

LIBERAL STUDIES PROGRAM AND GRADUATION REQUIREMENTS

Students who have specific questions about these requirements should contact either their current adviser or Dr. Marilyn Robbert, registrar.

Program Objectives

The liberal studies program requirements are based on the principle that well-educated persons need to know more than can be learned from their areas of concentration. Students should make use of this opportunity to explore areas of possible interest and to integrate this work with their other academic studies. The program is divided into six areas of study.

Program Requirements

Baccalaureate degree-seeking students meet the liberal studies requirements by completing selected courses in each of the divisions listed below.

Division I: Foundations of Communication
6-8 credits required

Division II: Foundations of Humanities
6-8 credits required

Division III: Foundations of Natural Sciences/Mathematics
6-8 credits required

Division IV: Foundations of Social Sciences
6-8 credits required

Division V: Formal Communication Studies
3-4 credits required

Division VI: Foundations of Visual and Performing Arts
3-4 credits required

The majority of liberal studies courses at Northern Michigan University are four-credit courses, so normally students meet divisional requirements by taking either eight or four credits of appropriate courses for a total of 40 credits. However, a minimum of six semester credits (two courses) is required for each of Divisions I, II, III and IV. A minimum of three semester credits (one course) is required for each of Divisions V and VI.

Students who complete liberal studies requirements with less than 40 credit hours must complete their liberal studies divisions with the minimum number of credit hours stated above. The difference between the minimum credit hours required and 40 credit hours are added to general electives.

Students in associate degree or certificate programs follow the guidelines for their program listed in the appropriate department section.

Substitute Courses

Transfer students wishing to substitute a course with no specific NMU equivalent to meet a specific divisional requirement should consult their academic adviser. If the adviser approves the request, a written recommendation justifying the request should be submitted to the Registrar's Office. In special cases, the Registrar's Office will confer with the appropriate dean. NMU courses not designated as liberal studies courses cannot normally be used to meet liberal studies program requirements. All exceptions to this rule must be thoroughly justified by the adviser and have the support of the department offering that course. Students should get approval of the substitution before they register for the course.

Honors Program Participants

Honors program participants take some alternate courses to complete their liberal studies requirements. For information see the "Honors Program" section of this bulletin or contact the honors program director.

Advanced Placement Examinations

Examinations are available in most divisions of the liberal studies program through the College Level Examination Program (CLEP) and the advance placement program of the College Entrance Examination Board (APP-CEEB). The university is in the process of evaluating international baccalaureate courses. Information may be obtained in the Registrar's Office. (See also the "Academic Standards, Policies and Degree Requirements" section of this bulletin.)

Division I—Foundations of Communication

Students take two courses in this area for a minimum of six credits. Students who complete the courses should be able to generate ideas for writing; organize ideas logically; and use correct and effective grammar, spelling, sentence structure and punctuation. The first course in foundations of communication is EN 111 College Composition I (4 credits).

Course Placement and Requirements

All students, except transfers who have satisfactorily completed the equivalent of EN 111, will have their ACT scores and high school grades reviewed for appropriate placement in EN 111 and/or learning skills courses. Some students may be required to write a placement examination.

Those students who demonstrate exceptional ability in writing may complete the foundations of communication requirement in either of two ways:

1. Students receive course credit for EN 111 by passing the appropriate AP-CEEB examinations or CLEP general test for English Composition with Essay, then take EN 211.
2. Students receive a waiver for EN 111 without credit, begin the foundations of communication sequence with EN 211 and complete the sequence with another approved foundations of communication elective at the 200 level or above. A list of approved alternate foundations of communication courses is available to qualified students from the English Department, the Academic and Career Advisement Center and the Registrar's Office.

Note: Those students judged to have a deficiency in writing must achieve a grade of "C-" in EN 090 Basic Composition before taking EN 111.

Students must complete one of the following courses for the second course in foundations of communication:

- EN 211A Writing and Literature (4 cr.)
- EN 211B Narrative and Descriptive Writing (4 cr.)
- EN 211D Technical and Report Writing (4 cr.)
- EN 211E Critical Thinking and Writing (4 cr.)

Note: Students must have a "C-" or better in EN 111 or equivalent course in order to take the second course in foundations of communication. Students who plan to major in education must have a "C" or better in order to take the second course in foundations of communication.

