

GENERAL EDUCATION REQUIREMENTS (34-36 credit hours)

Outcome	Outcome Categories, Credit Hours	Complete the following courses:	Sem.	Grade
Communication	Written Communication 6 hours (both required)	ENGL 101 English I (C or better required to complete course) Prerequisite: placement or completion of ENGL 090 with C or better ENGL 102 English II (C or better required to complete course) Prerequisite: completion of ENGL 101 with C or better		
	Oral Communication 3 hours (choose one)	--COMS 131 Public Speaking --COMS 151 Speech Communication Co-requisite: ENGL 101 – English I		
Qualitative and Quantitative Thinking	Humanities and Arts 3 hours (choose one)	--ART 100 Art Appreciation --ART 240/241 Art History --EED 203 Exploring Cultural Art, Music and Dance with Technology --ENGL 210 Themes and Issues in Literature* --MCOM 231 Mass Communication --MUS 137/138 Music Appreciation through Classical Period/Contemporary Times --THEAT 100 Introduction to Theatre		
	Quantitative Reasoning 3 hours (choose one)	--MATH 101 College Algebra (C or better required to complete course) --MATH 102 Liberal Arts Math Prerequisite: placement or completion of MATH 100 with C or better		
	Laboratory Science 5 hours (choose one)	--BIOL 103 General Biology and Lab --CHEM 101 General Chemistry I --PHYS 211 College Physics I --PSCI 100 Physical Science*		
Historical and Cultural Forces	Historical/Contemporary Indigenous Issues 6 hours (choose two)	--AIS 102 American Indian Issues I --AIS 110 History of North American Indian Tribes --ART 255 Tribal Art Forms --ENGL 212 American Indian Literature --LANG 101/102, 110/111 Indigenous Languages --SW 110 Chemical Dependency and the Native American --TMGMT 101 Introduction to Tribal Management --TMGMT 201 Tribal/Federal Government Relations		
	Multicultural, World or Comparative Issues 3 hours (choose one)	--AIS 301 Native and Western Views of Nature --COMS 246 Intercultural Communication --GEOG 110 World Geography --GEOG 230 Cultural Geography --HIST 101/102 U. S. History Through/Since the Civil War --HIST 110/112 Western Civilization I/II --HIST 221/222 World Civilization I/II		
	Human Behavior 3 hours (choose one)	--BUS 251 Human Relations --COMS 226 Interpersonal Communication --COMS 256 Working in Groups or Teams --COMS 276 Persuasion and Social Influence --PSYC 101 General Psychology --SOC 100 Introduction to Sociology		
Wellness	Orientation 1 hour	--VISQU Vision Quest		
	Physical Activity Course or Health Class 1-3 hours (choose one)	--HSES 100 Personal Hygiene (2 credits) --HSES 101/104/105/106/107/108 Physical Activity Courses (all 1 credit) --HSES 195 Weight Management and Fitness in Young Adults (1 credit)		

COMMUNITY HEALTH EMPHASIS REQUIREMENTS (23 credit hours)

Number	Course	Credit Hours	Sem	Grade	Number	Course	Credit Hours	Sem.	Grade
HSES 112	Intro to Health, Sport, and ExSci	3			HSES 201	Personal and Community Health	3		
HSES 125	Fitness for Life	2			HSES 204	First Aid	2		
HSES 160	Basic Nutrition	3			HSES 246	Stress Management	3		
HSES 161	Diabetes and the Native American	3			HSES 262	Internship in Community Health	4		

ELECTIVES (1-3 credit hours)

Number	Course	Credit Hours	Sem	Grade	Number	Course	Credit Hours	Sem.	Grade