

2014–15 Health Education–Health Education and Lifetime Wellness Academic Map

Department of Health and Human Performance

Middle Tennessee State University • Murfreesboro



An academic map is a suggested four-year schedule of courses based on degree requirements in the undergraduate catalog. This sample schedule serves as a general guideline to help build a full schedule each term. Milestones, courses, and special requirements necessary for timely progress to complete a major are designated to keep you on track to graduate in four years. **Missing milestones could delay your program.**

This map is not a substitute for academic advisement—contact your advisor if you have any questions about scheduling or about your degree requirements. Also see the current undergraduate catalog (catalog.mtsu.edu) for a complete list of requirements and electives. *Note: Requirements are continually under revision, and there is no guarantee they will not be changed or revoked; contact the department and/or program area for current information.*

You may choose to attend a summer term to reduce your load during fall or spring terms but still stay on track to graduate in four years (see back). NOTE: Learning Support courses will alter the sequences on this map.

Suggested Fall/Spring Four-Year Schedule

| FRESHMAN FALL | | | FRESHMAN SPRING | | |
|--|-----------|---------------------|------------------------------------|-----------|--|
| Course | Hours | Milestones/Notes | Course | Hours | Milestones/Notes |
| ENGL 1010 (Comm) | 3 | | ENGL 1020 (Comm) | 3 | |
| Nat Sci (Rubric 1) | 4 | BIOL 1030/1031 rec. | Hum/FA (Rubric 2) | 3 | |
| Soc/Beh Sci (Rubric 1) | 3 | HLTH 1530/1531 rec. | COMM 2200 (Comm) | 3 | |
| Hum/FA (Rubric 1) | 3 | | HLTH 3300 or PHED 3300 | 3 | Or approved First Aid/CPR competency |
| HIST 2010, HIST 2020, HIST 2030 | 3 | | PHED 1280 | 1 | |
| | | | HIST 2010, HIST 2020, or HIST 2030 | 3 | |
| SUBTOTAL | 16 | | SUBTOTAL | 16 | |
| SOPHOMORE FALL | | | SOPHOMORE SPRING | | |
| ENGL 2020, ENGL 2030, or HUM 2610 (Hum/FA) | 3 | | YOED 2500 | 3 | Sed Ed. Minor |
| Soc/Beh Sci (Rubric 2) | 3 | | HLTH 4300 | 3 | |
| Nat Sci (Rubric 2) | 4 | | HLTH 4400 | 3 | |
| PHED 1190 | 1 | | BIOL 2030/2031 | 3 | Prereq: BIOL 1030/1031 or BIOL 1110/1111 |
| MATH (Math) | 3 | | PHED 3900 | 3 | |
| SUBTOTAL | 14 | | SUBTOTAL | 15 | Apply to Teacher Education Program; see advisor. |
| JUNIOR FALL | | | JUNIOR SPRING | | |
| PHED 1270 | 1 | | NFS 1240 | 3 | |
| HLTH 4270 | 3 | | HLTH 4260 | 3 | |
| PHED 3720 | 3 | | PHED 1290 | 1 | |
| HLTH 4360 | 3 | | HLTH advised elective | 3 | See advisor |
| HLTH advised elective | 3 | See advisor | HLTH 3320 | 3 | |
| YOED 3000 | 3 | Sec. Ed. Minor | YOED 3300 | 3 | Sec. Ed. Minor |
| SUBTOTAL | 16 | | SUBTOTAL | 16 | |
| SENIOR FALL | | | SENIOR SPRING | | |
| HLTH 4810 | 3 | | YOED 4400 | 12 | Professional semester—must complete to earn state teaching license |
| HLTH 4340 | 3 | | | | |
| PHED 3930 | 3 | | | | |
| YOED 4020 | 6 | Sec. Ed. Minor | | | |
| SUBTOTAL | 15 | | SUBTOTAL | 12 | |
| TOTAL HOURS IN PROGRAM: 120 | | | | | |

