













## 2023 - 2024 Major Map













### Health Sciences (Healthy Lifestyles and Fitness Science), BS

School/College: College of Health Solutions  
 NUHSCHLCBS

**FT** Fast Track Options: 3 Year



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

Term 1 - A 0 - 7 Credit Hours Critical course signified by 	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> </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			
MAT course (MA) ( MAT 142 recommended)	3	C	
Term hours subtotal:	7		
Term 1 - B 7 - 11 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 CHM 101: Introductory Chemistry (SQ) OR CHM 113: General Chemistry I (SQ)	4	C	<ul style="list-style-type: none"> <li>View ASU Online first-year student registration information <a href="#">here</a>.</li> </ul>
Term hours subtotal:	4		
Term 2 - A 11 - 18 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 BIO 160: Introduction to Anatomy and Physiology (SQ) OR BIO 201: Human Anatomy and Physiology I (SG)	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> <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 18 - 24 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 EXW 101: Foundations of Health and Fitness Science	3	C	<ul style="list-style-type: none"> <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 (SB) OR			
CHS 300: An Exploration of Well-Being (SB)	3	C	
 Complete ENG 101 OR ENG 105 OR ENG 107 course(s).			
Term hours subtotal:	6		
Term 3 - A 24 - 30 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 EXW 215: Resistance Training and Recovery Techniques OR EXW 217: Cardiorespiratory and Flexibility Training	3	C	
 NTR 241: Human Nutrition	3	C	
Term hours subtotal:	6		
		Minimum	



Term 3 - B 30 - 36 Credit Hours <b>Critical course signified by</b> 	Hours	Grade	Notes
 HCD 300: Biostatistics (CS) OR STP 231: Statistics for Life Science (CS) OR SOC 390: Social Statistics I (CS)	3	C	• Develop your <b>skills</b> .
Global Awareness (G)	3		
 Complete Mathematics (MA) requirement.			
Complete First-Year Composition requirement.			
Term hours subtotal:	6		
Term 4 - A 36 - 42 Credit Hours <b>Critical course signified by</b> 	Hours	Minimum Grade	Notes
 EXW 215: Resistance Training and Recovery Techniques OR EXW 217: Cardiorespiratory and Flexibility Training	3	C	• Explore a certificate such as <b>Health and Wellness Coach, Health Education Specialist or Personal Fitness Training</b> .
 PSY 101: Introduction to Psychology (SB)	3	C	
Term hours subtotal:	6		
Term 4 - B 42 - 48 Credit Hours	Hours	Minimum Grade	Notes
NTR 290: Introduction to Evidence-Based Research in Nutrition (L)	3	C	• Secure a <b>part-time job</b> or <b>volunteer experience</b> .
Humanities, Arts and Design (HU) AND Historical Awareness (H)	3		
Term hours subtotal:	6		
Term 5 - A 48 - 54 Credit Hours	Hours	Minimum Grade	Notes
EXW 335: Physical Activity and Physiological Concepts	3	C	• Students who complete this program may be eligible to sit for <b>national certification exams</b> . Contact your advisor for more information.
MED 320: Applied Medical/Health Care Ethics (HU)	3	C	
Term hours subtotal:	6		
Term 5 - B 54 - 60 Credit Hours <b>Necessary course signified by</b> 	Hours	Minimum Grade	Notes
 CHS 340: Health Theory	3	C	• Develop your <b>professional online presence</b> .
HSC 300: Complementary Health Care	3	C	
Term hours subtotal:	6		
Term 6 - A 60 - 66 Credit Hours	Hours	Minimum Grade	Notes
HEP 410: Obesity Perspectives and Prescriptions	3	C	• Students may select Focus Area Electives from any combination of the focus area lists below to complete a total of 12 credit hours, six of which must be upper division.
Focus Area Elective	3	C	
Term hours subtotal:	6		
Term 6 - B 66 - 72 Credit Hours <b>Necessary course signified by</b> 	Hours	Minimum Grade	Notes
EXW 344: Impact of Physical Activity on Health and Disease (L)	3	C	
HSC 440: Health Coaching Concepts and Skills	3	C	
 Complete Cultural Diversity in the U.S. (C) AND Global Awareness (G) AND Historical Awareness (H) course(s).			
Term hours subtotal:	6		
Term 7 - A 72 - 78 Credit Hours <b>Necessary course signified by</b> 	Hours	Minimum Grade	Notes
 HSC 355: Eating for Lifelong Health (SB)	3	C	
HEP 350: Substance Use and Addictive Behaviors	3	C	
Term hours subtotal:	6		

- Explore health related graduate programs such as [Addiction and Substance-Use Related Disorders](#), [Nutritional Science](#) or [Science of Health Care Delivery](#).



