

## 2024 - 2025 Major Map





### Health Sciences (Healthy Lifestyles and Fitness Science) - 3.0 Years (Online), **BS**











School/College: [College of Health Solutions](#)  
 NUHSCHLCBS

#### **FT** Fast Track Options: [Return to 4 Year Plan](#)

A student must speak with an advisor in order to be added to a fast track plan.

In order to complete a fast track degree plan, you must take courses during the summer. This may impact your financial aid. Financial aid is available to those who apply and qualify, and students may receive funds to help cover costs for each semester of enrollment. The amount of financial aid that a student is eligible for varies depending on prior education experience and other individual factors. [Learn](#) more about summer financial aid and additional ways to cover summer costs.

Term 1 - A 0 - 7 Credit Hours <b>Critical course signified by</b> 	Hours	Minimum Grade	Notes
 CHS 101: The ASU Experience for Health Solutions Students	1		<ul style="list-style-type: none"> <li>ASU 101 or college-specific equivalent First-Year Seminar required of all first-year students. College of Health Solutions students take CHS 101 to fulfill this requirement.</li> <li>First-year students must complete CHS 100; students who enter the major with more than 30 hours may complete CHS 300 instead.</li> </ul>
CHS 100: Optimizing Your Health and Performance (SOBE OR SB) OR CHS 300: An Exploration of Well-Being (SOBE OR SB)	3	C	
ENG 101 or ENG 102: First-Year Composition OR			
ENG 105: Advanced First-Year Composition OR	3	C	
ENG 107 or ENG 108: First-Year Composition			
Term hours subtotal:	7		
Term 1 - B 7 - 13 Credit Hours	Hours	Minimum Grade	Notes
EXW 101: Foundations of Health and Fitness Science	3	C	<ul style="list-style-type: none"> <li>View ASU Online first-year student registration information <a href="#">here</a>.</li> </ul>
MAT 117: College Algebra (MATH OR MA) OR MAT 142: College Mathematics (MATH OR MA)	3	C	
Term hours subtotal:	6		
Term 2 - A 13 - 20 Credit Hours	Hours	Minimum Grade	Notes
BIO 160: Introduction to Anatomy and Physiology (SCIT OR SQ) OR BIO 201: Human Anatomy and Physiology I (SCIT OR SG)	4	C	<ul style="list-style-type: none"> <li>Visit the <a href="#">CHS Student Site</a> for resources, forms, appointment scheduling, internship information, etc.</li> </ul>
ENG 101 or ENG 102: First-Year Composition OR			
ENG 105: Advanced First-Year Composition OR	3	C	
ENG 107 or ENG 108: First-Year Composition			
Term hours subtotal:	7		
Term 2 - B 20 - 27 Credit Hours <b>Critical course signified by</b> 	Hours	Minimum Grade	Notes
CHM 101: Introductory Chemistry (SCIT OR SQ)	4	C	<ul style="list-style-type: none"> <li>Join a <a href="#">student club</a> or professional organization such as the <a href="#">Healthy Lifestyles Organization at ASU</a>.</li> </ul>
Elective ( EXW 302 OR HEP 100 recommended)	3		
 Complete ENG 101 OR ENG 105 OR ENG 107 course(s).			
Term hours subtotal:	7		
Summer 2 Session 1 27 - 33 Credit Hours <b>Critical course</b>	Hours	Minimum	Notes

