

## *Health & Wellness Major - Bachelor of Science*

<u>HEALTH AND WELLNESS CORE COURSES</u> (28 HOURS)	<u>UNIVERSITY CORE</u>
	COMMON GOOD
HLT 200 (3)	CORE 115 Common Ground CODE COR
HLT 230 (3)	Justice & the Common Good CODE JCG
HLT 320 (3)	Ethics CODE CE
HLT 360 (3)	Experiential Learning CODE EXP
HLT 430 (3)	Core Capstone CODE CCP
HLT 440 (3)	HUMANITIES
HLT 440S (1)	Speech (COM 100) CODE C
HLT 450 (3)	Writing (ENG 101) CODE C
HLT 451 (3)	Literature (ENG) CODE CL
PSY 220 (3)	Art or Music CODE CAM
	History CODE CH
	Religious Studies CODE CR
	Philosophy CODE CP
	SCIENCES
<b>Scientific Foundations Courses (14 hours):</b>	Biology/Chemistry/Physics+Lab CODE CN
MTH 174 (3)	Mathematics CODE CMA
PSY 103 (3)	SOC 103 Our Social World CODE CS
PSY 204 (4)	Choose one discipline:
	ECO 212 Microeconomics CODE CEP
<b>Choose one of the following courses w/lab:</b>	PSY 103 Psychology CODE CEP
BIO 131/131A (LAB) (4)	
BIO 197 /197A (LAB) (4)	
<b><u>NOTES:</u></b>	
<p>The Health &amp; Wellness major consists of 63 credit hours (28 Health &amp; Wellness core hours, 14 scientific foundation hours and 21 elective hours) with a required minor in an area offered by the Institution. It is expected that a portion of the credits included in the 21 elective hours would count towards the student's selected minor. Students are expected to maintain a "C" or better in Health &amp; Wellness Core and Scientific Foundations courses. Additionally, students are expected to maintain a grade point average of 2.0 in the courses which are part of their major. Total hours: 63</p> <p>A second major or a minor outside of Health &amp; Wellness is required. Courses within the Dimensions of Wellness and electives may count towards the minor or second major and the University's baccalaureate/core curriculum. The requirement for a minor or second major is waived for students with a professional health care license or an associate's degree in a health-related discipline from a regionally accredited college or university.</p>	

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### Dimensions of Wellness Courses (21 hours)

Students must take a minimum of 3 credit hours within each Wellness Dimension, distributed across at least 4 departments/disciplines

<u>EMOTIONAL &amp; SPIRITUAL WELLNESS: SELECT ONE</u>	<u>SOCIAL WELLNESS - 3 HOURS</u>
REL 104 (3)	CRM 230 (3)
REL 108 (3)	ECO 201 (3)
REL 206 (3)	JCG 255 (3)
REL 215 (3)	PSY 208 (3)
REL 242 (3)	SOC 208 (3)
REL 314 (3)	SOC 202 (3)
JCG 390 (3)	SOC 216 (3)
JCG 391 (3)	SOC 220 (3)
	SOC 261 (3)
	SPM 185 (3)
<u>ENVIRONMENTAL WELLNESS: SELECT ONE (WITH LAB IF APPLICABLE)</u>	
BIO 140/140A (LAB) (4)	<p><i>Students must choose 6 additional credit hours not selected previously:</i></p> ASL 101 (3) BIO 130 (2) BIO 212 (2) BIO 301 (4) BIO 330/330A (LAB) (4) COM 353 (3) ECE 250 (3) ENG 262 (3) ESF 422/422A (LAB) (4) ESF 470/470A (LAB) (4) ETH:PHI 250 (3) ETH:REL 252 (3) ETH:REL 256 (3) GST 360 (3) NUR 100 (3) PSY 212 (3) PSY 224 (3) PSY 225 (3) PSY 351 (3) PSY 360/360A (LAB) (4) SED 215 (3) SOC 289 (3) SOC 302 (3) SOC 377 (3) SPA 330 (3) SWK 333 (3) SWK 410 (3)
BIO 315/315A (LAB) (4)	
BIO 335/335A (LAB) (4)	
ENG 165 (3)	
ETH:PHI 203 (3)	
ETH:REL 269 (3)	
GEO 115 (L/L) (4)	
HIS 236 (3)	
JCG 267 (3)	
<u>OCCUPATIONAL WELLNESS - 3 CREDIT HOURS</u>	
CED 150 (1)	
CED 220 (1)	
CED 220S (1)	
CED 320 (1)	
CED 420 (1)	
GST 359 (3)	
HLT 100 (2)	
MGT 300 (3)	
<u>PHYSICAL WELLNESS - 3 CREDIT HOURS</u>	
ACT 119 (1)	
ACT 121 (1)	
ACT 130 (1)	
ACT 132 (1)	
ACT 151 (1)	
ACT 160 (1)	
ESF 350/350A (LAB) (4)	

Completion guidance is provided by a faculty academic advisor within the Health & Wellness Program.