

Cleveland State University  
College of Health

Associate of Applied Science in Health & Wellness Coaching & Promotion Pathway to Bachelor of Science in Health Sciences

SUGGESTED SEQUENCE AT LCCC	
Fall Semester	Credits
^BIOG 221: Anatomy & Physiology I	4
CMMC 151: Oral Communication	3
^ENGL 161: College Composition I	3
HLED 125: Intro to Health and Wellness Coaching	1
HPED 173: Biomechanics of Resistance Training	3
SDEV 101: Intro to the LCCC Community	1
<b>Semester Total</b>	<b>15</b>
Spring Semester	Credits
^BIO 222: Anatomy & Physiology II	4
^ENGL 162: College Composition II	3
^MTHM 168: Statistics	3
HPED 261: Exercise Physiology Foundations	3
HLED Elective	2-3
<b>Semester Total</b>	<b>15-16</b>
Fall Semester	Credits
HLED 181: Nutrition and Weight Management Strategies	2
HPED 272: Exercise Physiology II	3
HPED 275: Kinesiology	3
PEWL 151: Stress Management	1
^PSYH 151: Intro to Psychology	3
SDEV 111: Success Coaching and Mentoring I	3
SDEV 112: Success Coaching and Mentoring II	3
<b>Semester Total</b>	<b>18</b>
Spring Semester	Credits
HLED 166: Mental Health First Aid and Safety	1
HLED 221: Health Promotion and Behavior Change	3
HLED 225: Health and Wellness Coaching/Promotion Practicum	1
^SOCY 151G: Intro to Sociology	3
^PHLY 165: Bioethics	3
PEFT Elective	1
PEWL Elective	1
<b>Semester Total</b>	<b>13</b>
<b>Associate of Applied Science Degree Awarded</b>	<b>61-62</b>

Honors courses are acceptable where available

Pre-requisites:

- College-ready in Math and English.
  - 2 years of the same foreign language completed in high school.
- Students who do not meet these pre-requisites may need to complete additional credits.

\*Once an associate degree is earned, additional courses taken at LCCC may not be eligible for financial aid. Please see Financial Aid for details.

This map represents one example of how to complete the AAS and BSHS degrees. Students should refer to the [LCCC Catalog](#) and [CSU Catalog](#) for requirements, course sequencing, and other degree information, as well as work closely with counselors/advisors at both institutions to discuss options. To further discuss the Bachelor of Science in Health Sciences requirement, please contact Cleveland State's College of Health Student Services office at [COHadvicing@csuohio.edu](mailto:COHadvicing@csuohio.edu).

CSU DEGREE REQUIREMENTS	
*Courses to be taken through CSU or LCCC	Credits
^HSC 203: Med. Terminology (ALHN 110 or 112 at LCCC)	1
**Math	3
**Arts and Humanities (cannot be from PHL)	3
General Electives	21-22
<b>Total</b>	<b>28-29</b>

MUST BE TAKEN THROUGH CSU	
First Semester	Credits
^HSC 305: Culture and Health Care	3
^Area of Emphasis Elective	3
^Area of Emphasis Elective	3
^Area of Emphasis Elective	3
^Writing Across the Curriculum	3
<b>Semester Total</b>	<b>15</b>

Second Semester	Credits
^Health Sciences Capstone	3
^Writing Across the Curriculum (within major)	3
^Area of Emphasis Elective	3
Upper Division Elective	3
Upper Division Elective	3
HSC 499: Exit Evaluation	0
<b>Semester Total</b>	<b>15</b>
<b>Bachelor of Science in Health Science Awarded</b>	<b>120</b>

CSU will be changing General Education (Core Curriculum) requirements beginning Fall 2025. An updated pathway plan will be available as soon as possible.

\*\* Students who do not complete the OT 36 should refer to the [transfer guide](#) for LCCC options to fulfill their General Education requirements. If 90 credits are transferred into CSU, the student will only need one Writing Across the Curriculum course.

^ A grade of C or higher is required in English Composition courses, Writing Across the Curriculum, and all Health Science major requirements. Up to 23 credits of HPED/HLED courses with a C or higher will apply toward the major.

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CSU requires a minimum of 120 total credit hours for graduation. At least 30 credits must be completed in-residence at CSU. At least 24 of the in-residence credits must be completed at the upper division (300/400) level. A minimum of 18 credits toward the major must be completed through CSU coursework. Students deficient in total credits or in-residence must take additional elective credits to meet the minimum requirements. Depending upon other elective choices made, students may not need as many general electives as indicated above or may need additional electives.