



## Springfield College Sequencing Guide

### Health Promotion for Schools and Communities Major ▼2017-2018

If you are a Health Promotion for Schools and Communities major who matriculated to Springfield College in 2017-2018, use this as a guide for sequencing your courses. Requirements listed on this guide are subject to change and may not be offered when listed—use your online degree audit for the most accurate information. Always confirm your plans with your advisor, and consult your advisor or chairperson if you have any questions.

#### HPSC Major – Typical First-Year Schedule

**Fall:**

ENGL 113, College Writing I (3 cr – fills half College Writing GenEd)  
BIOL 130, Anatomy and Physiology Concepts I (3 cr – also fills Natural Sciences GenEd)  
BIOL 132, Anatomy and Physiology Concepts I Lab (1 cr)  
HLTH 101, Physical Health and Wellness (3 cr – also fills Health and Wellness GenEd)  
Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 15 credits

**Spring:**

ENGL 114, College Writing II (3 cr – fills half College Writing GenEd)  
BIOL 131, Anatomy and Physiology Concepts II (3 cr – must earn a C or better)  
BIOL 133, Anatomy and Physiology Concepts II Lab (1 cr – must earn a C or better)  
MOSK 101, Outdoor Pursuits (1 cr – also partially fills Physical Activity GenEd)  
Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 15 credits

#### HPSC Major – Typical Second-Year Schedule

**Fall or Spring:**

BUSM 220, Introduction to Healthcare Management (3 cr)  
HLTH 210, Consumer and Environmental Health (3 cr)  
HLTH 260, Drugs and Society (3 cr)  
HLTH 261, Introduction to Nutrition (3 cr)  
RHDS 230, Psychology of Disability and Illness (3 cr – also fills Social Justice GenEd and Behavioral and Social Sciences GenEd)  
Plus GenEds, major requirements with flexible timing, or electives (as applicable) to total 30-33 credits for the year.

#### HPSC Major – Typical Third-Year Schedule

**Fall or Spring:**

HLTH 304, Methods and Materials in Health and FACS: Secondary (3 cr)  
HLTH 343, Community Health Education (3 cr)  
HLTH 355, Human Sexuality (3 cr)  
HLTH 360, Violence Prevention and Psychosocial Health (3 cr)  
HLTH 365, Family and Group Dynamics in Health Education (3 cr)  
PSYC 301, Research Methods (3 cr – also fills a WAC requirement)  
Plus GenEds, major requirements with flexible timing, or electives (as applicable) to total 30-33 credits for the year.

#### HPSC Major – Typical Fourth-Year Schedule

**Fall or Spring:**

AEXS 401, Management of Health/Fitness Programs (3 cr – also fills a WAC requirement)  
HSRS 410, Health and Health Care Disparities (3 cr)  
HLTH 425, Human Disease and Health Promotion (3 cr)

**Complete 12 credits of:**

HLTH 487, Fieldwork in Health Studies  
Plus any outstanding major requirements, GenEds, or electives to total a minimum of 120 credits for your career

Requirements continued on next page

### Additional HPSC Requirements – Flexible Timing

*Note: In general, 100-level courses can be taken any year. 200- or 300-level courses can be taken 2<sup>nd</sup> or 3<sup>rd</sup> year. 400-level courses can be taken 3<sup>rd</sup> year if offered or 4<sup>th</sup> year. Some of these courses are not offered every year.*

HSRS 130, Introduction to Public Health (3 cr)

MATH 115, College Algebra (3 cr – also fills Quantitative Reasoning GenEd; or MATH 125, 131, or 140 )

*In addition, select 2 credits from the following activity selectives (along with MOSK 101, also fills Physical Activity GenEd):*

PEAC 103, In-line Skating (.5 cr)

PEAC 104, Swimming (.5 cr)

PEAC 108, Sports for the Disabled I (.5 cr)

PEAC 109, Sports for the Disabled II (.5 cr)

PEAC 113, Resistance Training (.5 cr)

PEAC 115, Fitness Swimming (.5 cr)

PEAC 121, Tai Chi Chuan (.5 cr)

PEAC 126, Orienteering (.5 cr)

PEAC 128, Outdoor Adventure (.5 cr)

PEAC 129, Rock Climbing (.5 cr)

PEAC 145, Yoga (.5 cr)

PEAC 179, Self-Defense I (.5 cr)

PEAC 279, Self Defense II (.5 cr)

### HPSC Program Standards

Program standards for the HPSC major include, but are not limited to:

- A minimum cumulative GPA of 2.500
- A minimum GPA of 2.750 in major requirements

*Note: Students completing this program who wish to apply to the graduate program will need a minimum 3.000 GPA to be accepted.*

### GenEd Requirements, Electives, and College Requirements

*This major typically takes 74 credits to complete. In addition to the requirements previously listed, you must complete:*

- **Additional GenEds:** Computing/Technology, Literary Studies, Visual/Performing Arts, Historical/Cultural Studies, Spiritual/Ethical Dimensions, and International/Multicultural Studies.
- **19 elective credits or more** (depending on GenEds chosen) to total at least 120 credits
- The **residency requirement**—60 credits taken at Springfield College (including 15 of your last 30)