

**YEAR 1**  
**SEMESTER 1** 15 CREDITS

ENG 101	English Composition 3 CREDITS
HED 110	Comprehensive Health Education 3 CREDITS
PSY 100	Introduction to Psychology 3 CREDITS
MUS 103	Music and Western Civilization 3 CREDITS
SPE 100	Fundamentals of Speech <sup>1</sup> 3 CREDITS

**SEMESTER 2** 16 CREDITS

ENG 201	Introduction to Literature 3 CREDITS
MAT 150	Introduction to Statistics 4 CREDITS
HED 240	First Aid, Safety & CPR 3 CREDITS
HED 202	Drug Use in America 3 CREDITS
XXX xxx	World Cultures and Global Issues <sup>2</sup> 3 CREDITS

**YEAR 2**  
**SEMESTER 3** 16 CREDITS

HED 220	Human Sexuality 3 CREDITS
XXX xxx	Individual and Society <sup>2</sup> 3 CREDITS
HED 301	Introduction to Community Health Education 3 CREDITS
HED xxx	HED Elective <sup>3</sup> 3 CREDITS
BIO 111	Human Biology 4 CREDITS

**SEMESTER 4** 15 CREDITS

HED 302	Health Counseling 3 CREDITS
HED 250	Stress: Awareness, Understanding & Management 3 CREDITS
HED 235	Nutrition for Health 3 CREDITS
HED xxx	HED Elective <sup>3</sup> 3 CREDITS
AFL 161	Health Problems in the Urban Community 3 CREDITS

**TOTAL: 62 CREDITS<sup>4</sup>**

**FOOTNOTES**

<sup>1</sup> SPE 102 is an option for non-native speakers of English.

<sup>2</sup> Please consult with an academic or faculty advisor.

<sup>3</sup> A total of 6 credits is required. Choose two classes from HED 195, 201, HED 211, HED 225, HED 230, HED 255, HED 260, HED 270, or HED 476

<sup>4</sup> A Writing Intensive course is needed to graduate.