South Dakota State University

Bachelor of Science
Major: Health Studies Specialization: Health Promotion
2025-2026 Sample 4-Year Plan
Total Degree Requirements: 120 credits

Student _____ **Student ID#** _____ **Student Phone #** _____

Advisor _____ **Minimum GPA** 2.0 **Minor/Career Interest(s)** _____

Students are not limited to this plan; it is meant to be used as a guide for planning purposes in consultation with your advisor. The sample schedule is one possible path to completing your degree within four years. For official program requirements, please refer to the Undergraduate Catalog.

FIRST YEAR

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHEM 106 or CHEM 112	Chemistry Survey or General Chemistry I	p. for CHEM 106: MATH 101 or higher or placement based on standardized test, c. for CHEM 106: CHEM 106L, p. for CHEM 112: MATH 114 or higher, c. for CHEM 112: CHEM 112L SGR #6	3		
CHEM 106L or CHEM 112L	Chemistry Survey Lab or General Chemistry I Lab	c. CHEM 106 or c. CHEM 112 SGR #6	1		
EHS 119	EHS Seminar	College of EHS Requirement	2		
PSYC 101	General Psychology	SGR #3	3		
SGR #1	Written Communication		3		
SGR #5	Mathematics		3		
		Total Credit Hours	15		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
HDFS 210	Lifespan Development	SGR #3	3		
HLTH 100	Wellness for Life		1		
HLTH 100L	Wellness for Life Lab		1		
HLTH 220	Social Determinants of Health		3		
NURS 201	Medical Terminology		1		
SGR #2	Oral Communication		3		
SGR #6	Natural Science		3		
		Total Credit Hours	15		

SECOND YEAR

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
BIOL 221/221L	Human Anatomy & Lab		4		
MCOM 151	Introduction to Mass Communication	SGR #4	3		
SGR #1	Written Communication		3		
SGR #4	Arts & Humanities		3		
Electives	Student Choice		2		
		Total Credit Hours	15		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
BIOL 325/325L	Human Physiology & Lab	p. (BIOL 151 or BIOL 153 or BIOL 221) and (CHEM 106 or CHEM 112)	4		
HIM 150	Introduction to Digital Health Informatics and Information Management	Online through Dakota State University	3		
NUTR 221 or NUTR 225 or NUTR 315	Survey of Nutrition or Nutrition for Exercise and Sport or Human Nutrition	p. NUTR 315: CHEM 106 or CHEM 112	3		
SGR #3	Social Sciences	Select from the designated list of courses to fulfill civics requirement	3		
Electives	Student Choice		3		

Information Subject to Change. This is not a contract.

p. = Course Prerequisite
Semester: F = Fall, S = Spring, SU = Summer

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
		Total Credit Hours	16		

THIRD YEAR

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHRD 353	Ethics in the Helping Professions		3		
HLTH 320	Community Health	p. HLTH 100/100L, Fall Only	3	F	
HLTH 479	Health Promotion Program & Evaluation	Fall Only	2	F	
PSYC 417	Health Psychology	p. PSYC 101, Fall Only	3	F	
EXS 350 or PE 300	Exercise Physiology or Applied Sport & Exercise Science	EXS 350-Fall, PE 300- Spring	3		
		Total Credit Hours	14		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
HLTH 350	Health Promotion Professional Development		3		
HLTH 475	Principles of Community Health Education	Spring Only	3	S	
HSC 443	Public Health Science		3		
HSC 452	Interprofessional Issues in Healthcare		3		
Electives	Student Choice		3		
		Total Credit Hours	15		

FOURTH YEAR

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
BLAW/HLTH 451	Public Health Law	Fall Only	3	F	
CMST 440	Health Communication	Fall Only	3	F	
HLTH 405	Health Coaching Concepts and Skills	Fall Only	3	F	
HSC 480	Telehealth for the Interprofessional Team		3		
Electives	Student Choice		3		
		Total Credit Hours	15		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
EHS 319	Life, Love, & Money	College of EHS Requirement	2		
HSC 445	Epidemiology		3		
Electives	Student Choice		10		
		Total Credit Hours	15		

COMMENTS/NOTES

Students from all academic majors can pursue graduation with Fishback Honors College distinction. View the Honors program requirements.

A minimum final grade of "C" is required in all Major Requirement courses.