PSY 283	Psychology of Death and Dying	3

7.11 Community Health Education – Recommendation for Four-Year Course-Schedule Planner

Fall I (Freshman)		Spring I (Freshman)	
Course	Credits	Course	Credits
ENG 125	3.0	ENG 126	3.0
College Option: HE 111	3.0	² Foreign Languages	3.0
¹ Life and Physical Sciences: BIO 140 recommended	3.0	³ MATH course (choose one)	3.0
*World Culture and Global Issues (choose one)	3.0	⁴ Scientific World: PSY 102 recommended	3.0
*US Diversity in its Experience (choose one)	3.0	HE 201	2.0
Total credits	15.0	Total credits	14.0

Fall II (Sophomore)		Spring II (Sophomore)	
Course	Credits	Course	Credits
*Creative Expression (choose one)	3.0	Liberal Arts Elective	6.0
Foreign Languages	3.0	Elective Major Discipline (choose from GERO, HE, PE & PH courses)	3.0
*Individual and Society (choose one)	3.0	HE 219	3.0
HE 223	2.0	PSY Major Elective	3.0
HE 224	1.0		
⁵ Scientific World: BIO 281 recommended	4.0		
Total credits	16.0	Total credits	15.0

Fall III (Junior)		Spring III (Junior)	
Course	Credits	Course	Credits
Liberal Arts Elective	3.0	Liberal Arts Elective	6.0
Elective Major Discipline (choose from GERO, HE, PE & PH courses)	3.0	Electives Major Discipline (choose from GERO, HE, PE & PH courses)	6.0
HE 321	3.0	HE 331 WI	3.0
PSY Major Elective	3.0		
⁶ WRIT 303	3.0		
Total credits	15.0	Total credits	15.0

Fall IV (Senior)		Spring IV (Senior)	
Course	Credits	Course	Credits
Liberal Arts Elective	12.0	Electives	9.0
HE 481	3.0	HE 471-474	6.0
Total credits	15.0	Total credits	15.0

Total Credits 120

- *Completion of two lower division Writing Intensive (WI) courses at the 100 or 200 level are required.
- ¹BIO 140 is a prerequisite for BIO 281 and may also be taken to fulfill the Required Core: Life and Physical Sciences requirement.
- ²Placement by World Languages, Literatures, and Humanities Dept. Rm 3C08.
- ³Students planning to take HE365 or PH320 to fulfill major discipline electives should take MATH111 for their Mathematical & Quantitative Reasoning course.
- ⁴PSY 102 is a prerequisite for PSY 215 and may also be taken to fulfill the Flexible Core: Scientific World requirement.
- ⁵BIO 281 may also be taken to fulfill the Flexible Core: Scientific World requirement.
- ⁶WRIT 303 may also be taken to fulfill the College Option: Writing Requirement.

7.2 Gerontological Studies and Services Major Requirements

Required Courses (56 Credits)

I. Major Discipline (26 credits)

GERO 101	Introduction to Gerontology I	3
GERO 201	Intermediate Gerontology II	3
GERO 210	Alzheimer's Disease and Related Dementias	3
GERO 301	Wellness and the Elderly: Programs and Services	3
HE 201	Foundations of Health and Wellness	2
HE 341	HIV/AIDS: Public Health Implications	3
PSY 280	Psychology of Geriatrics (prereq: waived for Gerontology majors)	3
PSY 283	Psychology of Death and Dying (prereq: waived for Gerontology majors)	3
SCWK 203	Social Welfare Programs and Policies (prereq: waived for Gerontology majors)	3

II. Skills Requirements (18 credits)

HE 200	Basic Cardiac Life Support	1
HE 223	Health Behavior	2
HE 224	Laboratory in Health Behavior	1
HE 321	Health Counseling	3
HE 331 WI	Program Planning	3
HE 481	Organization and Administration of Health Education	3
PE 353	Physical Activity for Special Populations	2
SCWK 300	Generalist Work Practice I and Skills Laboratory	3

III. Elective Requirements (6 credits)

ANTH 302	Human Aging Cross-Culturally	3
BIO 283	Biology of Aging	3
HE 365 WI	Research & Writing in Health & Physical Education	3
MS 322	Recreation, Organization, and Leadership	3
POL 273	Politics of Aging	3
PSY 381	Psychological Consequences of Chronic Disability (prereq: waived for Gerontology majors)	3
SOC 236	Sociology of Aging (prereq: waived for Gerontology majors)	3

IV. Field Work (6 credits)

HE 471	Field Work in Health Education	1
HE 472	Field Work in Health Education	1
HE 473	Field Work in Health Education	2
HE 474	Field Work in Health Education	2

7.21 Gerontological Studies and Services – Recommendation for Four-Year Course-Schedule Planner

Fall I (Freshman)		Spring I (Freshman)	
Course	Credits	Course	Credits
ENG 125	3.0	ENG 126	3.0
College Option: HE 111	3.0	¹ Foreign Languages (one)	3.0
*Life and Physical Sciences (choose one)	3.0	² MATH course (choose one)	4.0
*World Culture and Global Issues (choose one)	3.0	Scientific World: PSY 102 recommended	3.0
*US Diversity in its Experience (choose one)	3.0	HE 201	2.0
Total credits	15.0	Total credits	15.0

