##### **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) |

##### 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) |

##### 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) |

##### 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) |

### 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.