

# Health and Human Performance Major w/Community Health Concentration



EASTERN OREGON  
UNIVERSITY

## DEGREE PROGRAM CHECK SHEET

Complete all Institutional Graduation Requirements (Including University Writing Requirement, Diversity Requirement, General Education Requirement, etc.) as provided at <http://www.eou.edu/registrar>.

Program Requirements: Health and Human Performance Major w/Community Health Concentration is a minimum 65 graded credit hour degree. A grade of "C-" or better is required for each course counting towards the major, but a cumulative grade of C [2.00] is required for completion of the major.

The **Health and Human Performance Major w/Community Health Concentration** is available on-campus and online. For the BIOL 231-233 series; on-campus students take BIOL 231/231L, 232/232L & 233/233L, online students take BIOL 231, 232 & 233 (not the BIOL 231L, 232L or 233L labs) as the lab is embedded into the online 231-233 courses.

### *Program recommended general education 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*

*GTW: WR 121, LIB 127*

### **CORE REQUIRED COURSES: 30 credits**

<b>Course #</b>	<b>Title [and course information]</b>	<b>Credit(s)</b>	<b>Prerequisites(s)</b>
<b>BIOL 231</b>	Human Anatomy & Physiology I w/Lab	4	<i>MATH 070</i>
BIOL 231L*	Human Anatomy & Physiology I Laboratory	0	<i>On-campus students take w/BIOL 231</i>
<i>*BIOL 231L is for on-campus students</i>			
<b>BIOL 232</b>	Human Anatomy & Physiology II w/Lab	4	<i>BIOL 231</i>
BIOL 232L*	Human Anatomy & Physiology II Laboratory	0	<i>On-campus students take w/BIOL 232</i>
<i>*BIOL 232L is for on-campus students</i>			
<b>BIOL 233</b>	Human Anatomy & Physiology III w/Lab	4	<i>BIOL 232</i>
BIOL 233L*	Human Anatomy & Physiology III Laboratory	0	<i>On-campus students take w/BIOL 233</i>
<i>*BIOL 233L is for on-campus students</i>			
<b>PES 131</b>	Foundations of Physical Activity and Health	2	
<b>HWS 350</b>	Behavior Change Theory	3	

<b>PES 270</b>	History, Philosophy and Ethics of Sport	3	
<b>EXS 312</b>	Measurement & Eval Physical Activity & Health	3	
<b>EXS 323</b>	Physiology of Exercise I w/Lab [UWR]	4	<i>BIOL 321 &amp; 232 or consent of instructor</i>
<b>EXS 323L</b>	Physiology of Exercise Laboratory	0	<i>Must be taken concurrently with EXS 323</i>
<b>PES 495</b>	Capstone Seminar	1	<i>Consent of instructor</i>
<b>PES 496</b>	Capstone Course	2-5	<i>PES 495, consent of instructor</i>

**COMMUNITY HEALTH REQUIRED COURSES: 25 credit hours**

<b>Course #</b>	<b>Title [and course information]</b>	<b>Credit(s)</b>	<b>Prerequisite(s)</b>
<b>HWS 250</b>	Personal Skills for Health Living	3	
<b>HWS 225</b>	General Nutrition	3	
<b>HWS 298</b>	Health and Fitness for Life	3	
<b>HWS 317</b>	Global Health	3	
<b>HWS 351</b>	Introduction to Community Health [UWR]	3	
<b>HWS 352</b>	Cultural Competence in Health Ed/Promotion [DPD]	4	
<b>HWS 412</b>	Program Planning	3	
<b>HWS 413</b>	Program Evaluation	3	<i>HWS 412</i>

**COMMUNITY HEALTH ELECTIVE COURSES: 10 credit hours**

*Complete 10 credit hours from the following courses:*

<b>Course #</b>	<b>Title [and course information]</b>	<b>Credit(s)</b>	<b>Prerequisite(s)</b>
<b>EXS 452</b>	Physical Activity in Disease Prevention	3	<i>EXS 323 or consent of instructor</i>
<b>HWS 198</b>	Outdoor Activity and Lifetime Wellness	3	
<b>HWS 314</b>	Health and Humanities	2	
<b>HWS 334</b>	Female Development in Adolescent	4	
<b>HWS 335</b>	Male Development in Adolescent	4	
<b>HWS 422</b>	Gerontology and Healthy Activities	2	
<b>HWS 423</b>	Aging & Society	3	<i>HWS 422 or consent of instructor</i>
<b>HWS 431</b>	Alcohol & Drugs: Prevention	4	
<b>HWS 432</b>	Substance Abuse & Family Relations	4	
<b>HWS 433</b>	Alcohol & Drugs: Use Misuse & Addiction	4	

*May count one of the following courses as an elective:*

<b>PSY 211</b>	Intro Lifespan Development	3	<i>PSY 201</i>
<b>PSY 231</b>	Human Sexuality [SSC]	3	
<b>PSY 311</b>	Child Development [SSC]	5	<i>PSY 201 &amp; 202 or consent of instructor</i>
<b>SOC 338</b>	Sociology of Families	5	<i>WR 121 or consent of instructor</i>

**Total credits required for major: 65**

Last EPCC update March 2019