Fall II (Sophomore)		Spring II (Sophomore)	
Course	Credits	Course	Credits
*Creative Expression (choose one)	3.0	*Flexible Core (choose one in any area)	3.0
Foreign Languages	3.0	GERO 201	3.0
Individual and Society (choose one)	3.0	HE 200	1.0
GERO 101	3.0	HE 321	2.0
HE 223	2.0	PE 353	3.0
HE 224	1.0	SCWK 203	3.0
Total credits	15.0	Total credits	15.0

Fall III (Junior)		Spring III (Junior)	
Course	Credits	Course	Credits
GERO 301	3.0	Elective	3.0
HE 341	3.0	GERO 210	3.0
PSY 280	3.0	Gerontology Major Elective	3.0
SCWK 300	3.0	HE 331	3.0
³ WRIT 303	3.0	PSY 283	3.0
Total credits	15.0	Total credits	15.0

Fall IV (Senior)		Spring IV (Senior)	
Course	Credits	Course	Credits
Liberal Arts Elective	7.0	Liberal Arts Elective	11.0
Gerontology Major Elective	3.0	HE 473-474	4.0
HE 481	3.0		
HE 471-472	2.0		
Total credits	15.0	Total credits	15.0

Total Credits 120

- *Completion of two lower division Writing Intensive (WI) courses at the 100 or 200 level are required.
- ¹Placement by World Languages, Literatures, and Humanities Dept. Rm 3C08.
- ²Students planning to take HE365 to fulfill major discipline electives should take MATH111 for their Mathematical & Quantitative Reasoning course.
- ³WRIT 303 may also be taken to fulfill the College Option: Writing Requirement.

7.3 Health Education preK-12 Teacher Education Major Requirements

Admission & Retention Criteria to the Program

The Education curriculum consists of three sets of distinct courses: the **Support Courses (Pre-major Block)**, the **Professional Sequence**, and **Student Teaching**. Students apply to the program after completing the Pre-major Block. Once admitted, they progress into the Professional Sequence and later into Student Teaching.

Support Courses (Pre-major Block): Overall GPA of 3.0 and completion of all Pre-major Block courses with an average of GPA of 3.0. In addition, students are required to complete the Teacher Education department's Writing Workshop, submit Admission Application (this is done during EDUC 230), and complete background check and fingerprinting, and receive clearance through NYC Department of Education. It is recommended that students complete the Pre-major Block prior to their 60th credit.

Professional Sequence: Once accepted into a Teacher Education program, students must maintain a level of academic rigor in order to be retained in a Teacher Education program and progress into the Professional Sequence. Any grade lower than a B in an Education Professional course **MUST** be repeated; a course may be repeated only once and only one Professional Course can be repeated. Students must exhibit professional demeanor in and out of the classroom.

Students Teaching: To be eligible for progression into Student Teaching, the following criteria must be met: successful completion of all 400 level course prerequisites, overall GPA of 3.0 or above, 2/3 of major courses complete and/or no more than one major course needed, completion of Student Leadership Requirement, completion of Student Teaching Application, interview with Clinical Coordinator, must take the Educating All Students exam, must take the Content Specialty Test, students must receive a grade of B or above in their first student teaching placement to progress to their second placement. Grades below a B require immediate action in consultation with the Clinical Coordinator and/or Department Chair.

I. Required Courses (6 credits)

BIO 120	Principles of Inheritance and Human Reproduction	
OR		
BIO 140	Human Biology	3
WRIT 303 WI	Research and Writing for Professional Programs	3

II. Health Education Major Discipline Courses (48 Credits)

HE 201	Foundations of Health and Wellness	2
HE 219	Health Services	3
HE 223	Health Behavior	2
HE 224	Laboratory in Health Behavior	1
HE 241	Sex and Sexuality	3
HE 312	Health, Communities, & Society	3
HE 314	Nutrition and Health	2
HE 315	Consumer Health	2
HE 316	Family Health	3
HE 321	Health Counseling	3
HE 331 WI	Program Planning	3
HE 342	Substance Use Disorder	3
HE 363	Measurement and Evaluation in Health and Physical Education	3
HE 481	Organization and Administration of Health Education	3
BIO 281	Human Structure and Function	4
An additional 5 elective credits from HE or PH courses at 200 level or above		5

III. Teacher Education Requirements (45 Credits)

1. Required Core Curriculum

At least one foreign language course. 3

2. Support Courses (Pre-major Block) (15 credits)

[ENG 126](#) Composition II: Writing About Literature 3

[EDUC 230](#) Teaching with Multimedia Technology 2

[EDUC 280](#) Child and Adolescent Development for Teachers 3

[MATH 111](#) Introduction to Statistics and Probability 4

[PHIL 202](#) WI Major Ideas and Issues in Education 3

3. Professional Sequence (19 credits)

[EDUC 268](#) Bilingual and English Language Learner (ELL) Education 3

[EDUC 283](#) Educational Psychology: Effective Teaching & Learning in Diverse Classrooms 3

