GENERAL EDUCATION REQUIREMENTS: 48 CREDITS
Please refer to the approved list of General Education courses that appears on the master schedule.

I. LIBERAL EDUCATION SKILLS - 12 CREDITS CR. GR.
A. English Composition (3 credits) *ENG 111 or higher
   _______: _________________________________    __ __
   _______: _________________________________    __ __
   _______: _________________________________    __ __
B. Mathematics Requirement (3 credits) *Math 112 or higher
   _______: _________________________________    __ __
   _______: _________________________________    __ __
   _______: _________________________________    __ __
C. Credits to total 12 in Category I, selected from at least two of the following: Academic Support, Communication, Computer Information Science, CSD 465, Elementary Foreign Language & Speech Communication
   INQ 100: Freshmen Inquiry Seminar 3
   _______: _________________________________    __ __
   _______: _________________________________    __ __
   _______: _________________________________    __ __

II. LIBERAL KNOWLEDGE - 27 CREDITS
A. Physical and Biological Sciences (9 credits)
   Selected from at least two of the following: Biology, Chemistry, Earth Science, ENVR275, GS411, HON230, Mathematics, Physical Science & Physics.
   _______: _________________________________      __ __
   _______: _________________________________      __ __
   _______: _________________________________      __ __
B. Social & Behavioral Science (9 credits) selected from at least two of the following: Anthropology, CSD 125/257, Economics, Geography, GS140, History, HON240, NURS320. Pol. Sci., Psychology, Social Work, Sociology, & Women’s Studies
   _______: _________________________________      __ __
   _______: _________________________________      __ __
   _______: _________________________________      __ __
C. Arts & Humanities (9 credits) selected from at least two of the following: Art, English Language and Literature, HON 130, Humanities, Intermediate Foreign Language and Cultures, Music, Philosophy, Speech and Theater.
   _______: _________________________________      __ __
   _______: _________________________________      __ __
   _______: _________________________________      __ __

III. HEALTH & PERSONAL PERFORMANCE 3 CREDITS
A. Health and Wellness (2 credits)
   NFSS 111: Health Education 2
   _______: _________________________________      __ __
B. Personal Performance (1 course for 1 credit)
   NFSS 185: Physical Fitness and Conditioning 1
   _______: _________________________________      __ __

IV. GEN. ED. ELECTIVES - CREDITS TO TOTAL 48 FROM GEN. ED. Up to 1 credit from III. B. is allowed
   _______: _________________________________      __ __
   _______: _________________________________      __ __
   _______: _________________________________      __ __
   _______: _________________________________      __ __

V. REQUIREMENTS IN MAJOR: 58 CREDITS.
Requirements for the BS Integrative Studies Concentration in Health Promotion and Wellness:
A) NFSS Courses (22 Credits) CR. GR
   NFSS 160: Intro to Nutrition and Fitness 3
   NFSS 314: CPR 1
   NFSS 317: First Aid and Safety 2
   NFSS 320: Health Promotion 3
   NFSS 333: Fitness for Wellness 3
   NFSS 334: Food Fitness and Weight MGMT 3
   NFSS 406: Athletic Injuries Prev Rec and Eval 4
   COOP 454: Health Promotion & Wellness Internship 3
B) Other Required Courses (12 Credits)
   AH 101: Medical Terminology 3
   AH 201: Introduction to Health Care 3
   PHIL 212: Ethics 3
   REHB 250: Human Relations Skills 3
C) Additional 24 Credits Numbered 300 and Above**
   _______: _________________________________      __ __
   _______: _________________________________      __ __
   _______: _________________________________      __ __
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   _______: _________________________________      __ __
   _______: _________________________________      __ __

VI. FREE ELECTIVES: (Total 120 for Graduation)***
No more than 39 total credits counted in NFSS coursework. CR. GR
   _______: _________________________________      __ __
   _______: _________________________________      __ __
   _______: _________________________________      __ __
   _______: _________________________________      __ __
   _______: _________________________________      __ __
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   _______: _________________________________      __ __
   _______: _________________________________      __ __
   _______: _________________________________      __ __

*All candidates for an undergraduate degree must be in good academic standing (i.e., have a cumulative GPA of 2.00).

**At least 42 credits (including the Major, General Education & Free Electives) must be earned in advanced coursework.

***Maximum credits in a single discipline (including the Major, General Education & Free Electives) are limited to 39.

No more than 2 credits of Personal Performance (III.B.) may be counted for graduation.

FLAGS - ___________________________ First Year Values (V)
        ___________________________ Quantitative Reasoning (Q)
        ___________________________ Second Year Values (S)
        ___________________________ Writing Intensive (W)
        ___________________________ Information Literacy (I)

No changes since Fall 2020