



Lifestyle Medicine Major, B.S.

Minor 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	
	Minor course (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	
	Minor Course/General Elective (3) 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	

Fourth Year		
Fall: 15 Credits	Arts and Humanities (3)	
	Approved LSM Major Elective (3)	
	Minor Course (3)	
	Minor Course (3)	
	Minor Course/General Elective (3)	
Spring: 15 Credits	ITP 4950 (3) Community Coaching for Health	
	Minor Course (3)	

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

ITP 4550 (3) Advanced Health Navigation and Assessment	
Minor course (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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