

M.S. Degree in Health Studies

Lifestyle Medicine (Online)

Name:	SID#:
Advisor:	Semester/Year Admitted:

I. Health Studies Core Courses (6 hours)	Grade	Sem/Yr
HMSE 7010 (3) Research Methods in Health Studies		
AND one of the following:		
HPRO 6400 (3) Statistics in Health Sciences		
EDPR 7541 (3) Statistical Methods Applied to Education I		
PUBH 7150 (3) Biostatistical Methods I		
II. Concentration Requirement Courses (21 hours)	Grade	Sem/Yr
HPRO 7182 (3) Principles of Lifestyle Medicine and Health Promotion		
HPRO 7710 (3) Health and Wellness Program Planning		
HPRO 7712 (3) Epidemiology		
HPRO 7722 (3) Health Intervention Theories & Application		
HPRO 7183 (3) Lifestyle Wellness & Disease Prevention		
HPRO 7780 (3) Health and Lifestyle Counseling		
NUTR 7212 (3) Applied Nutrition for Health		
III. Culminating Experience (3 hours) - Choose one of the following options:	Grade	Sem/Yr
Advisor-Approved Elective (3)		
HPRO 7790 (3) Leading and Managing Health Promotion Programs		
HPRO 6902 (3-6) Study Abroad		
ESMS 7020 (3) Publications/Proposals in Health and Biomedical Sciences		
ESMS 7201 (3) Physiology of Exercise: Musculoskeletal Aspects		
ESMS 7202 (3) Physiology of Exercise: Metabolic/Cardiorespiratory Aspects		
NUTR 7000 (3) Sport Nutrition		
NUTR 7002 (3) Exercise and Nutrition Immunology		
NUTR 7182 (3) Environmental Nutrition		
NUTR 7183 (3) Complementary Nutrition		
NUTR 7710 (3) Humanitarian Nutrition		
NUTR 7712 (3) Cultural Foods and Nutrition		
NUTR 7722 (3) Sustainable Food Systems		
PUBH 7120 (3) Environmental Health I		
PUBH 7014 (3) Public Health Communication		
PUBH 7132 (3) Health Program Evaluation		
PUBH 7335 (3) Struct/Environ Iss/Urban Comm		
OR		
HPRO 7950 (3) Applied Project (with major advisor approval)		

A minimum of 30 hours is required for the major



College of Health Sciences