[EDUC 285](#) Introduction to Special Population 3

[EDUC 340](#) WI Literacy Instruction inside Middle and Secondary Schools for English Only (EO) and English Language Learners (ELLs) 3

3. Professional Sequence (19 credits) (continued)

[EDUC 395](#) Curriculum and Methods in Subject Specific (K-12) Education I: Learning Goals & Assessments (3

[EDUC 397](#) School Health Curriculum and Methods PreK-12 4

4. Student Teaching (8 credits)

[EDUC 403A](#) Capstone Clinical Experience & Seminar for Physical Education and Health Pre K-6 6

[EDUC 404A](#) Capstone Clinical Experience & Seminar for Physical Education and Health 7-12 6

Proof of a current First Aid/CPR certification is required by the department at least three months prior to graduation.

7.31 Health Education preK-12 Teacher Education – Recommendation for Four-Year Course-Schedule Planner

Fall I (Freshman)		Spring I (Freshman)	
Course	Credits	Course	Credits
ENG 125	3.0	² ENG 126	3.0
College Option: HE 111	3.0	³ Foreign Languages	3.0
¹ Life and Physical Sciences: BIO 140 recommended	3.0	⁴ Mathematics 111	4.0
World Culture and Global Issues (choose one)	3.0	Scientific World (choose one)	3.0
US Diversity in its Experience (choose one)	3.0	HE 201	2.0
Total credits	15.0	Total credits	15.0

Fall II (Sophomore)		Spring II (Sophomore)	
Course	Credits	Course	Credits
Creative Expression (choose one)	3.0	EDUC 230	2.0
Foreign Languages	3.0	EDUC 280	3.0
⁵ Scientific World: BIO 281 recommended	4.0	⁶ Individual and Society: PHIL 202 recommended	3.0
HE 219	3.0	HE 314	2.0
HE 223	2.0	HE Major Elective	5.0
HE 224	1.0		
Total credits	16.0	Total credits	15.0

Fall III (Junior)		Spring III (Junior)	
Course	Credits	Course	Credits
EDUC 268	3.0	EDUC 395	3.0
EDUC 283	3.0	HE 312	3.0
EDUC 285	3.0	HE 321	3.0
HE 241	3.0	⁸ HE 331	3.0
⁷ WRIT 303	3.0	HE 363	3.0
Total credits	15.0	Total credits	15.0

Fall IV (Senior)		Spring IV (Senior)	
Course	Credits	Course	Credits
⁹ EDUC 340	3.0	EDUC 404A	6.0
EDUC 397	4.0	EDUC 403A	6.0
HE 316	3.0	HE 315	2.0
HE 342	3.0		
HE 481	3.0		
Total credits	16.0	Total credits	14.0

Total Credits 121

- ¹BIO 140 is a prerequisite for BIO 281 may also be taken to fulfill the Required Core: Life and Physical Sciences requirement.
- ²ENG 126 fulfills the Required Core: English Composition requirement and pre-major block.
- ³Foreign Language is a NYS requirement and may also be taken towards fulfillment of the College Option. Placement by World Languages, Literatures, and Humanities Dept. RM 3C08.
- ⁴MATH 111 is a prerequisite for HE 363 it fulfills the Required Core: Mathematical & Quantitative Reasoning requirement and pre-major block.
- ⁵BIO 281 may also be taken to fulfill the Flexible Core: Scientific World requirement.
- ⁶PHIL 202 may also be taken to fulfill the Flexible Core: Individual and Society requirement and completion of one of two lower division Writing Intensive (WI) courses at the 100 or 200 level requirement.
- ⁷WRIT 303 may also be taken to fulfill the College Option: Writing Requirement.
- ⁸HE 331 may also be taken toward fulfillment of the college Writing Intensive requirement.
- ⁹EDUC 340 may also be taken toward fulfillment of the college Writing Intensive requirement.

7.4 Health Promotion Management Major Requirements

Required Courses (48 Credits)

I. Required Major Discipline Courses (36 credits)

HE 201	Foundations of Health and Wellness	2
HE 211	Stress and Health	2
HE 219	Health Services	3
HE 223	Health Behavior	2
HE 224	Laboratory in Health Behavior	1
HE 314	Nutrition and Health	2
HE 321	Health Counseling	3
HE 331 WI	Program Planning	3
HE 342	Substance Use Disorder	3
PE 358	Physiology of Exercise	3
HE 363	Measurement and Evaluation in Health and Physical Education	3
HE 452	Cardiovascular Fitness Exercise Testing and Prescription	3
HE 481	Organization and Administration of Health Education	3
HE 488	Worksite Wellness	3

II. Business and Accounting Required Courses (6 credits)

BUS 301	Management Theory and Practice	3
MKT 341	Introduction to Marketing	3

III. Field Work (6 credits)

HE 471	Field Work in Health Education	1
HE 472	Field Work in Health Education	1
HE 473	Field Work in Health Education	2
HE 474	Field Work in Health Education	2

