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# College of Health & Human Sciences Four-Year Plan: Lifestyle Medicine, B.S.

2025-2026 Catalog Year *(Minor not required, but may be encouraged – see advisor to discuss)*

## First Year Fall Semester (15 credits)

| Course | Credits |
| --- | --- |
| Written Communication General Studies (1 of 2) | 3 |
| Oral Communication General Studies | 3 |
| Historical General Studies – GD Recommended\* | 3 |
| Natural & Physical Science General Studies (1 of 2) | 3 |
| ITP 1500 Dynamics of Health (Social & Behavioral Science General Studies 1 of 2) | 3 |

## First Year Spring Semester (15 credits)

| Course | Credits |
| --- | --- |
| Written Communication General Studies (2 of 2) | 3 |
| ITP 1000 Health Career Foundations | 3 |
| Quantitative Literacy General Studies | 3 |
| Minor Course or General Elective | 3 |
| General Elective | 3 |

## Second Year Fall Semester (15 credits)

| Course | Credits |
| --- | --- |
| ITP 3850 Lifestyle Medicine (Social & Behavioral Science General Studies 2 of 2) | 3 |
| ITP 2950 Wellness Coaching I | 3 |
| NUT 2040 Intro to Nutrition (Natural & Physical Science General Studies 2 of 2) | 3 |
| PUB 2000 Community Health Worker Fundamentals | 3 |
| Approved LSM Pathway Elective or General Elective\*\*\* | 3 |

## Second Year Spring Semester (15 credits)

| Course | Credits |
| --- | --- |
| Arts & Humanities General Studies (1 of 2) – ESSJ Recommended\* | 3 |
| ITP 4400 Wellness Coaching II | 3 |
| Core LSM Approved Course\*\* | 3 |
| PUB 4030 Advanced Community Health Worker | 3 |
| Approved LSM Pathway Elective or General Elective\*\*\* | 3 |

\*GD = course also meets the Global Diversity General Studies Requirement; ESSJ = course also meets the Ethnic Studies and Social Justice Graduation Requirement

\*\*Approved Courses: HPS 1030 Fitness & Well-being: Variable Topics (1 credit) ***and*** HPL 1870 Stress Management (2 credits);ITP 2700 Holistic Dimensions of Wellness (3 credits); ITP 3800 Stress & Sleep (3 credits); RST 3530 Healthy International Cooking (3 credits)

\*\*\*See advisor for options

## Third Year Fall Semester (15 credits)

| Course | Credits |
| --- | --- |
| HCM 3150 Health Care Organization and Management | 3 |
| ITP 3450 Dynamics of Disease | 3 |
| ITP 4800 Lifestyle Medicine Across Gender and Lifespan | 3 |
| Approved LSM Pathway Elective, General Elective, or Minor Course\*\*\* | 3 |
| Approved LSM Pathway Elective, General Elective, or Minor Course\*\*\* | 3 |

## Third Year Spring Semester (15 credits)

| Course | Credits |
| --- | --- |
| COMM 2020 Intro to Health Comm ***or*** HCM 3700 Health Disparities ***or*** SLHS 2990 Intro to Health Comm | 3 |
| Approved LSM Pathway Elective or General Elective\*\*\* | 3 |
| Upper Division Minor Course or General Elective | 3 |
| General Elective or Upper Division General Elective | 3 |
| ITP 4700 Community Health Education and Lifestyle Medicine | 3 |

## Fourth Year Fall Semester (15 credits)

| Course | Credits |
| --- | --- |
| Arts & Humanities General Studies (2 of 2) | 3 |
| Approved LSM Pathway Elective or General Elective\*\*\* | 3 |
| Approved LSM Pathway Elective or General Elective\*\*\* | 3 |
| Approved LSM Pathway Elective or General Elective\*\*\* | 3 |
| General Elective | 3 |

## Fourth Year Spring Semester (15 credits)

| Course | Credits |
| --- | --- |
| ITP 4950 Community Coaching for Health | 3 |
| General Elective | 3 |
| General Elective | 3 |
| General Elective | 3 |
| Upper Division General Elective | 3 |

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\*\*Approved Courses: HPS 1030 Fitness & Well-being: Variable Topics (1 credit) ***and*** HPL 1870 Stress Management (2 credits);ITP 2700 Holistic Dimensions of Wellness (3 credits); ITP 3800 Stress & Sleep (3 credits); RST 3530 Healthy International Cooking (3 credits)

\*\*\*See advisor for options