

ALL COURSES, SPECIFIED BY COURSE AND NUMBER,  
 MUST BE TAKEN FOR A GRADE

**ACE Requirements (33)**

| COURSE  | TITLE   |
|---|---|
| <b>ACE 1. Written Skills</b>  |   |
|   |   |
| <b>ACE 2. Communications Skills</b>   |   |
|   |   |
| <b>ACE 3. Mathematical, Computational, Statistical or Formal Skills</b>                   |   |
| *EDPS 459 <b>or</b><br>*STAT 218  | Statistical Methods <b>or</b><br>Introduction to Statistics |
| <b>ACE 4. Study of Scientific Methods and Knowledge of the Natural and Physical World</b> |   |
| *CHEM 109   | General Chemistry I   |
| <b>ACE 5. Study of Humanities</b>   |   |
|   |   |
| <b>ACE 6. Study of Social Sciences</b>  |   |
| *PSYC 181   | Introduction to Psychology                                  |
| <b>ACE 7. Study of the Arts to Understand Their Contexts and Significance</b>             |   |
|   |   |
| <b>ACE 8. Ethical Principles, Civics and Stewardship and Their Importance to Society</b>  |   |
|   |   |
| <b>ACE 9. Global Awareness, Knowledge of Human Diversity through Analysis of an Issue</b> |   |
|   |   |
| <b>ACE 10. Integration of Abilities and Capacities in a Creative or Scholarly Product</b> |   |
| *NUTR 487   | Community Health & Wellness Practicum                       |

\*Signifies where a course will count toward both major and ACE requirements

CEHS offers an International Studies minor. If you are interested in learning more about this minor, please consult with your advisor about ACE requirements and needed elective hours that could be chosen to meet degree requirements and also the International Studies minor.

**Professional Requirements (38-39)**

| COURSE   | TITLE  |
|--|--|
| <b>NUTR – Nutrition &amp; Health Sciences</b>  |  |
| <i>Only grades of C or above count towards graduation requirements for NUTR courses.</i> |  |
| NUTR 100   | Healthy Living   |
| NUTR 150   | Career Prep. in Nutr. & Health Sci.  |
| NUTR 250   | Human Nutrition & Metabolism   |
| NUTR 256   | Addressing Health Disparities through Health Literacy  |
| NUTR 302   | Health Information: Science, Media, and the Consumer   |
| NUTR 352   | Social Marketing in Health Comm.   |
| NUTR 356   | Nutrition Education in the Community   |
| NUTR 400   | Planning and Implementation of Health Promotion Programs   |
| NUTR 404   | Evaluation and Research Related to Health Promotion  |
| NUTR 407   | Principles of Epidemiology for Nutrition and Public Health   |
| BIOS 111 <b>or</b><br>BIOS 312 &<br>BIOS 314 <b>or</b><br>NUTR 372                       | The Biology of Microorganisms <b>or</b><br>Microbiology & Microbiology Lab <b>or</b><br>Food Safety and Sanitation |
| SOCI 252 <b>or</b><br>SOCI 353   | Health, Medicine, and Society <b>or</b><br>Sociology of Health Care and Health Professions                         |
| PSYC 428   | Health Psychology  |

**Supporting Courses (14-17)**

| COURSE  | TITLE   |
|---|---|
| MATH 102 or 103 or a placement score of MATH 104 or 106 | Trigonometry or College Algebra and Trigonometry or a placement score of Applied Calculus or Calculus I |
| BIOS 213 & 213L   | Human Physiology & Human Physiology laboratory  |
| CHEM 110  | General Chemistry II  |
| LIFE 120 & 120L   | Fundamentals of Biology I & Fundamentals of Biology I laboratory  |

**Selectives**

Select any from the following (9)

| COURSE        | TITLE   |
|---------------|---|
| COMM 271      | Organizing Social Change                        |
| COMM 354      | Health Communication                            |
| COMM 370      | Family Communication                            |
| CYAF 446      | Addictions and Families                         |
| GERO 200      | Introduction to Gerontology                     |
| NUTR 251      | Nutrition through the Life Cycle                |
| NUTR 253      | Cultural Aspects of Food & Nutr.                |
| NUTR 344      | Nutr. and Food for Optimal Health               |
| NRES/NUTR 330 | Environmental Health                            |
| PSYC 365      | Addictions                                      |
| PSYC 471      | Human Sexuality and Society                     |
| SOCI 252      | Health, Medicine, and Society                   |
| SOCI 325      | Contemporary Family Issues                      |
| SOCI 353      | Sociology of Health Care and Health Professions |
| SOCI 443      | Sociology of Mental Health                      |