signified by 		Grade	
 NTR 241: Human Nutrition	3	C	<ul style="list-style-type: none"> <li>Check your degree progress and learn to run your <b>Graduation Audit (DARS)</b>.</li> </ul>
Elective	3		
Term hours subtotal:	6		
Summer 2 Session 2 33 - 39 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 PSY 101: Introduction to Psychology (SOBE OR SB)	3	C	<ul style="list-style-type: none"> <li>Explore <b>minors</b> and <b>certificates</b> offered by the College of Health Solutions.</li> </ul>
Elective	3		
Term hours subtotal:	6		
Term 3 - A 39 - 45 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 HCD 300: Biostatistics (QTRS OR CS) OR STP 231: Statistics for Life Science (QTRS OR CS) OR SOC 390: Social Statistics I (QTRS OR CS)	3	C	<ul style="list-style-type: none"> <li>Students who complete this program may be eligible to sit for <b>national certification exams</b>. Contact your advisor for more information.</li> <li>Develop your <b>skills</b>.</li> </ul>
Elective	3		
Term hours subtotal:	6		
Term 3 - B 45 - 54 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
HSC 210: Cultural Aspects of Health (GCSI OR C)	3	C	<ul style="list-style-type: none"> <li>Students must select and complete at least one track in either Fitness Science, Health Education and Promotion, or Health and Wellness Coaching. Review track lists at bottom of major map and run your <b>Graduation Audit (DARS)</b> prior to enrolling in Term 4-A.</li> </ul>
Humanities, Arts and Design (HUAD)	3		
Sustainability (SUST)	3		
 Complete Mathematics (MATH) requirement.			
Complete First-Year Composition requirement.			
Term hours subtotal:	9		
Term 4 - A 54 - 63 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 CHS 340: Health Theory	3	C	<ul style="list-style-type: none"> <li>See track course lists at bottom of major map and select a course from the track you're following.</li> </ul>
Track Course	3	C	
Governance and Civic Engagement (CIVI) (EXW 450 recommended)	3		
Term hours subtotal:	9		
Term 4 - B 63 - 72 Credit Hours	Hours	Minimum Grade	Notes
EXW 335: Physical Activity and Physiological Concepts	3	C	<ul style="list-style-type: none"> <li>See track course lists at bottom of major map and select a course from the track you're following.</li> </ul>
Track Course	3	C	
American Institutions (AMIT)	3		
Term hours subtotal:	9		
Summer 4 Session 1 72 - 78 Credit Hours	Hours	Minimum Grade	Notes
MED 320: Applied Medical/Health Care Ethics (HUAD OR HU)	3	C	<ul style="list-style-type: none"> <li>Gather <b>professional references</b>.</li> <li>Use Handshake to research <b>employment opportunities</b>.</li> </ul>
Elective	3		
Term hours subtotal:	6		
Summer 4 Session 2 78 - 84 Credit Hours	Hours	Minimum Grade	Notes
EXW 344: Impact of Physical Activity on Health and Disease (L)	3	C	<ul style="list-style-type: none"> <li>Develop your <b>professional online presence</b>.</li> </ul>
Upper Division Elective	3		
Term hours subtotal:	6		

Term 5 - A 84 - 93 Credit Hours <b>Necessary course signified by</b> ★	Hours	Minimum Grade	Notes
★ HEP 350: Substance Use and Addictive Behaviors	3	C	<ul style="list-style-type: none"> <li>• See track course lists at bottom of major map and select a course from the track you're following.</li> <li>• Review your progress by running your <b>Graduation Audit (DARS)</b>.</li> <li>• Explore <b>graduate programs</b>.</li> </ul>
HSC 355: Eating for Lifelong Health (SOBE OR SB)	3	C	
Upper Division Track Course	3	C	
Term hours subtotal:	9		

Term 5 - B 93 - 102 Credit Hours	Hours	Minimum Grade	Notes
EXW 400: Stress Management for Wellness OR HEP 443: Emotional Health and Interpersonal Relationships	3	C	<ul style="list-style-type: none"> <li>• See track course lists at bottom of major map and select a course from the track you're following.</li> <li>• All CHS students must complete a minimum of three credits of experiential learning. Select a course from the list below to take in Term 6-A and visit the <b>CHS student website</b> for more information on opportunities, including research and internships, specific to your major.</li> </ul>
Complete 2 courses:			
Upper Division Track Course	6	C	
Term hours subtotal:	9		

Term 6 - A 102 - 111 Credit Hours	Hours	Minimum Grade	Notes
HEP 466: Health Promotion Program Management and Administration	3	C	<ul style="list-style-type: none"> <li>• Select an experiential learning course from the list at bottom of major map and visit the <b>CHS website</b> for more information on opportunities specific to your major.</li> <li>• Apply for <b>full-time career opportunities</b>.</li> </ul>
Experiential Learning Course	3	C	
Upper Division Elective	3		
Term hours subtotal:	9		

Term 6 - B 111 - 120 Credit Hours <b>Necessary course signified by</b> ★	Hours	Minimum Grade	Notes
★ HEP 361: Digital Health Communication and Education	3	C	<ul style="list-style-type: none"> <li>• See track course lists at bottom of major map and select a course from the track you're following.</li> </ul>
Track Course	3	C	
Upper Division Elective	3		
Term hours subtotal:	9		