Term 7 - B 78 - 84 Credit Hours	Hours	Minimum Grade	Notes
EXW 400: Stress Management for Wellness	3	C	<ul style="list-style-type: none"> <li>• Students may select Focus Area Electives from any combination of the focus area lists below to complete a total of 12 credit hours, six of which must be upper division.</li> <li>• Use Handshake to research <a href="#">employment opportunities</a>.</li> </ul>
Focus Area Elective	3	C	
Term hours subtotal:	6		

Term 8 - A 84 - 90 Credit Hours <a href="#">Necessary course signified by</a> 	Hours	Minimum Grade	Notes
 Upper Division Focus Area Elective	3	C	<ul style="list-style-type: none"> <li>• Students may select Focus Area Electives from any combination of the focus area lists below to complete a total of 12 credit hours, six of which must be upper division.</li> </ul>
Elective	3		
Term hours subtotal:	6		

Term 8 - B 90 - 96 Credit Hours	Hours	Minimum Grade	Notes
EXW 450: Social Determinants of Health and Health Behavior ((L or SB) & C)	3	C	<ul style="list-style-type: none"> <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 9-B and visit the <a href="#">CHS student website</a> for more information on opportunities, including research and internships, specific to your major.</li> <li>• Gather <a href="#">professional references</a>.</li> </ul>
Upper Division Focus Area Elective	3	C	
Term hours subtotal:	6		

Term 9 - A 96 - 102 Credit Hours <a href="#">Necessary course signified by</a> 	Hours	Minimum Grade	Notes
 EXW 425: Exercise Prescription for Health and Wellness	3	C	<ul style="list-style-type: none"> <li>• Students may select Focus Area Electives from any combination of the focus area lists below to complete a total of 12 credit hours, six of which must be upper division.</li> </ul>
Elective	3		
Term hours subtotal:	6		

Term 9 - B 102 - 108 Credit Hours	Hours	Minimum Grade	Notes
Experiential Learning Course	3	C	<ul style="list-style-type: none"> <li>• Select an experiential learning course from the list below and visit the <a href="#">CHS student website</a> for more information on opportunities specific to your major.</li> <li>• Students who use NTR 360 or a focus area elective to fulfill the experiential learning requirement will need to complete an additional three credit upper division elective.</li> </ul>
Elective	3		
Term hours subtotal:	6		

Term 10 - A 108 - 114 Credit Hours <a href="#">Necessary course signified by</a> 	Hours	Minimum Grade	Notes
 EXW 446: Worksite Wellness OR HEP 452: Health Advocacy in Health Education OR NTR 360: Nutrition Entrepreneurship	3	C	<ul style="list-style-type: none"> <li>• Apply for <a href="#">full-time career opportunities</a>.</li> </ul>
Elective	3		

Term hours subtotal: 6

Term 10 - B 114 - 120 Credit Hours	Hours	Minimum Grade	Notes
Complete 2 courses:	6		
Elective			
Term hours subtotal:		6	

- Students may select courses from any combination of the focus area lists to expand their knowledge in different areas. The lists are separated into several categories that span the field of healthy lifestyles and health sciences. A total of 12 credit hours of focus area courses must be completed, six of which must be upper division.
- CHS students are required to complete a minimum of three credits of experiential learning coursework. A list of recommended courses is below. The **CHS student 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.
- Students must complete EXW 446, HEP 452 or NTR 360 in order to fulfill a major requirement. If more than one course from this list is taken, the excess course(s) may be used toward a Focus Area.