Health Education–Health Education and Lifetime Wellness

Suggested Fall/Spring/Summer Four-Year Schedule

Refer to www.mtsu.edu/financial-aid/scholarships for information regarding use of the Lottery Scholarship for the summer term.

| FRESHMAN FALL | | | FRESHMAN SPRING | | |
|--|-----------|---------------------|------------------------------------|-----------|--|
| Course | Hours | Milestones/Notes | Course | Hours | Milestones/Notes |
| ENGL 1010 (Comm) | 3 | | ENGL 1020 (Comm) | 3 | |
| Nat Sci (Rubric 1) | 4 | BIOL 1030/1031 rec. | Hum/FA (Rubric 1) | 3 | |
| Soc/Beh Sci (Rubric 1) | 3 | HLTH 1530/1531 rec. | PHED 1280 | 1 | |
| HIST 2010, HIST 2020, or HIST 2030 | 3 | | HLTH 3300 or PHED 3300 | 3 | Or approved First Aid/CPR competency |
| | | | HIST 2010, HIST 2020, or HIST 2030 | 3 | |
| SUBTOTAL | 13 | | SUBTOTAL | 13 | |
| FRESHMAN SUMMER | | | | | |
| Hum/FA (Rubric 2) | 3 | | COMM 2200 (Comm) | 3 | |
| SUBTOTAL | 3 | | SUBTOTAL | 3 | |
| SOPHOMORE FALL | | | SOPHOMORE SPRING | | |
| ENGL 2020, ENGL 2030, or HUM 2610 (Hum/FA) | 3 | | PHED 1190 | 1 | |
| Soc/Beh Sci (Rubric 2) | 3 | | HLTH 4300 | 3 | |
| Nat Sci (Rubric 2) | 4 | | NFS 1240 | 3 | |
| MATH (Math) | 3 | | BIOL 2030/2031 | 3 | Prereq: BIOL 1030/1031 or BIOL 1110/1111 |
| | | | PHED 3900 | 3 | |
| | | | YOED 2500 | 3 | Sec. Ed. Minor |
| SUBTOTAL | 13 | | SUBTOTAL | 16 | Apply to Teacher Education Program; see advisor. |
| JUNIOR FALL | | | JUNIOR SPRING | | |
| PHED 1270 | 1 | | HLTH advised elective | 3 | See advisor |
| HLTH 4270 | 3 | | HLTH 4260 | 3 | |
| PHED 3720 | 3 | | PHED 1290 | 1 | |
| HLTH 4360 | 3 | | HLTH 3320 | 3 | |
| YOED 3000 | 3 | Sec. Ed. Minor | YOED 3300 | 3 | Sec. Ed. Minor |
| SUBTOTAL | 13 | | SUBTOTAL | 13 | |
| JUNIOR SUMMER | | | | | |
| HLTH advised elective | 3 | See advisor | HLTH 4400 | 3 | |
| SUBTOTAL | 3 | | SUBTOTAL | 3 | |
| SENIOR FALL | | | SENIOR SPRING | | |
| HLTH 4810 | 3 | | YOED 4400 | 12 | Professional semester–must complete to earn state teaching license |
| HLTH 4340 | 3 | | | | |
| PHED 3930 | 3 | | | | |
| YOED 4020 | 6 | Sec. Ed. Minor | | | |
| SUBTOTAL | 15 | | SUBTOTAL | 12 | |
| TOTAL HOURS IN PROGRAM: 120 | | | | | |

Notes:

- 120 semester hours with at least a 2.00 grade point average; 12 of the last 18 hours must be taken at MTSU—not transferred
- 42 upper-division hours (3000–4000 level courses) with at least a 2.00 grade point average

- 30 upper-division hours must be taken at MTSU—not transferred
- 60 senior college hours (taken at a four-year college)
Any course substitution(s) must be approved on an MTSU Course Substitution form with appropriate advisor, department chair, and college dean signatures **before** being submitted to the graduation analyst.