Health Studies, BA

### Academic Plans

#### Four-Year Graduation Plan

The following checkpoints list the minimum requirements students must complete by certain semesters in order to stay on the university's Four-Year Graduation Plan. Courses in the major are those required to complete the major; they may be offered by departments other than the major department.

**Before the fifth semester begins:** one foundation course and at least six more courses in the major.

**Before the seventh semester begins:** at least six more courses in the major (total of 13) and at least 90 s.h. earned toward the degree.

**Before the eighth semester begins:** at least two more courses in the major (total of 15).

**During the eighth semester:** enrollment in all remaining coursework in the major, all remaining GE CLAS Core courses, and a sufficient number of semester hours to graduate.

### Sample Plan of Study

Sample plans represent one way to complete a program of study. Actual course selection and sequence will vary and should be discussed with an academic advisor. For additional sample plans, see MyUI.

<table>
<thead>
<tr>
<th>Health Studies, BA</th>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic Career</td>
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<tr>
<td>Any Semester</td>
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<tr>
<td>GE CLAS Core: Sustainability a</td>
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<td>Hours</td>
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<tr>
<td>First Year</td>
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<tr>
<td>Fall</td>
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<tr>
<td>RHET:1030 or ENGL:1200</td>
<td>Rhetoric or The Interpretation of Literature</td>
<td>3-4</td>
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<tr>
<td>GE CLAS Core: Diversity and Inclusion b</td>
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<td>3</td>
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<tr>
<td>GE CLAS Core: Social Sciences b</td>
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<td>3</td>
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<td>GE CLAS Core: Literary, Visual, and Performing Arts</td>
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<tr>
<td>CSI:1600 Success at Iowa</td>
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<td>2</td>
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<tr>
<td>Elective course c</td>
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<tr>
<td>Hours</td>
<td>16-17</td>
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<td>Spring</td>
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<tr>
<td>HHP:1050 Exploring Health and Human Physiology</td>
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<tr>
<td>HHP:2200 Physical Activity and Health d</td>
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<tr>
<td>Major: quantitative reasoning course d</td>
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<td>3-4</td>
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<tr>
<td>RHET:1030 or ENGL:1200</td>
<td>Rhetoric or The Interpretation of Literature</td>
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<td>Elective course c</td>
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<tr>
<td>Hours</td>
<td>15-17</td>
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</table>

#### Second Year

**Fall**

- HHP:2310 Nutrition and Health 3
- GE CLAS Core: Historical Perspectives b 3
- GE CLAS Core: World Languages First Level Proficiency or elective course e 4-5
- Elective course c 3
- Elective course c 2

**Hours** 15-16

**Spring**

- HHP:1400 Human Anatomy and Physiology f 3
- GE CLAS Core: International and Global Issues b 3
- GE CLAS Core: Quantitative or Formal Reasoning (if not met by major quantitative reasoning course) b 3
- GE CLAS Core: World Languages Second Level Proficiency or elective course e 4-5
- Elective course c 2

**Hours** 15-16

#### Third Year

**Fall**

- HHP:1300 or HHP:1100 Fundamentals of Human Physiology or Human Anatomy 3
- HHP:4030 Social Determinants of Health 3
- GE CLAS Core: Natural Sciences with Lab (if not met by major quantitative reasoning course) b 4
- GE CLAS Core: World Languages Third Level Proficiency or elective course e 4-5
- Elective course c 2

**Hours** 16-17

**Spring**

- HHP:3030 Lifestyle Medicine 3
- HHP:4390 Understanding Human Disease 3
- Major: elective course g 3
- GE CLAS Core: World Languages Fourth Level Proficiency or elective course e 4-5
- Elective course c 2

**Hours** 15-16

#### Fourth Year

**Fall**

- HHP:4040 Health Services 3
- Major: elective course g 3
- Elective course c 3
- Elective course c 3
- Elective course c 3

**Hours** 15

**Spring**

- Major: elective course g 3
- Major: elective course g 3
- Elective course c 3
- Elective course c 3
- Elective course c 3

**Hours** 15

**Total Hours** 122-129

Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall)
a Sustainability must be completed by choosing a course that has been approved for Sustainability AND for one of these General Education areas: Natural Sciences; Quantitative and Formal Reasoning; Social Sciences; Historical Perspectives; International and Global Issues; Literary, Visual, and Performing Arts; or Values and Culture.
b GE CLAS Core courses may be completed in any order unless used as a prerequisite for another course. Students should consult with an advisor about the best sequencing of courses.
c Students may use elective courses to earn credit towards the total s.h. required for graduation or to complete a double major, minors, or certificates.
d Fulfills a major requirement and may fulfill a GE requirement.
e Students who have completed four years of a single language in high school have satisfied the GE CLAS Core World Languages requirement. Enrollment in world languages courses requires a placement exam, unless enrolling in a first-semester-level course.
f Students must complete HHP:1100 and HHP:1300 (both courses), or HHP:1400.
g Students must complete at least 12 s.h. selected from HHP courses numbered 2000 or above.
h Please see Academic Calendar, Office of the Registrar website for current degree application deadlines. Students should apply for a degree for the session in which all requirements will be met. For any questions on appropriate timing, contact your academic advisor or Graduation Services.