



Lifestyle Medicine Extended Major, B.S.

Minor not required

Fall 2022 catalog year

| First Year | | |
|-----------------------|--|--|
| Fall: 15 credits | Written Communication (3) | |
| | Oral Communication (3) | |
| | Historical (3) GD recommended | |
| | Natural & Physical Sciences (3) | |
| | ITP 1500 (3) Dynamics of Health | |
| | | |
| Spring: 15 Credits | Written Communication (3) | |
| | Quantitative Literacy (3) | |
| | Natural & Physical Sciences (3) | |
| | Social and Behavioral Sciences (3) MC recommended* | |
| | ITP 1000 (3) Health Career Foundations | |

| Third Year | | |
|-----------------------|---|--|
| Fall: 15 Credits | HCM 3150 (3) Health Care Organization and Management | |
| | ITP 3450 (3) Dynamics of Disease | |
| | ITP 4800 (3) Lifestyle Medicine Across Gender and Lifespan | |
| | Approved LSM Major Elective (3) | |
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| | | |
| Spring: 15 Credits | Social and Behavioral Sciences (3) | |
| | COMM 2020 (3) Introduction to Health Communication** OR HCM 3700 (3) Health Disparities in the U.S. (MC) | |
| | ITP 4700 (3) Community Health Education and Lifestyle Medicine | |
| | General Elective (3) | |
| | General Elective (3) | |

| Second Year | | |
|--|--|--|
| Fall: 15 Credits | ITP 3850 (3) Lifestyle Medicine | |
| | ITP 2950 (3) Wellness Coaching I | |
| | NUT 2040 (3) Introduction to Nutrition | |
| | HCPS 3000 (3) Introduction to Patient Navigation | |
| | General Elective (3) | |
| | | |
| Spring: 15 Credits | Arts and Humanities (3) | |
| | ITP 4400 (3) Wellness Coaching II | |
| <p>HPS 1030 (1) Fitness and Well-being: Variable Topics AND HPL 1870 (2) Stress Management OR ITP 2700 (3) Holistic Health OR ITP 3800 (3) Stress and Sleep: Impact on Health and Disease OR RST 3530 (3) Healthy International CookingGeneral</p> | | |
| | ITP 4550 (3) Advanced Health Navigation and Assessment | |

| Fourth Year | | |
|-----------------------------|--|--|
| Fall: 15 Credits | Arts and Humanities (3) | |
| | Approved LSM Major Elective (3) | |
| | Approved LSM Major Elective (3) | |
| | Approved LSM Major Elective (3) | |
| | General Elective (3) | |
| | | |
| Spring: 15 Credits | ITP 4950 (3) Community Coaching for Health | |
| | General Elective (3) | |
| <p>General Elective (3)</p> | | |
| | General Elective (3) | |

General Elective (3)

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*MC not needed for Social and Behavioral Science if HCM 3700 is taken as major course.

**Students that choose COMM 2020 will want to be sure to choose either COMM 1010 or COMM 1100 for the Oral Communications general studies course as t prerequisite options for COMM 2020.

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