**Electives (22-26)**

| COURSE | TITLE |
|--------|-------|
|        |       |
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**Community Health and Wellness (BS) – 2019-20 Program Requirements**

|                | COURSE NAME                            | HOURS |
|----------------|--|-------|
| FIRST Semester | LIFE 120/120L Fund. of Biology I & Lab | 4     |
|                | MATH 102 Trigonometry or higher        | 2-5   |
|                | NUTR 100 Healthy Living                | 3     |
|                | ACE 1                                  | 3     |
| Total Hours    |  | 12-15 |

|                | COURSE NAME  | HOURS |
|----------------|--|-------|
| THIRD Semester | CHEM 109 General Chemistry (ACE 4)   | 4     |
|                | NUTR 250 Human Nutrition and Metabolism  | 3     |
|                | SOCI 252 Health, Medicine, and Society or SOCI 353 Sociology of Health Care and Health Professions | 3     |
|                | ACE 5  | 3     |
|                | Selective  | 3     |
| Total Hours    |  | 16    |

|                | COURSE NAME   | HOURS |
|----------------|---|-------|
| FIFTH Semester | BIOS 213/213L Human Physiology & Lab                              | 4     |
|                | EDPS 459 Statistics <u>or</u><br>STAT 218 Intro. to Statistics    | 3     |
|                | NUTR 352 Social Marketing in Health Communication                 | 3     |
|                | NUTR 400 Planning and Implementation of Health Promotion Programs | 3     |
|                | Electives   | 3     |
| Total Hours    |   | 16    |

|                  | COURSE NAME   | HOURS |
|------------------|---|-------|
| SEVENTH Semester | NUTR 407 Principles of Epidemiology for Nutrition & Public Health | 3     |
|                  | Selective   | 3     |
|                  | Elective  | 8-9   |
|                  |   |       |
| Total Hours      |   | 14-15 |

|                 | COURSE NAME  | HOURS |
|-----------------|--|-------|
| SECOND Semester | BIOS 111 The Biology of Microorganisms <u>or</u> BIOS 312 & BIOS 314 Microbiology & Microbiology Lab <u>or</u> NUTR 372 Food Safety and Sanitation | 3-4   |
|                 | NUTR 150 Career Preparation in Nutrition and Health Sciences   | 2     |
|                 | PSYC 181 Intro. to Psychology (ACE 6)  | 4     |
|                 | ACE 2  | 3     |
|                 | Electives  | 1-3   |
| Total Hours     |  | 13-16 |

|                 | COURSE NAME  | HOURS |
|-----------------|--|-------|
| FOURTH Semester | CHEM 110 General Chemistry II                                  | 4     |
|                 | NUTR 256 Addressing Health Disparities through Health Literacy | 3     |
|                 | ACE 7  | 3     |
|                 | ACE 9  | 3     |
|                 | Electives  | 3-4   |
| Total Hours     |  | 16-17 |

|                | COURSE NAME   | HOURS |
|----------------|---|-------|
| SIXTH Semester | NUTR 302 Health Information: Science, Media, and the Consumer | 3     |
|                | NUTR 356 Nutrition Ed. in the Community                       | 3     |
|                | NUTR 404 Evaluation & Research Related to Health Promotion    | 3     |
|                | ACE 8   | 3     |
|                | Selective   | 3     |
| Total Hours    |   | 15    |

|                 | COURSE NAME   | HOURS |
|-----------------|---|-------|
| EIGHTH Semester | NUTR 487 Community Health & Wellness Practicum (ACE 10) | 4     |
|                 | PSYC 428 Health Psychology                              | 3     |
|                 | Electives   | 7     |
| Total Hours     |   | 14    |

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DISCLAIMER: This document represents a sample 4-year plan for degree completion with a major of interest in the College of Education and Human Sciences. Actual course selection and sequence may vary and should be discussed individually with an Academic Adviser at the college level.

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