- Students must select and complete at least one track in either Fitness Science, Health Education and Promotion, or Health and Wellness Coaching. Students may use electives to complete courses in multiple tracks, if they desire, in order to increase opportunities for certification.
- Students who complete the Fitness Science track will be prepared to sit for the American College of Sports Medicine (ACSM) **Certified Personal Trainer** exam. Visit the ACSM website for up to date certification requirements.
- Students who complete the Health Education and Promotion track will be prepared to sit for the National Commission for Health Education Curriculum (NCHEC) **Certified Health Education Specialist (CHES)** exam. Visit the NCHEC website for up to date certification requirements.
- Students who complete the Health and Wellness Coaching track will be prepared to sit for the American Council of Exercise (ACE) **Certified Health Coach** exam. Visit the ACE website for up to date certification requirements.
- Students who complete the Health and Wellness Coaching track and also take HSC 441 as their experiential learning course or as an elective will also be prepared to sit for the **National Board of Health and Wellness Coaching (NBHWC) certification exam**. Visit the NBHWC website for up to date certification requirements.

- CHS students are required to complete a minimum of three credits of experiential learning coursework. A list of recommended courses is included at the bottom of the major map. The [CHS website](#) also has up to date information on opportunities to fulfill this requirement, including research and internships, that are relevant to each major. Students should contact their academic advisor with any questions.

#### Hide Course List(s)/Track Group(s)

Fitness Science Track	Health Education and Promotion Track	Health and Wellness Coaching Track
Students are prepared to sit for ACSM Personal Trainer Certification	Students are prepared to sit for the NCHEC-CHES Certification	Students are prepared to sit for the ACE Health and Wellness Coach Certification
EXW 215: Resistance Training and Recovery Techniques	HEP 102: Foundations of Health Education and Health Promotion	EXW 446: Worksite Wellness
EXW 217: Cardiorespiratory and Flexibility Training	HEP 348: Methods of Health Education	HEP 410: Obesity Perspectives and Prescriptions
EXW 325: Fitness for Life	HEP 386: Assessing Strengths and Needs for Health Education and Promotion	HSC 300: Complementary Health Care
EXW 425: Exercise Prescription for Health and Wellness	HEP 452: Health Advocacy in Health Education	HSC 440: Health Coaching Concepts and Skills
HEP 380: Body Image and Wellness	HEP 454: Health Promotion Program Planning and Implementation (L)	MED 445: Prevention and Management of Chronic Disease
NTR 290: Introduction to Evidence-Based Research in Nutrition (L)	HEP 456: Health Promotion Program Evaluation	NTR 290: Introduction to Evidence-Based Research in Nutrition (L)
Experiential Learning Course	Recommended Electives by Focus	
The following courses are the most relevant for your major, but other options may be possible. See your advisor.	<b>Health Promotion:</b>	
CHS 280: Experiential Community Health and Research	HEP 241: Health Education Methods for Injury Prevention and Preparedness	
CHS 484: Applied Health Experience	HEP 251: Preventing HIV and Substance Misuse	
CHS 484: Citizen Science in Health	HEP 303: Human Sexuality for Health Education	
CHS 484: Translational Research	HEP 380: Body Image and Wellness	
CHS 494: Advanced Undergraduate Teaching Assistant	HEP 444: Epidemiology	
CHS 494: Undergraduate Research	HEP 448: Foundations of School Health Education	
HSC 441: Applied Health Coaching Techniques	HEP 476: Community Health	
HSC 484: Internship	HEP Elective	
NTR 360: Nutrition Entrepreneurship	<b>Nutrition:</b>	
	NTR 345: Development of Healthy Cuisines	
	NTR 348: Cultural Aspects of Food (GCSI OR SB & C & G)	
	NTR 448: Community Nutrition (L)	
	NTR Elective	
	<b>Psychology and Mental Health:</b>	
	PBH 410: Public Mental Health	
	PSY 290: Research Methods (SCIT OR L or SG)	

PSY 315: Personality Theory and Research  
(SOBE OR SB)

PSY 341: Developmental Psychology  
(SOBE OR SB)

PSY 350: Social Psychology (SOBE OR SB)

PSY 366: Psychological Disorders (SOBE  
OR SB)

PSY 462: Health Psychology

- **Total Hours:** 120
- **Upper Division Hours:** 45 minimum
- **University Undergraduate Graduation Requirements**

**Notes:**

Mathematics Placement Assessment score determines placement in first mathematics course.

General Studies designations listed next to courses on the major map were valid for the 2024 - 2025 academic year. Please refer to the course catalog for current General Studies designations at time of class registration. General Studies credit is applied according to the designation the course carries at the time the class is taken.