Division II—Foundations of Humanities

Courses will help students to broaden their understanding of the human experience. Students will study the individual human condition, needs, values, and potentials and achievements within the multiplicity of cultural values that shape it. They will examine, using critical thinking strategies, how peoples in different cultures, times and places deal with common human needs and concerns. They will review and evaluate, using critical thinking techniques, the intellectual, spiritual and ethical concerns of the human experience as recorded in literature, philosophy, religion, history or other similar areas. All courses are four credits unless otherwise noted. Students need a minimum of six credits with two courses.

Humanities Courses

- EN 110 Good Books
- EN 112 Mythology
- EN 220 Introduction to Shakespeare
- EN 283 Survey of British Literature I

- EN 284 Survey of British Literature II
- EN 310 Literature and the Bible
- EN 311 World Literature in English
- EN 311Z World Literature in English
- EN 314 Traditional Oral Literature: Selected Native American Cultures
- EN 316 Native American Novels and Poetry
- EN 317 Native American Drama, Non-fiction and Short Stories
- EN 370 American Literature I: Columbus to the American Revolution (1492-1800)
- EN 371 American Literature II: Emergent National Voices (1800-1865)
- EN 372 American Literature III: Realism and Naturalism to World War I (1865-1930)
- EN 373 American Literature IV: Contemporary Vistas (1930-Present)
- EN 375 Diverse Traditions in American Literature
- EN 375Z Diverse Traditions in American Literature
- FR 310 Introduction to French Civilization and Culture*
- FR 438 Cultural and Artistic Heritage of Europe
- GR 310 Introduction to German Civilization and Culture* (3 cr.)
- HS 101 History of Western Civilization to 1600
- HS 102 History of Western Civilization Since 1600
- HS 234 Indigenous People of Latin America
- HS 251 Latin American Civilization
- HS 252 Arab-Islamic History
- HS 254 Introduction to the History of Africa
- HS 256 Approaching China
- HS 283 The American Woman
- HS 293 Minorities in American History
- HS 315 Imperialism
- HS 352 African American History
- HS 361 History of the Americas
- HS 362 Mexico
- LB 121 Origins of Western Values: Greeks and the Bible
- LB 295H Special Topics in Liberal Studies: Humanities
- LG 317 World Studies through Literature in Translation
- LG 317Z World Studies through Literature in Translation
- NAS 204 Native American Experience
- PL 100 Introduction to Philosophy
- PL 180 Fundamentals of Ethical Theory (4 cr.)
- PL 181 Issues in Business Ethics (2 cr.)
- PL 182 Issues in Computer Ethics (2 cr.)
- PL 183 Issues in the History of Ethics (2 cr.)
- PL 184 Issues in Legal Ethics (2 cr.)
- PL 185 Issues in Medical Ethics (2 cr.)
- PL 186 Topics in Theoretical Ethics (2 cr.)
- PL 200 History of Ancient and Medieval Philosophy
- PL 210 History of Modern Philosophy
- PL 270 World Religions

- PL 280 Philosophy of Religion
- PL 310 Social and Political Philosophy
- PL 330 Existentialism
- PS 207 History of Political Theory
- PS 411 American Political Thought
- SN 312 Introduction to Spanish America
- SN 314 Contemporary Latin American Culture*
- SP 240 Oral Interpretation of Literature
- SP 402 Communication Criticism
- TE 351 Humanity and Technology
- UN 200 Introduction to Gender Studies

*FR 310, GR 310, and SN 314 are taught in English.

Division III—Foundations of Natural Sciences-Mathematics

Students elect a minimum of six credits from this division. Students who complete the science courses should be able to recognize and understand the scientific method; understand and use scientific concepts; understand and discuss general scientific articles; and apply their knowledge of science to everyday experience. Students who complete the mathematics courses should be able to demonstrate a basic understanding of mathematical logic; use mathematics to solve scientific or mathematical problems in college classes; express relationships in the symbolic language of mathematics; and appreciate the role of mathematics in analyzing natural phenomena.

The three numbers in parentheses indicate the hours devoted to lecture, discussion and laboratory. If no indication exists, the credit hours are lecture.

