



This graduation plan illustrates the type of curriculum a new student would take to complete a degree in four years. It is not meant to serve as an official document. Students should contact their academic adviser to develop a personalized plan of study. Refer to the University Catalog for a complete list of requirements: <https://catalog.uwsp.edu/>.

Semester 1	Credits	Semester 2	Credits
CHEM 101 Basic Chemistry (NSC)	5	BIOL 101 General Biology (NSC)	5
ENGL 101 Freshman English (WC) or ENGL 150 <sup>1</sup>	3	Critical Thinking GEP (CT)	3
Advanced Freshman English (WC)			
FN 151 Contemporary Nutrition (WLN) (8-week course)	2	HPW 102 Healthy American (WLN)	2
HPW 110 Careers in HPW (8-week course)	1	HD 265 Human Development (WLN)	3
		- or- PSYC 260 Intro to Developmental Psych (SS)	
PSYC 110 Intro to Psychology (SS)	3	Arts GEP <sup>1</sup> (choice)	3
<i>Total credits</i>	<b>14</b>	<i>Total credits</i>	<b>16</b>
Semester 3	Credits	Semester 4	Credits
ENGL 202 Sophomore English (n/a for ENGL150) (WC)	3	BIOL 385* Human Physiology	4
FN 253* Intro to Nutrition & Nutrient Metabolism	3	HPW 210 Philosophical Foundations of HPW <i>Sp</i>	3
HPW 290* Psychological Aspects of Health <i>Fa</i>	3	MATH 255 Elementary Statistical Methods (QL)	4
Bio 287* or BIOL 387* Human Anatomy	4	Global Awareness GEP <sup>1</sup> (choice)	3
US Diversity GEP <sup>1</sup> (choice)	3	Humanities GEP <sup>1</sup> (choice)	3
<i>Total credits</i>	<b>16</b>	<i>Total credits</i>	<b>17</b>
Semester 5	Credits	Semester 6	Credits
HPW 300 Program Design, Techniques & Resources <i>Fa</i>	3	HPW 410 Promoting & Marketing Wellness	3
HPW 301 Wellness Retreat for Pre Professionals	1	HPW 430 Advanced Practicum in HPW #1 in career area	3
HPW 304 Theories & Techniques of Behavior Change <i>Fa</i>	3	Historical Perspectives GEP <sup>1</sup> (choice)	3
HPW 312 Exercise Physiology	3	HS 395 Epidemiology	3
HPW 320 Developing Stress Management Programs <i>Fa</i>	3	Elective <sup>2</sup>	3
Elective <sup>2</sup>	3		
<i>Total credits</i>	<b>16</b>	<i>Total credits</i>	<b>15</b>
Semester 7	Credits	Semester 8	Credits
HPW 420 Health Promotion Management	3	HPW 450 Internship	12
HPW 430 Advanced Practicum in HPW #2 in career area (CPR and First Aid Certification required for Practicum)	3		
HPW 445 The Health Promotion Professional	1		
Elective <sup>2</sup>	3		
Elective <sup>2</sup>	1-3		
Environmental Responsibility GEP <sup>1</sup> (choice)	3		
<i>Total credits</i>	<b>14-16</b>	<i>Total credits</i>	<b>12</b>
		<b>Summer or Winter courses?</b>	<b>Credits</b>
		<b>Total credits</b>	<b>120-122</b>

(Fa) = offered fall semesters (Sp) = offered spring semesters (Su) = offered only in summer

\*= a C- or better is required

General Education Program (GEP) category abbreviations: Written Communication (WC), Critical Thinking (CT), Quantitative Literacy (QL), Wellness (WLN), Arts (ART), Humanities (HU), Social Sciences (SS), Natural Sciences (NS), Environmental Responsibility (ER), U.S. Diversity (US), Global Awareness (GA). Courses labeled respectively satisfy GEP requirements as well as satisfy requirements for the major.

**\*Graduation: Must have at least 120 credits, which include the general requirements for your degree and the requirements for at least one major.**

<sup>1</sup> Courses listed as GEP choice categories can be taken in any order. Categories not satisfied by requirements in the major include Arts, Humanities, Historical Perspectives, GA, USD, and ER. Some courses may satisfy more than one category..

<sup>2</sup> Students are encouraged to take elective courses within their chosen career area. A recommendation sheet is available from an adviser.