



A degree in health and wellness is a broad degree that will help graduates fill roles in many different areas, including the pharmaceutical industry, medical centers, clinics, community health centers, government health departments, fitness and wellness centers, and the health insurance industry. Students can enroll in the program beginning fall semester.

Core curriculum requirements (60 hours):

Area A

ENGL 1101 - English Composition I

ENGL 1102 - English Composition II

Math Elective – MATH 1001, MATH 1101, Math 1111, or Math 1113

Area B

COMM 1110 – Fundamentals of Speech

HLTH 1030 or SOCI 1000 recommended but any 1-hour Area B is acceptable.

Area C

Electives (students will select 1 or 2 of the following courses)

ENGL 2111, 2112, 2120, 2121, 2130, 2131, or 2201

Elective (if students select only one of the courses above then they can select one of the courses below)

ARTS 1000, MUSC 1100, MUSC 1110, MUSC 1120, THEA 1100, HUMN 1201 or 1202

Area D

One of the following Laboratory Science Sequences:

BIOL 1007K & 1008K Principles of Biology, CHEM 1211K & 1212K Principles of Chemistry, or PHYS 1111K & 1112K Introductory Physics

MATH 2200 Introduction to Statistics

Area E

HIST 2111 or HIST 2112 United States History

POLS 1101 American Government

PSYC 1101 Intro to Psychology

Elective : Choose one from: ANTH 1103, ECON 2105, 2106, GEOG 1100, 1101, 1111, HIST 1111, 1112, 2111, 2112, PHIL 1103, 2010, 2020, POLS 2101, 2201, 2301, 2401, PSYC 2101, 2103, SOCI 1101 or 1160

Area F

BIOL 2212K Anatomy & Physiology I
BIOL 2213K Anatomy & Physiology II
BIOL 2215K Microbiology
PSYC 2103 Human Development
HLTH 2500 Interpersonal Health and Relationships

PHED** Activity Courses - 1 Hour

** PHED not counted in 60 core hours.

Upper Division Requirements (60 hours)

HLTH 3000 Personal Health and Wellness
HLTH 3005 Responding to Emergencies
HLTH 3250 Careers in Health and Wellness (*new*)
HLTH 3500 Health Aspects of Human Sexuality
HLTH 3750 Nutrition, Healthy Eating, and Weight Management (*new*)
HLTH 4000 Coping, Stress Management, and Life Satisfaction
HLTH 4100 Motivation for Health Behavior Change
HLTH 4250 Core Concepts and Issues in Fitness (*new*)
HLTH 4300 Community Health (*new*)
HLTH 4850 Senior Seminar Capstone in Health and Wellness (*new*)
SOWK 3503 Substance Abuse
NURS 3100 Perspectives on USA Health Care
ENGL 3000 Writing for Education/Social Sciences
COMM 3301 Communication for Professional Settings
18 Additional Credit Hours Open Electives HLTH (from courses listed below), BIOL,
NURS, SOWK, PSYC, BUSA, MARK, MNGT, COMM, or Opportunity to Pursue a
Minor

Upper Division Electives

HLTH 4500 Special topics in Health and Wellness
HLTH 4750 Coaching and Leadership (*new*)
HLTH 4900 Practicum / Internship in Health and Wellness (*new*)

	Requirements	
Core Curriculum Requirements - 60 hours		Upper Division Requirements - 60 hours

Area A: Essential Skills 9 Hours	ENGL 1101 - English Composition I ENGL 1102 - English Composition II Math Elective – MATH 1001, MATH 1101, Math 1111, or Math 1113	
Area B: Institutional Options 4 hours	COMM 1110 – Fundamentals of Speech HLTH 1030 or SOCI 1000 recommended but any 1 hour Area B is acceptable.	Suggested course progression <u>First Junior Semester</u> – 15 hrs
Area C: Humanities/Fine Arts Electives 6 Hours	Electives (students will select 1 or 2 of the following courses) ENGL 2111, 2112, 2120, 2121, 2130, 2131, or 2201 Elective (if students select only one of the courses above then they can select one of the courses below) ARTS 1000, MUSC 1100, MUSC 1110, MUSC 1120, THEA 1100, HUMN 1201 or 1202	HLTH 3000 Personal Health and Wellness HLTH 3005 Responding to Emergencies HLTH 3250 Careers in Health and Wellness NURS 3100 Perspectives on USA Health Care COMM 3301 Communication for Professional Settings <u>Second Junior Semester</u> – 15 hrs
Area D: Natural Science, Math Technology 11 hours	One of the following Laboratory Science Sequences: BIOL 1007K & 1008K Principles of Biology, CHEM 1211K & 1212K Principles of Chemistry, or PHYS 1111K & 1112K Introductory Physics MATH 2200 Introduction to Statistics	HLTH 3500 Health Aspects of Human Sexuality HLTH 3750 Nutrition, Healthy Eating, and Weight Management SOWK 3503 Substance Abuse ENGL 3000 Writing for Education/Social Sciences 1 upper level open elective <u>First Senior Semester</u> – 15 hrs
Area E: Social Sciences 12 hours	HIST 2111 or HIST 2112 United States History POLS 1101 American Government PSYC 1101 Intro to Psychology Area E Elective : Choose <u>one</u> from: ANTH 1103, ECON 2105, 2106, GEOG 1100, 1101, 1111, HIST 1111, 1112, 2111, 2112, PHIL 1103, 2010, 2020, POLS 2101, 2201, 2301, 2401, PSYC 2101, 2103, SOCI 1101 or 1160	HLTH 4000 Coping, Stress Management, and Life Satisfaction HLTH 4100 Motivation for Health Behavior Change HLTH 4250 Core Concepts and Issues in Fitness 2 upper level open electives <u>Second Senior semester</u> – 15 hrs
Area F: Major Field 18 hours	BIOL 2212K Anatomy & Physiology I BIOL 2213K Anatomy & Physiology II BIOL 2215K Microbiology PSYC 2103- Human Development HLTH 2500 – Interpersonal Health & Relationships	HLTH 4300 Community Health HLTH 4850 Senior Seminar Capstone in Health and Wellness HLTH 4900 Practicum / Internship in Health and Wellness or other elective 2 additional upper level open electives
Activity Elective 1 Hour Required	PHED** Activity Courses - 1 Hour ** PHED not counted in 60 core hours.	