HEALTH AND WELLNESS FOCUS FOR LBST MAJOR

This focus has 33 credits. All courses listed below are 3 credits.

**Select 15 credits from the following:**

1. EXSS 200 Nutrition
2. HLTH 101 Community Health Promotion
3. HLTH 125 Health and Culture
4. HSCI 101 Medical Terminology
5. RECR 221 Introduction to Therapeutic Recreation
6. PSYC 208 Introduction to Lifespan Development
7. PSYC 213 Psychology of Adjustment
8. PSYC 270 Psychological Perspectives of Human Sexuality

**Required 300-400 level courses (15 credits)**

1. EXSS 435 Lifespan Health and Fitness
2. HPED 407 Motor Learning and Performance
3. HLTH 405 Sexuality
4. SOCI 367 Sociology of Medicine
5. PSYC 386 Drugs and Human Behavior
6. PSYC 430 Health Psychology

**Capstone (3 credits)**– EXSS 482 or HLTH 483