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 | | 0

First Year

Fall

RHET:1030 or ENGL:1200 Rhetoric or The Interpretation of Literature 3 - 4
GE CLAS Core: Diversity and Inclusion 3
GE CLAS Core: Social Sciences 3
GE CLAS Core: Literary, Visual, and Performing Arts 3
CSI:1600 Success at Iowa 2
Elective course c 2

Second Year

Fall

HHP:2310 Nutrition and Health 3
GE CLAS Core: Historical Perspectives 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 or Anatomy and Physiology 3
GE CLAS Core: International and Global Issues 3
GE CLAS Core: Quantitative or Formal Reasoning (if not met by major quantitative reasoning course) 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) 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)

<table>
<thead>
<tr>
<th>Hours</th>
<th>15</th>
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<tbody>
<tr>
<td>Total Hours</td>
<td>122-129</td>
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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.