7.41 Health Promotion Management – Recommendation for Four-Year Course-Schedule Planner

Fall I (Freshman)		Spring I (Freshman)	
Course	Credits	Course	Credits
ENG 125	3.0	ENG 126	3.0
College Option: HE 111	3.0	² Foreign Languages	3.0
¹ Life and Physical Sciences: BIO 140 recommended	3.0	³ Individual and Society: ECON 102 recommended	3.0
*World Culture and Global Issues (choose one)	3.0	⁴ MATH 111	4.0
*US Diversity in its Experience (choose one)	3.0	HE 201	2.0
Total credits	15.0	Total credits	15.0

Fall II (Sophomore)		Spring II (Sophomore)	
Course	Credits	Course	Credits
BUS 201	3.0	*Creative Expression (choose one)	3.0
Foreign Languages	3.0	*Flexible Core (choose one in any area)	3.0
Electives	2.0	Liberal Arts Elective	6.0
HE 223	2.0	HE 219	3.0
HE 224	1.0		
⁵ Scientific World: BIO 281 recommended	4.0		
Total credits	15.0	Total credits	15.0

Fall III (Junior)		Spring III (Junior)	
Course	Credits	Course	Credits
BUS 301	3.0	HE 321	3.0
Electives	2.0	HE 331	3.0
HE 211	2.0	HE 363	3.0
HE 314	2.0	PE 358	3.0
HE 342	3.0	MKT 341	3.0
⁶ WRIT 303	3.0		
Total credits	15.0	Total credits	15.0

Fall IV (Senior)		Spring IV (Senior)	
Course	Credits	Course	Credits
Liberal Arts Elective	6.0	Liberal Arts Elective	9.0
HE 481	3.0	HE 471-474	6.0
HE 452	3.0		
HE 488	3.0		
Total credits	15.0	Total credits	15.0

Total Credits 120

- *Completion of two lower division Writing Intensive (WI) courses at the 100 or 200 level are required.
- ¹BIO 140 is a prerequisite for BIO 281 and may also be taken to fulfill the Required Core: Life and Physical Sciences requirement.
- ²Placement by World Languages, Literatures, and Humanities Dept. Rm 3C08.
- ³ECON 102 is a prerequisite for BUS 301 and may also be taken to fulfill the Flexible Core: Individual and Society requirement.
- ⁴MATH 111 is a prerequisite for HE 363 and fulfills the Required Core: Mathematical & Quantitative Reasoning requirement.
- ⁵BIO 281 may also be taken to fulfill the Flexible Core: Scientific World requirement.
- ⁶WRIT 303 may also be taken to fulfill the College Option: Writing Requirement.

7.5 Exercise Science Major Requirements

Admissions and retention criteria: all students must maintain a minimum GPA of 2.0.

I. Required Courses (11 credits)

[BIO 120](#) Principles of Inheritance and Human Reproduction

OR

[BIO 140](#) Human Biology 3

[BIO 281](#) Human Structure and Function 4

[MATH 111](#) Introduction to Statistics and Probability 4

II. Required Major Discipline Courses (52 credits)

[HE 314](#) Nutrition & Health 2

[MS 115](#) Introduction to Electrocardiography 2

[MS 225](#) Strength and Conditioning 3

[MS 322](#) Recreation, Organization, and Leadership 3

[MS 310](#) Introduction to Sports Rehabilitation and Sports Medicine 3

[MS 375](#) Biomechanics 3

[MS 487](#) Adult Fitness Programs 3

[MS 488](#) Field Work in Exercise Science I 2

[MS 489](#) Field Work in Exercise Science 2

[MS 490](#) Certified Exercise Physiologist Workshop 1

[PE 141](#) Weight training 1

[PE 150](#) Fitness for Living 2

[PE 215](#) Basics of Motor Development and Motor Learning 3

[PE 350](#) Principles and Foundations of Physical Education 2

[PE 353](#) Physical Activity for Special Populations 2

[PE 358](#) Physiology of Exercise 3

[PE 361](#) Sport Psychology and Coaching 3

[PE 362](#) Kinesiology 3

[PE 363](#) Measurement and Evaluation in Health and Physical Education 3

[PE 365](#) WI Research & Writing in Health & Physical Education 3

[PE 452](#) Cardiovascular Fitness Exercise Testing and Prescription 3

Proof of a current First Aid/CPR certification (within 3 months prior to graduation)

7.51 Exercise Science – Recommendation for Four-Year Course-Schedule Planner

Fall I (Freshman)		Spring I (Freshman)	
Course	Credits	Course	Credits
ENG 125	3.0	ENG 126	3.0
College Option: HE 111	3.0	² Foreign Languages	3.0
¹ Life and Physical Sciences: BIO 140	3.0	³ MATH 111	4.0
MATH 104	3.0	PE 150	2.0
*World Culture and Global Issues (choose one)	3.0	US Diversity in its Experience (choose one)	3.0
Total credits	15.0	Total credits	15.0

