



MSU COLLEGE OF HEALTH AND HUMAN SCIENCES DENVER

Lifestyle Medicine Major, B.S.

(Minor not required but may be encouraged. See advisor to discuss)

2024- 2025 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)	
	General Elective (3) or Minor (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 Pathway Elective (3), General elective or Minor (3)**	
	Approved LSM Pathway Elective (3), General elective or Minor (3)**	
Spring: 15 Credits	COMM 2020 Intro to Health Communication or HCM 3700 Health Disparities (ESSJ) (3)	
	Approved LSM Pathway Elective (3) or General Elective (3) **	
	Upper Division General Elective or Minor (3)	
	General Elective or Upper Division 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 (Natural and Physical Science)	
	PUB 2000 (3) Community Health Worker Fundamentals	
	Approved LSM Pathway Elective (3) or General Elective (3)**	
Spring: 15 Credits	Arts and Humanities (3)	
	ITP 4400 (3) Wellness Coaching II	
	Core LSM approved course* (3)	
	PUB 4030 (3) Advanced Community Health Worker	
	Approved LSM Pathway Elective (3) or General Elective (3)**	

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