



Lifestyle Medicine Major, B.S.
Minor (required)
Spring 2021 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	

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

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)	
	Minor Course (3)	
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)	
	General Elective (3)	

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)	
	General Elective (3)	
	General Elective (3)	

*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 these are prerequisite options for COMM 2020.