Fall II (Sophomore)		Spring II (Sophomore)	
Course	Credits	Course	Credits
*Creative Expression (choose anyone)	3.0	*Flexible Core (choose one course in any area)	3.0
Liberal Arts Elective	3.0	*Individual and Society (choose one)	3.0
Foreign Languages	3.0	Liberal Arts Elective	3.0
PE 350	2.0	HE 314	2.0
⁴ Scientific World: BIO 281	4.0	PE 141	1.0
		PE 215	3.0
Total credits	15.0	Total credits	15.0

Fall III (Junior)		Spring III (Junior)	
Course	Credits	Course	Credits
Electives	3.0	MS 322	3.0
MS 115	2.0	MS 375	3.0
MS 225	3.0	PE 358	3.0
MS 487	3.0	PE 361	3.0
PE 362	3.0	PE 363	3.0
Total credits	14.0	Total credits	15.0

Fall IV (Senior)		Spring IV (Senior)	
Course	Credits	Course	Credits
Liberal Arts Elective	6.0	Liberal Arts Elective	9.0
MS 310	3.0	⁶ MS 488 & 489	4.0
⁵ PE 365	3.0	MS 490	1.0
PE 452	3.0	PE 353	2.0
Total credits	15.0	Total credits	16.0

Total Credits 120

- *Completion of two lower division Writing Intensive (WI) courses at the 100 or 200 level are required.
- ¹ BIO 140 is a prerequisite for BIO 281 may also be taken to fulfill the Required Core: Life and Physical Sciences requirement.
- ² Placement by *World Languages, Literatures, and Humanities* Dept. Rm 3C08.
- ³ MATH 111 is a prerequisite for PE 363 and fulfills the Required Core: Mathematical & Quantitative Reasoning requirement.
- ⁴ BIO 281 may also be taken to fulfill the Flexible Core: Scientific World requirement.
- ⁵ PE 365 may also be taken toward fulfillment of both College Option and upper division WI Requirement.
- ⁶ Requirement for First Aid and CPR certifications can be fulfilled by taking [HE 200](#) and [HE 317](#), or through external certification.

7.6 Physical Education preK-12 Teacher Education Major Requirements

Admission & Retention Criteria to the Program

The Education curriculum consists of three sets of distinct courses: the **Support Courses (Pre-major Block)**, the **Professional Sequence**, and **Student Teaching**. Students apply to the program after completing the Pre-major Block. Once admitted, they progress into the Professional Sequence and later into Student Teaching.

Support Courses (Pre-major Block): Overall GPA of 3.0 and completion of all Pre-major Block courses with an average of GPA of 3.0. In addition, students are required to complete the Teacher Education department's Writing Workshop, submit Admission Application (this is done during EDUC 230), and complete background check and fingerprinting, and receive clearance through NYC Department of Education. It is recommended that students complete the Pre-major Block prior to their 60th credit.

Professional Sequence: Once accepted into a Teacher Education program, students must maintain a level of academic rigor in order to be retained in a Teacher Education program and progress into the Professional Sequence. Any grade below a B in an Education Professional course **MUST** be repeated; a course may be repeated only once and only one Professional Course can be repeated. Students must exhibit professional demeanor in and out of the classroom.

Students Teaching: To be eligible for progression into Student Teaching, the following criteria must be met: successful completion of all course prerequisites, overall GPA of 3.0 or above, 2/3 of major courses complete and/or no more than one major course needed, completion of Student Leadership Requirement, completion of Student Teaching Application, interview with Clinical Coordinator, must take the Educating All Students exam, must take the Content Specialty Test, students must receive a grade of B or above in their first student teaching placement to progress to their second placement. Grades below a B require immediate action in consultation with the Clinical Coordinator and/or Department Chair.

I. Prerequisite (7 credits)

[BIO 120](#) Principles of Inheritance and Human Reproduction

OR

[BIO 140](#) Human Biology

3

[BIO 281](#) Human Structure and Function

4

II. Physical Education Content Knowledge Courses (30 credits)

Group I*

[HE 210](#) Health Issues for the Physical Educator

2

[HE 314](#) Nutrition and Health

2

[PE 150](#) Fitness for Living

2

[PE 152](#) Instructional Methodologies of Teaching Sport Skills

2

[PE 215](#) Basics of Motor Development and Motor Learning

3

[PE 350](#) Principles and Foundations of Physical Education

2

* Courses listed in Group I must be completed before taking courses from Group II.

