### Plymouth State University Curriculum Planning Guide with Application of Transfer Credit

**BS Health Education and Promotion 2016-2017**

**Student:**
**Student ID:**
**Enrollment Date:**
**Total semester hours required:** 120
**Total semester hours transferred:**

**Plymouth Requirements**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Gen Ed</th>
<th>Transfer Course (Title)</th>
<th>Credits</th>
<th>To Be Taken</th>
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<tbody>
<tr>
<td>HE 2300</td>
<td>Principles of Health</td>
<td>3</td>
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<tr>
<td>HE 2400</td>
<td>Physical Activity and Health</td>
<td>3</td>
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<tr>
<td>HE 2900</td>
<td>Disease, Safety and Environment</td>
<td>3</td>
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<td>HE 3200</td>
<td>Stress Management</td>
<td>3</td>
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<td>HE 3220</td>
<td>Applied Nutrition for Healthy Living</td>
<td>3</td>
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<tr>
<td>HE 3230</td>
<td>Promoting Health Across the Lifespan</td>
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<td>HE 3240</td>
<td>Health Promotion Planning &amp; Evaluation</td>
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<td>HE 3320</td>
<td>Health Promotion Skills</td>
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<td>HE 3660</td>
<td>CPR and First Aid Instructor</td>
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</table>

**Health Promotion** - 3 Credits

- Complete one course from the following:
  - HE 3700 Drug Behavior
  - HE 3710 Sex and Family Living Education
  - HE 4080 Lifestyle and Wellness Coaching

**Capstone** - 3-12 Credits

- Complete one of the following:
  - HE 4090 Qualitative Research in Health Promotion
  - HE 4540 Applied Health Promotion
  - HE 4880 Health Promotion Internship

**Quantitative Reasoning in the Discipline Connection** - 3 Credits

- Complete one of the following:
  - MA 2300 Statistics I
  - PE 3565 Measure & Assessment in Physical Ed

**Electives** 38.5-27.5 Credits

- HE 4880 requires a minimum grade point average of 2.70 (cumulative and major).

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**Director of Curriculum Support**