### Health Promotion Concentration (min 14.75 units)

- ZOOL 251 Human Anatomy and Physiology
- HHK 114 Personal Health and Exercise
- **Pick One:** HHK 140 Core & Dynamic Strength Training or 141 Cardiovascular and Flexibility Training
  - HHK
- HHK 260 Exercise Prescription
- HHK 270 Sports and Exercise Nutrition
- HHK 300.8 Health Program Planning
- HHK 300.9 Health Instructional Strategies
- HHK 347 Special Topics in HHK: A Qualitative Investigation
- HHK 495 Apprenticeship
- HHK 490 Independent Study or HHK 491 Directed Readings or HHK 499 Senior Seminar
  - HHK
- JOUR 110 Fundamentals of Journalism
- PSYC 110 Intro to Psychology (C- or better)
- PSYC 262 Health Psychology
- EMAN 210 Marketing Management
  - ZOOL 120 (recommended), ZOOL 101, or ZOOL 122
  - PSYC 326

### Other Requirements:
- CPR Certification
- First Aid

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**Notes:**
- Combined GPA of 2.67 in: HHK114, HHK260 or 270 PSYC 110, and ZOOL 101 or 120 or 122 (each C- or better) & obtain departmental approval before proceeding.

*Students in this concentration will have permission to enroll in PSYC 326 after having taken PSYC 110*