Natural Sciences-Mathematics Courses

- AS 103 Observational and Solar System Astronomy (4 cr.) (3-0-3)
- AS 104 Stellar/Galactic Astronomy and Cosmology (4 cr.) (3-0-3)
- BI 100 Biological Science (4 cr.) (3-0-2)
- BI 104 Human Anatomy and Physiology (4 cr.) (3-0-2)
- BI 111 Introductory Biology: Principles (4 cr.) (3-0-2)
- BI 112 Introductory Biology: Diversity (4 cr.) (3-0-2)
- BI 305 Ecology of the Northern Forest (3 cr.) (2-0-3)
- CH 105 Chemical Principles (4 cr.) (3-0-2)
- CH 107 Introductory Chemistry I (4 cr.) (3-1-2)
- CH 108 Introductory Chemistry II (4 cr.) (3-1-2)
- CH 111 General Chemistry I (5 cr.) (3-1-3)
- CH 112 General Chemistry II (5 cr.) (3-1-3)
- ENV 101 Introduction to Environmental Science (4 cr.)**
- GC 100 Physical Geography (4 cr.) **
- GC 255 Physical Geology (4 cr.) (3-0-2)
- LB 295N Special Topics in Liberal Studies: Natural Sciences (4 cr.)

- MA 103 Finite Mathematics (4 cr.)
- MA 104 College Algebra with Applications in the Sciences and Technologies (4 cr.)
- MA 105 College Algebra for Calculus Preparation (4 cr.)
- MA 106 Trigonometry (3 cr.)
- MA 115 Pre-Calculus (4 cr.)
- MA 161 Calculus I (5 cr.)
- PH 101 Eureka: Einstein, the Universe and Everything (3 cr.)
- PH 102 Physics of Sound and Music (3 cr.) (2-0-2)
- PH 201 College Physics I (5 cr.) (3-1-3)
- PH 202 College Physics II (5 cr.) (3-1-3)
- PH 220 Introductory Physics I (5 cr.) (4-0-2)
- PH 221 Introductory Physics II (5 cr.) (4-0-2)
- PY 100L Psychology as a Natural Science with Laboratory (4 cr.) (3-0-2)
- PY 100H Honors Psychology as a Natural Science (4 cr.) (3-0-2)
- PY 100S Psychology as a Natural Science (4 cr.)**
- PY 204 Physiological Psychology (4 cr.) (3-0-2)

**Most science courses with the exception of those with a double asterisk can be used to meet the graduation requirement of a laboratory course.

Division IV—Foundations of Social Sciences

Students take a minimum of six credits from this division. Students completing these courses should be able to recognize and understand the principles of the scientific method as it applies to the social sciences and the study of the social universe; comprehend commonalities and differences among various social science disciplines; and demonstrate an understanding of the role of social science theories and perspectives in investigating and explaining social phenomena. They should also be able to distinguish between knowledge supported by social science scholarship and “common sense” assumptions and similar forms of “conventional wisdom”; and express an understanding of one’s place in society’s culture, history and political and economic systems.

All courses are four credits unless otherwise noted.

Social Sciences Courses

- AN 100 Introduction to Socio-Cultural Anthropology
- AN 210 People, Culture and Nature
- AN 320 Native Peoples of North America
- EC 101 The American Economy
- EC 337 American Economic History
- EC 420 Capitalism, Socialism, and Democracy
- GC 164 Human Geography
- GC 300 Regional Studies: World Cultures
- GC 305 Regional Studies
- GC 360 Population Geography
- HL 322 International Health Issues

- HS 104 The Third World in Historical Perspective
- HS 126 The United States to 1865
- HS 127 The United States Since 1865
- HS 233 Native American History
- HS 337 American Economic History
- LB 295S Special Topics in Liberal Studies: Social Sciences
- NAS 288 The Politics of Indian Gaming
- NAS 310 Tribal Law and Government
- PS 101 Introduction to Political Science
- PS 105 American Government
- PS 312 War and Peace in the 21st Century
- PS 415 Politics of American Foreign Policy
- PY 100G Psychology as a Social Science
- SO 101 Introductory Sociology
- SO 101H Introductory Sociology–Honors
- SO 111 Civil Life in Democratic Society (2 cr.)
- SO 113 Social Problems
- SO 222 Social Inequality (2 cr.)
- SO 232 Marriage and the Family
- SO 251 Sport in American Society (2 cr.)
- SO 282 Minority Groups
- SO 322 Social Class, Power, and Mobility
- SO 351 Social Change
- SO 355 Introduction to Social Psychology
- GR 101 Elementary German I*
- GR 102 Elementary German II*
- GR 201 Intermediate German I*
- GR 202 Intermediate German II*
- GR 305 Conversational German*
- IS 100 Introduction to Windows, E-mail, and the Internet (1 cr.)
- IS 101 Beginning Word Processing (1 cr.)
- IS 102 Beginning Spreadsheets (1 cr.)
- IS 104 Beginning Database (1 cr.)
- IS 105 Presentation/Multimedia Software (1 cr.)
- IS 107 Beginning Desktop Publishing (1 cr.)
- IS 112 Computerized Small Business Accounting (1 cr.)
- IS 120 Computer Concepts (2 cr.)
- IS 202 Intermediate Spreadsheets (1 cr.)
- IS 204 Advanced Database (1 cr.)
- IS 206 Software Integration (1 cr.)
- IS 207 Intermediate Desktop Publishing (1 cr.)
- IS 208 Web Page Development (1 cr.)
- LB 295F Special Topics in Liberal Studies: Formal Communication Studies (2-4 cr.)
- MA 171 Introduction to Probability and Statistics
- NAS 101 Anishinaabe Language, Culture and Communication I*
- NAS 102 Anishinaabe Language, Culture and Communication II*
- POR 110 Elementary Portuguese*
- POR 210 Intermediate Portuguese*
- PL 160 Introduction to Logic
- PY 305 Psychological Statistics
- SN 101 Elementary Spanish I*
- SN 102 Elementary Spanish II*
- SN 201 Intermediate Spanish I*
- SN 202 Intermediate Spanish II*
- SN 305 Conversational Spanish*
- SO 208 Methods of Social Research I