Group II**

[PE 353](#) Physical Activity for Special Populations

2

[PE 358](#) Physiology of Exercise

3

[PE 361](#) Sport Psychology and Coaching

3

[PE 362](#) Kinesiology

3

[PE 363](#) Measurement and Evaluation in Health and Physical Education

3

[PE 452](#) Cardiovascular Fitness Exercise Testing and Prescription

3

** Courses listed in Group I must be completed before taking courses from Group II.

III. Physical Education Skills Courses (100-200 Level) (11 credits)

Team Sports (PE 151 , 158 , 162 , 163 , 164 , 165 , 186)	4
Dance (PE 173 , 176 , 183 , 184 , 185 , 278)	1
Individual (PE 141 , 154 , 156 , 157 , 159 , 166 , 167 , 171 , 174 , 181 , 271)	4
Outdoor (PE 170 , 177 , 178 , 179 , 279 , 280)	1
Aquatics (PE 182 , 282 , 284 , 285 , 287)	1

IV. Teacher Education Requirements (45 Credits)**1. Required Core Curriculum**

At least one foreign language course.	3
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2. Support Courses (Pre-major Block) (15 credits)

ENG 126	Composition II: Writing About Literature	3
EDUC 230	Teaching with Multimedia Technology	2
EDUC 280	Child and Adolescent Development for Teachers	3
MATH 111	Introduction to Statistics and Probability	4
PHIL 202 WI	Major Ideas and Issues in Education	3

3. Professional Sequence (19 credits)

EDUC 268	Bilingual and English Language Learner (ELL) Education	3
EDUC 283	Educational Psychology: Effective Teaching & Learning in Diverse Classrooms	3
EDUC 285	Introduction to Special Population	3
EDUC 340 WI	Literacy Instruction inside Middle and Secondary Schools for English Only (EO) and English Language Learners (ELLs)	3
EDUC 341	Elementary & Secondary Curriculum and Methods II: Instruction and Classroom Environments in Physical Education PreK-12	4
EDUC 395	Curriculum and Methods in Subject Specific (K-12) Education I: Learning Goals & Assessments	3

4. Student Teaching (8 credits)

EDUC 403A	Capstone Clinical Experience & Seminar for Physical Education and Health Pre K-6	6
EDUC 404A	Capstone Clinical Experience & Seminar for Physical Education and Health 7-12	6

Proof of a current First Aid/CPR certification should be presented to the department at least three months prior to graduation.

7.61 Physical Education preK-12 Teacher Education – Recommendation for Four-Year Course-Schedule Planner

Fall I (Freshman)		Spring I (Freshman)	
Course	Credits	Course	Credits
ENG 125	3.0	² ENG 126	3.0
¹ Life and Physical Sciences: BIO 140 recommended	3.0	³ Foreign Languages	3.0
College Option: HE 111	3.0	⁴ MATH 111	4.0
*World Culture and Global Issues (choose one)	3.0	Scientific World (choose one)	3.0
*US Diversity in its Experience (choose one)	3.0	PE 150	2.0
		PE Skills Courses	1.0
Total credits	15.0	Total credits	16.0

Fall II (Sophomore)		Spring II (Sophomore)	
Course	Credits	Course	Credits
Creative Expression (choose one)	3.0	⁶ Individual and Society: PHIL 202 recommended	3.0
Foreign Languages	3.0	EDUC 230	2.0
⁵ Scientific World: BIO 281 recommended	4.0	EDUC 280	3.0
PE 215	3.0	HE 210	2.0
PE 350	2.0	HE 314	2.0
PE Skills Courses	1.0	PE Skills Courses	3.0
Total credits	16.0	Total credits	15.0

Fall III (Junior)		Spring III (Junior)	
Course	Credits	Course	Credits
EDUC 268	3.0	EDUC 395	3.0
EDUC 283	3.0	PE 358	3.0
EDUC 285	3.0	PE 361	3.0
PE 152	2.0	PE 363	3.0
PE 362	3.0	PE Skills Courses	2.0
PE Skills Courses	1.0		
Total credits	15.0	Total credits	14.0

Fall IV (Senior)		Spring IV (Senior)	
Course	Credits	Course	Credits
⁷ Education 340	3.0	Education 403A	6.0
EDUC 341	4.0	Education 404A	6.0
Liberal Arts Elective	2.0	PE 353	2.0
PE 452	3.0		
Physical Education Skills courses	3.0		
Total credits	15.0	Total credits	14.0

Total Credits 120

- *Completion of two lower division Writing Intensive (WI) courses at the 100 or 200 level are required.
- ¹BIO 140 is a prerequisite for BIO 281 may also be taken to fulfill the Required Core: Life and Physical Sciences requirement.
- ²ENG 126 also fulfills the Required Core: English Composition requirement.
- ³Foreign Language is a NYS requirement and may also be taken towards fulfillment of the College Option. Placement by World Languages, Literatures, and Humanities Dept. RM 3C08.
- ⁴MATH 111 is a prerequisite for PE 363 and fulfills the Required Core: Mathematical & Quantitative Reasoning requirement and pre-major block.
- ⁵BIO 281 may also be taken to fulfill the Flexible Core: Scientific World requirement.
- ⁶PHIL 202 may also be taken to fulfill the Flexible Core: Individual and Society requirement and completion of one of two lower division Writing Intensive (WI) courses at the 100 or 200 level requirement.
- ⁷EDUC 340 may also be taken toward fulfillment of the College Option: Writing Requirement.

7.7 Public Health Major Requirements

Admission Criteria to the Program

At time of admission, a minimum cumulative GPA of 3.0 for all coursework completed; at least 12 credits with a minimum GPA of 3.0 in the following PH courses: PH 201 and PH 210 or PH 215 or PH 225 or PH 320 or PH 330 or PH 340.

