



# Winona State University Four-Year Program Map

Created on Spring 2025  
Effective: Fall 2025

**Program:** Health Promotion: School Health (HPST)  
**Emphasis (optional):** HPST Only Majors: Add credits to meet 120 credit requirement

Fall Semester				Spring Semester			
	Course	Requirement Met	SH		Requirement Met	SH	
<b>Year 1</b>	HERS 204 Personal and Community Health	PDW/Major	3	HERS 205 Nutrition for Lifetime Wellness	PDW/Major	3	
	ENG 111 College Reading and Writing	GE Goal 1/Major	4	CMST 191/192 General Education Course	GE Goal 1/ Major	3	
	STAT 110 or Math 100 or Higher General Education Course	GE Goal 4/Major	3	General Education Course (BIOL 116 and 117)	GE Goal 3	4	
	General Education Course	GE Goal 5	3	General Education Course	Goal 6A	3	
	OR 100 Introduction to Higher Education (Recommended)	Gen Elec	1	General Elective	Gen Elec	3	
	NOTE: A minimum of 40 credits must be taken in GEPS.			NOTE:			
	<b>First-Year Fall Semester Credit Hour Total</b>		<b>14</b>	<b>First-Year Spring Semester Credit Hour Total</b>		<b>16</b>	
<b>Year 2</b>	HERS 322 Health Education Field Experience	Major	1	HERS 312 School and Community Health	Major	3	
	SPED 300 Children and Youth with Exceptionalities	Major	3	HERS 320 Health Methods 1	Major	3	
	General Education Course	GE Goal 3	3	EDFD 401 Human Development and Learning: K-12 & 5-12	Major	2	
	General Education Course (CAST 301 recommended)	GE Goal 5 and 9	3	EDFD 461 Multicultural Youth, Children, & Families: K-12 & 5-12	Major	2	
	General Education Course (SOC 150 recommended)	GE Goal 5 and 7	3	General Education Course	GE Goal 8	3	
	General Elective	Gen Elec	3	General Elective	Gen Elec	2	
	NOTE: Apply to Education Program, Attend Induction Day, Purchase Background Check and Liability Insurance.			NOTE: HERS 312 is only offered in the Spring.			
	<b>Second-Year Fall Semester Credit Hour Total</b>		<b>16</b>	<b>Second-Year Spring Semester Credit Hour Total</b>		<b>15</b>	
<b>Year 3</b>	HERS 250 Mental Health and Society - Adult	Major	1	Health 321 Health Methods 2	Major	3	
	HERS 252 Mental Health and Society - Youth	Major	1	HERS 322 Health Education Field Experience	Major	1	
	HERS 322 Health Education Field Experience	Major	1	PESS 214 First Aid and CPR	Major	2	
	HERS 326 Topics and Issues	Major	2	EDFD 449 Middle School	Major	3	
	EDFD 421 Classroom Management: K-12 & 5-12	Major	1	EDUC 429 Reading in Secondary Programs	Major	3	
	EDFD 441 Curriculum, Instruction, and Assessment: K-12 & 5-12	Major	3	General Elective	Gen Elec	3	
	General Education Course	GE Goal 6	3				
	General Elective	Gen Elec	3				
	NOTE: Purchase Liability Insurance. HERS 326 is only offered in the Fall.			NOTE: Apply to Student Teach. HERS 321 is only offered in the Spring.			
	<b>Third-Year Fall Semester Credit Hour Total</b>		<b>15</b>	<b>Third-Year Spring Semester Credit Hour Total</b>		<b>15</b>	
<b>Year 4</b>	HERS 425 Organization and Administration of Health Education	Major	3	EDST 465 Student Teaching - Secondary	Major	12	
	HERS 433 Senior Seminar	Major	1				
	EDFD 459 The Professional Educator	Major	3				
	EDFD 462 Multicultural Youth, Children, and Families Part II	Major	1				
	General Education Course	GE Goal 10	3				
	General Education Course	GE Goal 6B	3				
	General Elective	Gen Elec	3				
	NOTE: Attend Student Teaching Meetings, Take Health Education and Pedagogy MTLEs, Purchase Liability Insurance, Apply for Graduation. HERS 425 and HERS 433 are only offered in the Fall.			NOTE: Complete edTPA during Student Teaching.			
	<b>Fourth-Year Fall Semester Credit Hour Total</b>		<b>17</b>	<b>Fourth-Year Spring Semester Credit Hour Total</b>		<b>12</b>	

Total Credit Hours (SH): 120