

DEPARTMENT OF EXERCISE, HEALTH, AND SPORT SCIENCES
HEALTH SCIENCES
(121 credit minimum)



UNIVERSITY CORE COURSES

31-35 Credits

PRE-REQUISITES

	Entry Year Experience	3	
	<i>(if less than 24 credits earned at time of matriculation)</i>		
C	College Writing	3	writing proficiency
D	MAT 120 Introduction to Statistics or	3-4	mathematics proficiency
D	PSY 105 Statistics in Psychology		mathematics proficiency
E	PHI 100-Level Philosophy course	3	ENG 100C
F	Fine Arts - Performance	3	see course
G	Fine Arts - History	3	see course
H	Humanities - Literature	3	see course
I	Humanities - Other Times/Culture	3	see course
J	PSY 101 General Psychology I	3	ENG 100C or concurrent
J	HRD 200J Human Growth & Development	3	second-semester freshman or above
K	Natural Science with Lab	4	see course
W	Writing Intensive		

HEALTH SCIENCES REQUIRED COURSES

30-33 Credits

PRE-REQUISITES

BIO 111	Human Anatomy & Physiology I	3	minimum proficiency requirements
BIO 112	Practical Human Anatomy & Phys I	1.5	BIO 111 or concurrent
BIO 211	Human Anatomy & Physiology II	3	minimum "C-" in BIO 111
BIO 212	Practical Human Anatomy & Phys II	1.5	minimum "C-" in BIO 112; BIO 211 or concurrent
CON 216	Emergency Response	3	none
CON 219	Lifetime Physical Fitness and Wellness	3	none
CON 252	Human Nutrition	3	BIO 211 or SCI 172
CON 321	Health-Related Research	3	MAT 120D or PSY 105D
CON 356	Concepts of Community Health	3	none
PHI 200	-level Philosophy course	3	any PHI 100-level course
SPM 100*	Introduction to Sports Medicine	3	ALT, EXS, HEF, or HLS major or permission
SPM 230	Psych of Phys Activity & Sport	3	SPM 100*; ALT, HEF, or HLS major

*This course (SPM 100) is required for students with less than 12 credit hours at the time of matriculation.

CHOOSE ONE TRACK OF STUDY 27-30 credits* (courses listed on reverse of this page)

- ~Health and Wellness
- ~Exercise and Nutrition
- ~Health Administration

GENERAL ELECTIVES AS ACCEPTED WITH ACADEMIC ADVISOR'S APPROVAL (30 credits)

Choose ONE track of study

27 credits from any one track with SPM 100 or 30 credits from any one track without SPM 100

Health and Wellness	Exercise and Nutrition	Health Administration
AMS 435 Intro to Epidemiological Research	CHY 107 Chemistry	ITP 210 Technical Writing
BIO 345 Pathophysiology	CHY 115/116 Chemistry II w/Lab	ITP 230 Project Management
CON 280 Holistic Health I	CHY 251/252 Organic Chemistry w/Lab	ITP 350 Conference Leading
CON 281 Holistic Health II	CHY 253/254 Org Chem II w/Lab	ITP 381 Human Resource Development Industry
+CON 283 Healing & Spirituality	CHY 461/462 Biochemistry w/Lab	ITS 320 Occupational Safety & Health
+CON 284 Botanical Therapies	CHY 463/464 Biochemistry II w/Lab	CON 440 International Health
+CON 285 Perspectives on Animal-Assisted Therapy	CON 302 Pharmacology	NUR 308 Professional Commun. & Tech. Utilization
CON 302 Pharmacology	CON 352 Nutrition for Physical Performance	SPM 350 Health Promotion Programs
+CON 311 Psych Intervention for Older Adults	PHY 101/102K Intro to Physics w/Lab	
CON 352 Nutrition for Physical Performance	PHY 111/114K Physics I w/Lab	
CON 435 Death & Dying: Contemporary Issues	PHY 112/116 Physics II w/Lab	
CON 440 International Health	SPM 235 Lab Techniques in Nutrition and Exercise	
CON 497 Substance Use and Abuse: Issues and Policies	SPM 325 Methods of Resistance Training and Conditioning	
EDU 210 Theoretical Foundations of Learning	SPM 330 Physiology of Exercise	
ITS 300 Ergonomics/Time Study	SPM 375 Exercise Physiology Pract	
ITS 320 Occupational Safety & Health	SPM 381 Kinesiology	
NUR 308 Professional Communication & Technology Utilization	SPM 400 Sports Nutrition Symposium	
+NUR 590 Therapeutic Touch	SPM 430 Exercise Testing, Assessment and Prescription	
PSY 366 Drugs, Mind & Behavior	SPM 431 Advanced Exercise Physiology	
PSY 390 Health Psych Institute	SPM 435 Practical Appl of Nutrition	
RHF (2 - 1.5 credit courses)	SPM 460 ECG Interpretation	
SPM 350 Health Promotion Programs	SPM 475 Exercise Physiology Practicum	
SPM 395 On-campus Practicum	SPM 485 Senior Thesis	
SPM 398 Independent Study 1-3 cr.	SPM 495 Clinical Internship	
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Choose 15-21 credits from USM's School of Business. See the undergraduate catalog and consult with the School of Business to determine the requirements and declare a minor in accounting, business administration, or information management.		
<p>Along with completing <u>CON 219 & CON 252</u>, students who complete <u>CON 280 & CON 281</u> and <u>two other '+' courses</u> satisfy the requirement for a minor in Holistic & Integrative Health (HIH). Consult with the coordinator of the HIH minor to declare the HIH minor.</p>		