Division V—Formal Communication Studies

Students take a minimum of three credits from this division. These courses are designed to introduce students to the ways in which information and ideas are expressed using a communication system other than English. Such courses should foster the student's ability to conceptualize and communicate in an orderly, rational manner. Characteristics of a communication system include: (1) possession of a grammar; (2) operation from an established set of rules; (3) reasoning properties such as deduction, inference drawing and problem solving. This division includes courses in languages and those in which the central focus of the course is on statistics, computers or formal logic.

All courses are four credits unless otherwise noted.

Formal Communication Studies Courses

- CIS 110 Principles Computer Information Systems
- CS 101 Web Site Construction
- CS 120 Computer Science I
- CS 120A Accelerated Computer Science I
- CS 255 Computing for the Elementary School Teacher
- FR 101 Elementary French I*
- FR 102 Elementary French II*
- FR 201 Intermediate French I*
- FR 202 Intermediate French II*
- FR 305 Conversational French and Phonetics*

**Equivalent courses in any other foreign language can be used to meet this requirement.*

Note: Native speakers of a foreign language may not test out of their native language to receive formal communication studies credit. They may take a CLEP or departmental test in another foreign language to meet this division requirement.

Division VI—Foundations of Visual and Performing Arts

Students take a minimum of three credits from this division. Students completing these courses will be able to identify the forms of artistic expression (e.g., forms of music, dance, painting, sculpture, etc.) in relation to a historical and cultural context; they will also be able to recognize and articulate the reasons why these forms of artistic expression developed and evolved in the manner they did. Further, students will be able to demonstrate and articulate an understanding of the principles behind the evolution of judgment and taste.

All courses are four credits unless otherwise noted.

Visual and Performing Arts Courses

- AD 200 Native American Art and Architecture of the Great Lakes
- AD 250 History of Western Art and Architecture
- AD 260 Why America Looks This Way
- AD 265 Art and Architecture of Japan
- AD 300 Japan and the West: Crosscurrents in Art and Architecture
- AD 355 Twentieth Century Art and Architecture
- BC 325 Communication and Performance in Africa
- EN 125 Introduction to Film
- EN 385 Theatre in Perspective: The Stratford Festival Stage
- LB 295A Special Topics in Liberal Studies: Visual and Performing Arts (2-4 cr)
- MU 125 Music in Society
- MU 320 Survey of Jazz from Its Origin to the Present
- MU 325 World Music
- PE 381 History of Dance (2 cr.)
- PE 383 Theory of Dance (2 cr.)
- TH 130 Introduction to Theatre
- TH 360 History of Theatre
- TH 361 Modern Drama
- TH 385 Theatre in Perspective: The Stratford Festival Stage

Upper Division Liberal Studies Requirement

At least three liberal studies credits must be at the 300 level or above, chosen from the list of courses included in this section. All courses have the prerequisite of sophomore standing and completion of the foundations of communication requirement.

Liberal Studies Information for Transfer Students

Transfer students must earn a minimum total of 30 semester credits in liberal studies courses. A minimum of six semester credits each (two courses) is required for divisions I through IV. A minimum of three semester credits (one course) is required

for each of divisions V and VI. All transfer courses used to meet liberal studies program requirements in divisions II through VI must be introductory or general in nature.