Retention and Completion Criteria

A minimum GPA of 3.0 in required program courses (including program electives); a minimum cumulative GPA of 3.0.

I. Required Courses (10 credits)

[BIO 120](#) Principles of Inheritance and Human Reproduction

OR

[BIO 140](#) Human Biology 3

[MATH 111](#) Introduction to Statistics and Probability 4

[WRIT 303](#) WI Introduction to Statistics and Probability 3

II. Required Major Discipline Courses (18 credits)

[PH 201](#) History & Principles of Public Health 3

[PH 210](#) Epidemiology for Public Health Practice 3

[PH 320](#) Applied Biostatistics in Public Health 3

[PH 330](#) Public Health Policy and Management 3

[PH 340](#) Environmental and Occupational Health 3

[PH 450](#) WI Public Health and Societies 3

III. Required Community Health Concentration Discipline Courses (26 credits)

[PH 215](#) Social and Behavioral Determinants of Health 3

[PH 225](#) Principles and Practices of Health Behavior Change 3

[PH 325](#) Assessing Community Health Needs, Capacity and Assets 3

[PH 335](#) Planning & Funding for Public Health 3

[PH 415](#) Community Health Intervention Design and Methods 3

[PH 425](#) Evaluation Methods in Public Health 3

[PH 435](#) Field Experience I 2

[PH 445](#) Field Experience II 2

[BIO 281](#) Human Structure and Function 4

IV. Electives Courses (15 credits)

[GERO 301](#) Wellness and the Elderly: Programs and Services 3

[HE 200](#) Basic Cardiac Life Support 1

[HE 211](#) Stress and Health 2

[HE 241](#) Sex and Sexuality 3

[HE 313](#) Alcohol Use Disorder 3

[HE 314](#) Nutrition and Health 2

[HE 315](#) Consumer Health 2

[HE 316](#) Family Health 3

[HE 317](#) First Aid and Safety Education 2

[HE 341](#) HIV/AIDS: Public Health Implications 3

[HE 342](#) Substance Use Disorder 3

Public Health Major Requirements (continued)

IV. Elective courses (continued)

HE 365 WI	Research & Writing in Health & Physical Education	3
HE 420	Alcohol and Substance Use Counseling	3
HE 452	Cardiovascular Fitness Exercise Testing and Prescription	3
HE 495	Independent Study in Health Education	1
HE 496	Independent Study in Health Education	1
HE 497	Independent Study in Health Education	2
HE 498	Independent Study in Health Education	2
PE 358	Physiology of Exercise	3
PH 285	Health Equity & Cultural Responsiveness	3
PH 343	Sexual and Gender Minority Health Perspectives	3
PH 471	Special Seminar in Public Health	3
PH 472	Special Seminar in Public Health	3
PH 473	Special Seminar in Public Health	3
PH 474	Special Seminar in Public Health	3
PH 475	Special Seminar in Public Health	3
PH 476	Special Seminar in Public Health	3
PH 477	Special Seminar in Public Health	3
PH 478	Special Seminar in Public Health	3
PH 479	Special Seminar in Public Health	3
PH 481	Special Seminar in Public Health	3
PH 482	Special Seminar in Public Health	3
PH 483	Special Seminar in Public Health	3
PH 484	Special Seminar in Public Health	3
PH 485	Special Seminar in Public Health	3
PH 490	Special Seminar in Public Health	3
PH 491	Special Seminar in Public Health	3
PH 492	Special Seminar in Public Health	3
PH 493	Special Seminar in Public Health	3
PH 494	Special Seminar in Public Health	3
PSY 215	Human Development I: Infancy/Childhood	3
PSY 216	Human Development II: Adolescence/Maturity	3
PSY 232	Social Psychology	3
PSY 238	Abnormal Psychology	3
PSY 283	Psychology of Death and Dying	3

7.71 Public Health – Recommendation for Four-Year Course-Schedule Planner

Fall I (Freshman)		Spring I (Freshman)	
Course	Credits	Course	Credits
ENG 125	3.0	ENG 126	3.0
College Option: HE 111	3.0	*Creative Expression: SPCH 101 recommended	3.0
¹ Scientific World: BIO 120 recommended	3.0	Liberal Arts Elective PSY 102 recommended	3.0
*World Culture and Global Issues (choose one)	3.0	² Life and Physical Sciences: BIO 140 recommended	3.0
*US Diversity in its Experience (choose one)	3.0	PH 201	3.0
Total credits	15.0	Total credits	15.0

Fall II (Sophomore)		Spring II (Sophomore)	
Course	Credits	Course	Credits
³ MATH 111	4.0	Elective Major Discipline (choose from GERO, HE, PE, PH, PSY courses)	3.0
Elective Major Discipline (choose from GERO, HE, PE, PH, PSY courses) PSY 215 recommended	6.0	*Liberal Arts Elective	3.0
PH 210	3.0	PH 225	4.0
PH 215	3.0	PH 320	3.0
		⁴ Scientific World: BIO 281 recommended	3.0
Total credits	16.0	Total credits	16.0

