

Approved by Department. Last updated 7/1/09

2009-2010 CURRICULUM CHECK SHEET is a guide to the requirements of this major. **It is NOT necessary to take these courses in the order given.** Please consult the online Bulletin for specific details (<http://www.lasierra.edu/academics/bulletin>).

### 19 Units

#### Foundational Studies

9	ENGL 111, 112, 113	College Writing
2	PEAC 120	Lifetime Fitness
4	MATH 121	College Algebra (or more advanced MATH courses)
4	R____	Religion (in consultation with student's advisor)

### 29 Units

#### Health Science Studies

##### 23 Core

4	HLED 214	Dimension of Health
4	HLED 225	Nutrition Theory & Practice
3	HLED 467	Principles of Epidemiology
1	PEAC __, __	Select 2 of the 0.5 unit activity courses
8	Science courses	<i>Select from:</i> Anatomy and Physiology (BIOL 131 & 132) OR General Biology (BIOL 111, 112, 113 & Labs) OR Intro to Chemistry (CHEM 101, 102, 103 & Labs) OR General Chemistry (CHEM 111, 112 & Labs) OR Intro to Physics (PHYS 117 & 118) OR General Physics (PHYS 231, 232 & Labs)
3	HLED 317 HLED 476	Health & Society; OR Health & the Global Environment

##### **6 Electives Selected from the following:**

HLED 314	Community Health
HLED 317	Health & Society
HLED 414	Mental Health & Drug Abuse Education
HLED 416	Human Sexuality
HLED 417	Safety Education
HLED 429	Measurement & Evaluation
HLED 444	Physiological Assessment & Exercise Program
HLED 476	Health & the Global Environment

#### **48 units total**

Students who have completed the certificate program and plan to pursue the B.S. degree in Health Science at LSU may apply the appropriate coursework towards the completion of their bachelors degree.

Students whose goal is to meet the Pre-Professional requirements for entrance to a school of allied health will need to take additional university studies and science courses as required by that school.

For more information please contact the Health and Exercise Science Department at (951)785-2084. You may speak with any of the following people about the certificate program: Robert Thomas (Chairperson) or William Andress.