Students who have completed two courses in freshman English and still need partial foundation of communication credit may enroll in EN 298 College Composition Directed Study for one or two credits. Arrangements may be made by contacting the director of freshman English.

Some majors require courses that meet specific liberal studies requirements. These courses are noted in the listings for each major. Students who have not completed these courses at their previous institution(s) are required to complete them at NMU even if they have completed the liberal studies program requirement of 30 credits. Upon request, the Admissions Office will provide a transfer guide to help students select courses. Information for transfer students, including course equivalents from many colleges and universities is available on the Web page www.nmu.edu/admissions/transfer.

MACRAO Transfer Agreement

Transfer students who complete their general education requirements in Michigan community colleges under the MACRAO (Michigan Association of Collegiate Registrars and Admissions Officers) Transfer Agreement usually will have met the liberal studies requirements in foundations of communication and three other divisions. Transfer students under the MACRAO Transfer Agreement ordinarily must complete two additional liberal studies courses, including at least three credit hours at the 300 level or above.

Northern Michigan University applies courses transferred under MACRAO Transfer Agreement in accordance with guidelines established by NMU faculty.

Graduation Requirements

There are four baccalaureate graduation requirements that students must complete. They are: (1) the writing proficiency examination; (2) a laboratory science course; (3) a world cultures course; and (4) the health promotion requirement. While the baccalaureate graduation requirements are not, strictly speaking, part of the liberal studies program, they often can be fulfilled by courses that meet the various divisional liberal studies requirements.

Writing Proficiency Examination

All students earning a first baccalaureate degree must pass the NMU Writing Proficiency Examination prior to graduation. An exception is granted to those students transferring from a baccalaureate degree-granting institution who have taken at least six semester hours of college composition and who have

passed that institution's proficiency examination. Passing the examination must be recorded on the student's transcript.

The Writing Proficiency Examination (EN 001) tests general writing proficiency in terms of the goals of the division I foundations of communication requirement. Students are advised to take their second foundations of communication course prior to the end of their sophomore year. There is no charge the first time the test is taken; there is a fee for each repetition of the test and for failure to take a test for which the student has pre-registered.

Laboratory Science Component

All baccalaureate students must complete a course that has an approved laboratory component. Laboratory courses are those listed specifically under division III—foundations of natural sciences/mathematics as having a laboratory.

World Cultures Requirement

Each baccalaureate student must take at least one course of three credits or more designated to meet the world cultures requirement. These courses deal primarily with living cultures of Asia, Africa and the non-Anglo-Saxon Americas. They may include such topics as literary, artistic and other cultural achievements; religious and ethical values; social, economic and political systems; or intellectual and historical trends. At least two-thirds of the content of each course concentrates on patterns of thought and action that account for the distinctive ethos of the world culture(s) being studied. Transfer students seeking approval of a substitute course to meet this requirement should contact the Registrar's Office and provide a course syllabus for the course they wish reviewed.

Students completing the world cultures requirement should be able to:

1. comprehend and articulate the distinctive world view (e.g., values, norms and beliefs) of at least one culture that varies significantly from Anglo-American and Western European cultures;
2. understand how culture is expressed in terms of artifacts, artistic accomplishments, technology, customs and texts;
3. understand and respect social and cultural diversity and complexity in a global context;
4. understand how factors such as racial, ethnic, gender and class differences affect how groups within a culture relate to each other; and
5. articulate the important achievements and contributions of other cultures in such areas as the arts, literature, philosophy, ethical values, religion and science.

World Cultures Courses

- AD 200 Native American Art and Architecture of the Great Lakes (VI)
- AD 265 Art and Architecture of Japan (VI)
- AD 300 Japan and the West: Crosscurrents in Art and Architecture (VI)
- AN 100 Introduction to Socio-Cultural Anthropology (IV)
- AN 210 People, Nature and Culture (IV)
- AN 320 Native Peoples of North America (IV)
- BC 325 Communication and Performance in Africa (IV)
- BC 415 Intercultural Communication
- EN 311Z World Literature in English (II)
- EN 314 Traditional Oral Literatures: Selected Native American Cultures (II)
- EN 316 Native American Novels and Poetry (II)
- EN 317 Native American Drama, Non-fiction and Short Stories (II)
- EN 375Z Diverse Traditions in American Literature (II)
- EN 411Z Topics in World Literature
- GC 164 Human Geography (IV)
- GC 300 Regional Studies: World Cultures (IV)
- HL 322 International Health Issues (IV)
- HS 104 The Third World in Historical Perspective (IV)
- HS 233 Native American History (IV)
- HS 234 Indigenous People of Latin American (II)
- HS 251 Latin American Civilization (II)
- HS 252 Arab-Islamic History (II)
- HS 254 Introduction to the History of Africa (II)
- HS 256 Approaching China (II)
- HS 362 Mexico (II)
- LG 317Z World Studies through Literature in Translation (II)
- MU 325 World Music (VI)
- NAS 204 Native American Experience (II)
- PL 270 World Religions (II)
- PS 404 Politics of East and Southeast Asia
- PS 421 Politics of Developing Countries (IV)
- SN 314 Contemporary Latin American Cultures (II)

