##### **Health Education and Promotion**

##### **Sample Curriculum Plan 2024-2025**

##### First Year (Freshman)

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| Fall Term* WRIT 1101 Writing Colloquium (3)
* SPCH 1110 Basic Speech (3)
* MATH Basic Math Skills (3)
* PSYC 1100 Intro to Psychology (3) suggested
* Physical Science (QPS) (3)
 | Spring Term* WRIT 1102 Research Writing (3)
* Artistic/Creative (QCA) (3)
* Religions/Theological (QRT) (3)
* NUTR 2200 (3) or 2201 (3) or 2241 (3)
* Elective/Minor (3)
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##### Second Year (Sophomore)

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| Fall Term* HLED 3001 Introduction to Health Education and Promotion (3)
* SES 2257 Wellness (3)
* Political/Global/Economic (QPE) (3)
* IDS Catholic & Benedictine Intellectual Tradition (3)
* Elective/Minor (3)
 | Spring Term* HLED 2280 Community Health Programs (3)
* HLED 3271 Health Education Planning (3)
* Literary/Rhetorical (QLR) (3)
* Life Science (QLS) (3)
* Elective/Minor (3)
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##### Third Year (Junior)

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| Fall Term* HLED 3363 Management of Health Initiatives (3)
* PSYC 2250 Statistics (3)
* PHIL (suggest Ethics) (3)
* Elective/Minor (6)
 | Spring Term* NUTR 2364 Food Systems and Policy (3)
* HLED 3357 Health Communications (3)
* Historical (QHT) (3)
* Elective/Minor (6)
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##### Fourth Year (Senior)

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| Fall Term* PSYC 4351 Research Methods in the Social Sciences (3)
* Electives/Minor (12)
 | Spring Term* HLED 4369 Health Coaching (3)
* HLED 4466 Health Education Capstone (3)
* IDS Human Dignity or Common Good (3)
* Electives/Minor (6)
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### Major Specific Notes

Students must have a cumulative Benedictine University GPA of 2.5/4.000 to complete specific coursework and graduate with this major.

### Second Degree Program

A Second Degree is available to those who enter the program following completion of bachelor’s degree elsewhere. As a minimum, all courses required for the Health Education and Promotion major must be completed, including cognates, in order to complete a Second Degree in Health Education and Promotion.