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

Health Care Compliance and Regulations Focus Area	Health Education and Promotion Focus Area	Health Leadership and Management Focus Area
ASB 462: Medical Anthropology: Culture and Health (SB & C)	EXW 325: Fitness for Life	EXW 446: Worksite Wellness
HCD 303: Global Health Care Systems (G)	HEP 303: Human Sexuality for Health Education	HCD 201: Economics for Health Majors
HCD 330: Health Care Systems in the U.S.	HEP 371: Conflict Management and Mediation and Violence Prevention	HCD 302: Health Care Management
HCD 332: Population Health Policy and Legislation	HEP 380: Body Image and Wellness	HCD 420: Population Health Management
HCD 404: Advanced Concepts in the Science of Health Care Delivery	HEP 452: Health Advocacy in Health Education	HCR 435: Leaders in Community Health
HCR 259: Compliance and the Health Care Industry	HEP 454: Health Promotion Program Planning and Implementation (L)	HEP 361: Digital Health Communication and Education
HCR 263: Introduction to Medical Billing and Compliance	HEP 456: Health Promotion Program Evaluation	HSC 310: Health Communication
HCR 360: Data Security and Privacy in Health Care Compliance	HEP 466: Health Promotion Program Management and Administration	MED 450: Leadership and Professionalism
HSC 432: Legal Issues in Health Care	HEP 476: Community Health	PAF 311: Leadership and Change (SB)
PBH 422: Health Disparities and Access to Health	HSC 210: Cultural Aspects of Health (C)	SOS 385: Business and Sustainability I
SOC 427: Sociology of Health and Illness (SB)	HSC 412: Health Issues in Later Life	
Health Psychology Focus Area	Healthy Nutrition Focus Area	Integrated and Integrative Health Focus Area
HEP 443: Emotional Health and Interpersonal Relationships	NTR 142: Applied Food Principles	HCR 240: Human Pathophysiology
PBH 410: Public Mental Health	NTR 345: Development of Healthy Cuisines	HCR 241: Foundations of Integrative Health
PSY 290: Research Methods (L or SG)	NTR 348: Cultural Aspects of Food (SB & C & G)	HCR 341: Biological, Manipulative, and Body-Based Therapies
PSY 304: Effective Thinking (L)	NTR 351: Nutrition Communication (L)	

PSY 315: Personality Theory and Research (SB)	NTR 353: The Western Diet	HCR 342: Mind-Body and Energy Therapies and Modalities
PSY 341: Developmental Psychology (SB)	NTR 448: Community Nutrition (L)	HSC 410: Supporting the Health of Older Adults
PSY 350: Social Psychology (SB)	NTR 453: Nutrition and the Media	MED 300: Historical and Contemporary Issues in Health (L)
PSY 366: Psychological Disorders (SB)		MED 445: Prevention and Management of Chronic Disease
PSY 462: Health Psychology		
<b>Experiential Learning Course</b>		
The following courses are the most relevant for your major, but other options may be possible. See your advisor.		
CHS 280: Experiential Community Health and Research		
CHS 484: Applied Health Experience		
CHS 484: Citizen Science in Health		
CHS 484: Translational Research		
CHS 494: Advanced Undergraduate Teaching Assistant		
CHS 494: Undergraduate Research		
HSC 441: Applied Health Coaching Techniques		
HSC 484: Internship		
NTR 360: Nutrition Entrepreneurship		

#### Notes:

- First-Year Composition: All students are placed in ENG 101 unless submission of SAT, ACT, Accuplacer, IELTS, or TOEFL score, or college-level transfer credit or test credit equivalent to ASU's first-year composition course(s), determine otherwise. Students on Polytechnic, Downtown Phoenix and West Campuses are encouraged to complete the Directed Self-Placement survey to choose the first-year composition option they believe best suits their needs. Visit: <https://cisa.asu.edu/DSP>
- Mathematics Placement Assessment score determines placement in first mathematics course.

**Total Hours:** 120

**Upper Division Hours:** 45 minimum

**Major GPA:** 2.00 minimum

**Cumulative GPA:** 2.00 minimum

**Total hrs at ASU:** 30 minimum

**Hrs Resident Credit for**

**Academic Recognition:** 56 minimum

**Total Community College Hrs:** 64 maximum

#### General University Requirements Legend

General Studies Core Requirements:

- Literacy and Critical Inquiry (L)
- Mathematical Studies (MA)
- Computer/Statistics/Quantitative Applications (CS)
- Humanities, Arts and Design (HU)
- Social-Behavioral Sciences (SB)

- Natural Science - Quantitative (SQ)
- Natural Science - General (SG)

General Studies Awareness Requirements:

- Cultural Diversity in the U.S. (C)
- Global Awareness (G)
- Historical Awareness (H)

First-Year Composition

General Studies designations listed next to courses on the major map were valid for the 2023 - 2024 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.