

# Health and Human Performance Major with 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 GPA of at least a 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

*\*Transfer students with 90 credits or more satisfy the requirement for **HHP 131** Foundations for Health and Human Performance*

### **CORE REQUIRED COURSES: 23 credits**

<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Prerequisites</b>
<b>BIOL 231</b>	Human Anatomy & Physiology I w/Lab	4	<b>MATH 070</b>
BIOL 231L*	Human Anatomy & Physiology I Laboratory <i>*BIOL 231L is for on-campus students</i>	0	<i>On-campus students take w/BIOL 231</i>
<b>BIOL 232</b>	Human Anatomy & Physiology II w/Lab	4	<b>BIOL 231</b>
BIOL 232L*	Human Anatomy & Physiology II Laboratory <i>*BIOL 232L is for on-campus students</i>	0	<i>On-campus students take w/BIOL 232</i>
<b>BIOL 233</b>	Human Anatomy & Physiology III w/Lab	4	<b>BIOL 232</b>

<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Prerequisites</b>
BIOL 233L*	Human Anatomy & Physiology III Laboratory <i>*BIOL 233L is for on-campus students</i>	0	<i>On-campus students take w/BIOL 233</i>
<b>HHP 131</b>	Foundations of Health & Human Performance	2	
<b>HHP 312</b>	Measurement & Evaluation in Physical Activity & Health	3	
<b>HHP 350</b>	Behavior Change Theory	3	
<b>HHP 495</b>	Capstone Seminar	1	<i>Consent of instructor</i>
<b>HHP 496</b>	Capstone Course	2	<i>HHP 495, consent of instructor</i>

**COMMUNITY HEALTH REQUIRED COURSES: 32 credit hours**

<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Prerequisites</b>
<b>CH 225</b>	General Nutrition	3	
<b>CH 250</b>	Personal Health & Wellness	3	
<b>CH 298</b>	Lifetime Fitness	3	
<b>CH 317</b>	Global Health	3	
<b>CH 351</b>	Introduction to Community Health [UWR]	3	
<b>CH 352</b>	Cultural Competence in Health Education/Promotion [DPD]	4	
<b>CH 380</b>	Legal & Ethical Issues in Health Educ/Promotion	4	
<b>CH 412</b>	Program Planning	3	
<b>CH 413</b>	Program Evaluation	3	<i>CH 412</i>
<b>EXS 452</b>	Physical Activity in Disease Prevention	3	<i>EXS 323 or consent of instructor</i>

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

*Complete at least 10 credit hours from the following courses:*

<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Prerequisites</b>
<b>OUT 198</b>	Outdoor Activity and Lifetime Wellness	3	

<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Prerequisites</b>
<b>PSY 231</b>	Human Sexuality [SSC]	3	
<b>EXS 323</b>	Physiology of Exercise I w/Lab [UWR]	4	<b><i>BIOL 321 &amp; 232 or consent of instructor</i></b>
<b>EXS 323L</b>	Physiology of Exercise Laboratory	0	<b><i>Must be taken concurrently with EXS 323</i></b>
<b>CH 334</b>	Female Development in Adolescent	4	
<b>CH 335</b>	Male Development in Adolescent	4	
<b>OUT 360</b>	Rewilding – Nature and Health	3	
<b>CH 422</b>	Gerontology and Healthy Activities	2	
<b>CH 423</b>	Aging & Society	3	<b><i>CH 422 or consent of instructor</i></b>
<b>CH 431</b>	Alcohol & Drugs: Prevention	4	
<b>CH 432</b>	Substance Abuse & Family Relations	4	
<b>CH 433</b>	Alcohol & Drugs: Use Misuse & Addiction	4	
<b>EXS 444</b>	Adaptive Physical Activity	3	

**Total credits required for major: 65**

This checksheet is valid from summer 2020 to spring 2022