Health Promotion Requirements

The university believes that an important part of a liberal education is providing students with knowledge about their health and well being and the opportunities to acquire leisure-time skills that will enrich their quality of life. The health promotion requirement at the baccalaureate level is a two-course sequence. HP 200 Physical Well Being, the first course, is devoted to the theories and proofs associated with maintaining physical wellness. The second course is a physical activity course.

HP 200

HP 200 Physical Well Being is the core course that all baccalaureate degree, associate degree and one-year certificate program students must complete.

Baccalaureate degree students can complete the second course in the health promotion requirement by selecting from a wide variety of activity courses.

Health Promotion Activity Courses

- HP 205 Archery
- HP 206 Backpacking
- HP 207 Badminton-Beginning
- HP 208 Basketball
- HP 209 Bicycling-Mountain
- HP 211 Bowling-Beginning
- HP 212 Flatwater Canoeing
- HP 212S Solo Flatwater Canoeing
- HP 212F Freestyle Canoeing
- HP 213 Sea Kayaking
- HP 216 Skating-Beginning
- HP 216A Skating-Figure
- HP 216B Skating-Intermediate Figure
- HP 217 Fly and Bait Casting
- HP 218 Folk Dance
- HP 219 Golf-Beginning
- HP 222 Hiking
- HP 223 Individually Prescribed Program
- HP 224 Jogging
- HP 226 Modern Dance-Beginning
- HP 226A Modern Dance-Intermediate
- HP 226C Aerobics
- HP 227 Orienteering
- HP 228 Power Skating and Hockey
- HP 229 Racquetball
- HP 230 Rock Climbing
- HP 230A Rock Climbing-Intermediate
- HP 231 Skiing-Beginning
- HP 231A Skiing-Intermediate
- HP 231B Skiing-Cross Country
- HP 232 Snowboarding-Beginning

- HP 233 Snowshoeing
- HP 234 Soccer
- HP 235A Country and Square Dancing
- HP 235B Ballroom and Latin Dancing
- HP 235C Swing and Salsa Dancing
- HP 236 Softball
- HP 238 Winter Camping
- HP 239 Swimming-Beginning
- HP 239A Swimming-Intermediate
- HP 239B Swimming-Lifeguard Training
- HP 239C Swimming-WSI
- HP 239D Swimming-SCUBA
- HP 239E Swimming-Advanced SCUBA (2 cr.)
- HP 241 Tennis-Beginning
- HP 241A Tennis-Intermediate
- HP 242 Touch Football
- HP 244 Volleyball-Beginning
- HP 244A Volleyball-Intermediate
- HP 245 Weight Training and Conditioning
- HP 245A Weight Training and Conditioning-Intermediate
- HP 246 Karate
- HP 247 Yoga-Beginning
- HP 249 Hunter Safety Education
- HP 253 Adventure-Based Learning
- HP 259 Tai Chi-Beginning
- HP 259A Tai Chi-Intermediate
- HP 260 Rape Aggression Defense System
- HP 295 Special Topics in Health Promotion

Maximum Health Promotion Credit

Students in baccalaureate degree programs may count up to six credits of health promotion (HP) courses toward graduation. (Exception: management of health and fitness majors and physical education majors and minors may apply ten credits of HP courses toward graduation.) Students in associate degree programs may apply three credits of HP courses toward graduation, and those in certificate programs may apply two credits of HP courses toward graduation.

Medical Exemption

Students who, in the opinion of the NMU Health Center physician, cannot benefit from any of the health promotion courses may be exempted from either or both of the health promotion courses. Students who receive medical exemption must meet the minimum credits required for their degree, certificate or diploma. The exempted credits are added to general electives.