Health and Human Performance:
Community Health Concentration
Degree Requirements

Student's Name:_____**Student ID#:** _____

Intended graduation date (Year): Summer_____**Fall**_____**Winter**_____**Spring** _____

PAH Core (30 credit hours):

Course #	Title	Cr	Term	Grade
BIO 231/L	Human Anatomy and Physiology I	4		
BIO 232/L	Human Anatomy and Physiology II	4		
BIO 233/L	Human Anatomy and Physiology III	4		
PES 131	Foundations of Physical Activity and Health	2		
HWS 350	Behavior Change Theory *At least sophomore standing*	3		
PES 270	History, Philosophy and Ethics of Sport	3		
EXS 312	Measurement and Evaluation in Physical Activity and Health *Sophomore standing*	3		
EXS 323/L	Physiology of Exercise I *BIO 233 or consent of instructor*	4		
PES 495	Capstone Seminar *Consent of instructor*	1		
PES 496	Capstone Course (2-5 credits) *PES 495, consent of instructor*	2		

Additional University and Program Requirements:

Requirement	Completed
Complete General Education requirement (attach completed GE checklist) with grade of C- or better.	
Complete University Writing Requirement (UWR) (2 lower and 2 upper division).	
Complete DPD course(s). (4 credit hours)	
Demonstrate competency in the academic content of physical activity and health by completing all degree course work with an average grade of C- or better.	
Complete a capstone experience as outlined by program faculty.	

Recommended GE Courses:
SSC: PSY 201, 202; SOC 204; ANTH 201
SMI: BIO 211, 212, 213; CHEM 204, 205, 206; PHYS 201, 202, 203
A statistics course – PSY 327; STAT 243
Gateway: WR 121, LIB 127

Community Health (35 credit hours):

Course #	Title	Cr	Term	Grade
Required courses (25 credits):				
HWS 250	Personal Skills for Healthy Living	3		
HWS 298	Health and Fitness for Life	3		
HWS 225	Nutrition	3		
HWS 317	Global Health *At least sophomore standing*	3		
HWS 351	Introduction to Community Health (UWR) *At least sophomore standing*	3		
HWS 352	Cultural Competence in Health Education and Health Promotion (DPD)	4		
HWS 412	Program Planning *Statistics course, HWS 350, and HWS 351, or consent of instructor*	3		
HWS 413	Program Evaluation *HWS 412*	3		
Select at least 10 credits from the following courses:				
EXS 452	Physical Activity and Disease Prevention *EXS 323 or consent of instructor*	3		
HWS 198	Outdoor Activity and Lifetime Wellness	3		
HWS 314	*Health and Humanities*	2		
HWS 334	Female Adolescent Development *At least sophomore standing*	4		
HWS 335	Male Adolescent Development	4		
HWS 422	Gerontology and Healthy Aging	2		
HWS 423	Aging and Society *At least junior standing*	3		
HWS 431	Alcohol and Drugs: Prevention *At least junior standing*	4		
HWS 432	Substance Abuse and Family Relations *At least junior standing*	4		
HWS 433	Alcohol and Drugs: Use Misuse & Addiction	4		
May count 1 of the following courses as an elective:				
PSY 211	Intro to Lifespan Development	3		
PSY 231	Human Sexuality	3		
PSY 311	Child Development	5		
SOC 338	Sociology of Families	5		

Revised: March 2019