Fall III (Junior)		Spring III (Junior)	
Course	Credits	Course	Credits
*Flexible Core (choose one in any area)	3.0	*Liberal Arts Elective	3.0
Individual and Society (choose one)	3.0	PH 335	3.0
PH 330	3.0	PH 340	3.0
PH 325	3.0	Elective Major Discipline (choose from GERO, HE, PE, PH, PSY courses)	6.0
⁵ WRIT 303	3.0		
Total credits	15.0	Total credits	15.0

Fall IV (Senior)		Spring IV (Senior)	
Course	Credits	Course	Credits
Liberal Arts Elective	3.0	Liberal Arts Elective	3.0
Liberal Arts Elective	3.0	Foreign Language	3.0
⁶ Foreign Language	3.0	PH 425	3.0
PH 415	3.0	PH 445	2.0
PH 435	2.0	PH 450 WI	3.0
Total credits	14.0	Total credits	14.0

Total Credits 120

- ¹BIO 120 is a prerequisite for BIO 281 may also be taken to fulfill the Flexible Core: Scientific World requirement.
- ²BIO 140 is a prerequisite for BIO 281 may also be taken to fulfill the Required Core: Life and Physical Sciences requirement.
- ³MATH 111 fulfills the Required Core: Mathematical & Quantitative Reasoning requirement.
- ⁴BIO 281 may also be taken to fulfill the Flexible Core: Scientific World requirement.
- ⁵WRIT 303 may also be taken to fulfill the College Option: Writing Requirement.
- ⁶Placement by World Languages, Literatures, and Humanities Dept. RM 3C08.

7.8 Minor in Gerontology

Required Courses (15 Credits)

I General Program Requirements (9 credits)

GERO 101	Introduction to Gerontology I	3
GERO 201	Intermediate Gerontology II	3
GERO 301	Wellness and the Elderly: Programs and Services	3

II Elective Requirements (6 credits)

ANTH 302	Human Aging Cross-Culturally	3
BIO 283	Biology of Aging	3
GERO 210	Alzheimer's Disease and Related Dementias	3
POL 273	Politics of Aging	3
PSY 280	Psychology of Geriatrics	3
PSY 283	Psychology of Death and Dying	3
PSY 381	Psychological Consequences of Chronic Disability	3
SOC 236	Sociology of Aging	3

7.9 Minor in Health Education

Required Courses (15 Credits)

I General Program Requirements (9 credits)

HE 201	Foundations of Health and Wellness	2
HE 219	Health Services	3
HE 223	Health Behavior	2
HE 224	Laboratory in Health Behavior	1

II Elective Requirements (6 credits)

HE 200	Basic Cardiac Life Support	1
HE 211	Stress and Health	2
HE 241	Sex and Sexuality	3
HE 312	Health, Communities, & Society	3
HE 314	Nutrition and Health	2
HE 316	Family Health	3
HE 317	First Aid and Safety Education	2
HE 321	Health Counseling	3
HE 341	HIV/AIDS: Public Health Implication	3
HE 342	Substance Use Disorder	3

7.10 Minor in Public Health

Required Courses (15 Credits)

I Foundation courses (9 credits)

PH 201	History and Principles of Public Health	3
PH 210	Epidemiology for Public Health Practice	3
PH 320	Applied Biostatistics in Public Health	3

II Elective Requirements (6 credits)

GERO 210	Alzheimer's and Related Dementias	3
GERO 301	Wellness & the Elderly	3
HE 200	Basic Cardiac Life Support	1
HE 211	Stress and Health	2
HE 241	Sex and Sexuality	3
HE 312	Health, Communities, & Society	3
HE 313	Alcohol Use Disorder	3
HE 314	Nutrition and Health	2
HE 315	Consumer Health	2
HE 316	Family Health	3
HE 317	First Aid and Safety Education	2
HE 341	HIV/AIDS: Public Health Implication	3
HE 342	Substance Use Disorder	3
HE 450	Practicum in Health Education	2
HE 452	Cardiovascular Fitness Exercise Testing and Prescription	3
HE 488	Worksite Wellness	3
HE 495	Independent Study in Health Education	1
HE 496	Independent Study in Health Education	1
HE 497	Independent Study in Health Education	2
HE 498	Independent Study in Health Education	2

9. Personal Four-Year Course-Schedule Planner

Major _____

Fall I (Freshman)		Spring I (Freshman)	
Course	Credits	Course	Credits
Total credits		Total credits	

Fall II (Sophomore)		Spring II (Sophomore)	
Course	Credits	Course	Credits
Total credits		Total credits	

Fall III (Junior)		Spring III (Junior)	
Course	Credits	Course	Credits
Total credits		Total credits	

Fall IV (Senior)		Spring IV (Senior)	
Course	Credits	Course	Credits
Total credits		Total credits	

Total credits _____

My notes from meetings

Jessie has to approve these courses:

PH 325, PH 335, PH 415, PH 425, PH 435, PH 445, PH 450

