

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.

Health Studies, BA

Course	Title	Hours
Academic Career		
Any Semester		
GE CLAS Core: Sustainability ^a		
Hours		0
First Year		
Fall		
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric	3 - 4
GE CLAS Core: Diversity and Inclusion ^b		3
GE CLAS Core: Social Sciences ^b		3
GE CLAS Core: Literary, Visual, and Performing Arts ^b		3
CSI:1600	Success at Iowa	2
Elective course ^c		2
Hours		16-17
Spring		
HHP:1050	Exploring Health and Human Physiology	1
HHP:2200	Physical Activity and Health ^d	3
Major: quantitative reasoning course ^d		3 - 4
RHET:1030 or ENGL:1200	Rhetoric or The Interpretation of Literature	3 - 4
Elective course ^c		3
Elective course ^c		2
Hours		15-17

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:1100 or HHP:1400	Human Anatomy ^f or Human Anatomy and Physiology	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:1100 or HHP:1300	Human Anatomy ^f or Fundamentals of Human Physiology	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

Degree Application: apply on MyUI before deadline
(typically in February for spring, September for fall)

Hours	15
Total Hours	122-129

- 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 levels of a single language or two levels of two different languages in high school or college have satisfied the GE CLAS Core World Languages requirement. Students who have completed three levels of a single language may complete a fourth-level course in the same language or may choose an approved World Language and Cultural Exploration course. Enrollment in world languages courses requires a placement exam, unless enrolling in a first-semester-level course. Contact your academic advisor or CLAS Undergraduate Programs Office with questions concerning the World Languages requirement.
- 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 Degree Services.