



MSU[™] COLLEGE OF HEALTH AND HUMAN SCIENCES DENVER

Lifestyle Medicine Extended Major, B.S.
Minor Not Required
Fall 2023 Catalog Year

First Year		
Fall: 15 Credits	Written Communication (3)	
	Oral Communication (3)	
	Historical (3) (GD recommended)	
	Natural and Physical Science (3)	
	ITP 1500 (3) Dynamics of Health (Social and Behavioral Science)	
Spring: 15 Credits	Written Communication (3)	
	General Elective (3)	
	ITP 1000 (3) Health Career Foundations	
	Quantitative Literacy (3)	
	Natural and Physical Science (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	
	Approved LSM Major Elective (3) **	
	General Elective (3)	
Spring: 15 Credits	COMM 2020 Intro to Health Communication or HCM 3700 Health Disparities (ESSJ) (3)	
	Approved LSM Major Elective (3) **	
	Approved LSM Major Elective (3) **	
	General Elective (3)	
	ITP 4700 (3) Community Health Education and Lifestyle Medicine	

Second Year		
Fall: 15 Credits	ITP 3850 (3) Lifestyle Medicine (Social and Behavioral Science)	
	ITP 2950 (3) Wellness Coaching I	
	NUT 2040 (3) Intro to Nutrition	
	HCPS 3000 (3) Intro to Patient Navigation	
	General Elective (3)	
Spring: 15 Credits	Arts and Humanities (3)	
	ITP 4400 (3) Wellness Coaching II	
	Core LSM approved course* (3)	
	ITP 4550 (3) Advanced Health Navigation and Assessment	
	General Elective (3)	

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

*Approved courses:HPS 1030 (1) Fitness and Well-being: Variable Topics AND HPL 1870 (2) Stress Management OR ITP 2700 (3) Holistic Dimensions of Wellness OR ITP 3800 (3) Stress and Sleep: Impact on Health and Disease OR RST 3530 (3) Healthy International Cooking; ** See advisor for options