

GENERAL EDUCATION REQUIREMENTS (33 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) placement or completion of ENGL 090		
		ENGL 102 English II (C or better required to complete course) Prerequisite: completion of ENGL 101		
	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 208 Exploring Cultural Art, Music and Dance with Technology --ENGL 210 Themes and Issues in Literature --ENGL 215 Fiction and Film (prerequisite: ENGL 102) --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 --MATH 207 Statistics		
	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 3 hours (choose one)	--AIS 102 American Indian Issues I --AIS 110 History of North American Indian Tribes --ART 255 Tribal Art Forms --LANG 101/102, 110/111 Indigenous Languages --SW 110 Chemical Dependency and the Native American --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 230 Cultural Geography --HISR 101/102 U. S. History Through/Since the Civil War		
	Human Behavior 3 hours (choose one)	-- PSYC 101 General Psychology -- SOC 100 Introduction to Sociology		
Wellness	Orientation 3 hours	--UNIV 105 Haskell Seminar		
	Physical Activity Course 1 hour (choose one)	-HSES 101 Weight Training/Conditioning -HSES 103 Fundamentals/Conditioning Basketball -HSES 104 Body Weight Control -HSES 105 Golf & Archery -HSES 106 Racquetball -HSES 107 Jogging/Basketball -HSES 108 Beginning Swimming -HSES 109 Intermediate Swimming -HSES 110 Advanced Swimming -HSES 127 Volleyball-Indoor -HSES 128 Volleyball-Sand/Beach -HSES 129 Volleyball-Outdoor -HSES 135 Kickball -HSES 171 Introduction to Yoga		

HSES FOUNDATION REQUIREMENTS (11 credit hours in total)

Number	Course	Credit Hours	Sem	Grade	Number	Course	Credit Hours	Sem.	Grade
HSES 112	Intro to Health, Sport & Ex. Sci.	3			HSES 226	Kinesiology	3		
HSES 204	First Aid	2			HSES 244	Stress Management	3		

COMMUNITY HEALTH EMPHASIS REQUIREMENTS (16 credit hours)

Number	Course	Credit Hours	Sem	Grade	Number	Course	Credit Hours	Sem.	Grade
HSES 124	Cultural Well-being:	3			HSES 162	Health and Fitness Issue	3		
HSES 160	Basic Nutrition	3			HSES 201	Personal & Community Health	3		
HSES 262	Internship Community Health	4							