

General Electives **20 hours**

Total minimum hours required for degree **120 hours**

*Students who have already completed HLTH 230 may elect to complete HLTH 231 to finish that course sequence instead of completing HLTH 240.

GATEWAY ASSESSMENT – HLTH 293

CAPSTONE ASSESSMENT – EXSC 493

**BS: HEALTH AND HUMAN PERFORMANCE
WELLNESS MANAGEMENT
SUGGESTED PLAN OF STUDY**

*Students with ACT MATH score of 20 or lower, or SAT MATH score of 520 or lower must take MATH 108 in the fall semester.

FIRST YEAR*

CART 101.....	3	ART 200 (OR) MUSC 200	2
ENGL 101	3	BIOL 120.....	4
GSU 100.....	0	ENGL 102.....	3
HIST 201, 202, 207, 208 (OR) POSC 203	3	HIST 201, 202, 207, 208 (OR) POSC 203	3
HLTH 101.....	3	MATH 115.....	3
HLTH 105.....	3	Total Hours – Spring Semester.....	15
Total Hours – Fall Semester.....	15		

SECOND YEAR

ENGL 203, 204, 205 (OR) 206.....	3	HLTH 102 (OR) HLTH 232	3 or 2
ENVR 255 (OR) PSYC 105.....	3	HLTH 240.....	4
HLTH 293.....	3	PSYC 201	3
PED 201	1	GENERAL (OR) RESTRICTED ELECTIVES	6
GENERAL (OR) RESTRICTED ELECTIVES	5	Total Hours – Spring Semester.....	15 or 16
Total Hours – Fall Semester.....	15		

THIRD YEAR

ENVR 255 (OR) PSYC 105.....	3	HLTH 102 (OR) HLTH 232	3 or 2
HLTH 341.....	2	HLTH 342.....	3
NPLM 301	3	MATH 256.....	3
PED 333	2	NPLM 301	3
GENERAL (OR) RESTRICTED ELECTIVES	5	PSYC 330	3
Total Hours – Fall Semester.....	15	Total Hours – Spring Semester.....	14 or 15

FOURTH YEAR

EXSC 455	3	EXSC 410.....	2
HLTH 425.....	3	EXSC 493**.....	6
HLTH 435.....	3	PSYC 380	3
GENERAL (OR) RESTRICTED ELECTIVES	6	GENERAL (OR) RESTRICTED ELECTIVES	4
Total Hours – Fall Semester.....	15	Total Hours – Spring Semester.....	15

**Students who have completed 90 or more credit hours may elect to take EXSC 493 during the summer after their third or fourth year. EXSC 493 may be split into two 3-credit courses taken during different semesters.