

Bachelor of Science in Health & Wellness Program Map

Areas	Cr. Hrs.	Completed or Enrolled	Need to Complete
Area A: Essential Skills (9 Semester Hours)			
ENGL 1101 (must complete with a grade of "C" or better)	3		
ENGL 1102	3		
MATH 1001 or 1111	3		
Area B: Institutional Options (4 Semester Hours)			
Choose one of the following: COLQ 2991, 2992, 2993, or 2994H	2		
FIRE 1000: Freshman Introduction to Reasoning Essentials	2		
Area C: Humanities (6 Semester Hours)			
Choose one of the following courses: _____ ENGL 2111, 2112, 2121, 2122, 2131, 2132 or PHIL 2010 or 2020	3		
Choose one of the following courses: _____ ARTS 1100, 1101, 1102; COMM 1100, 1110, 1500; FREN 1001, 1002; HUMN 150 , 1502; MUSC 1100; SPAN 1001, 1002, 1060; THEA 1000, 1100	3		
Area D: Science/Mathematics (11 Semester Hours)			
ASTR 1010K; ASTR 1020K; BIOL 1107K, 1111K; CHEM 1151K, 1211K; GEOL ISCI 1121K; PHYS 1121K; 1111K [BIOL 1111 recommended]	4		
Choose Any of the courses above or BIOL 1108K, BIOL 1112K; CHEM 1152K, CHEM 11212K; GEOL 1122K; ISCI 1122K; or PHYS 1112K Note: You may not take both BIOL 1111K and 1107K and get credit in Area D. [BIOL 1112 recommended]	4		
Choose Any of the courses above or BIOL 1011, 1050; CHEM 2200; CSCI 1101, 2102; MATH 1113, 1501, 1502, 2101; PHSC 1011 [MATH 1401 recommended]	3		
Area E: Social Science (12 Semester Hours)			
HIST 1121 or 1122 (Western Civilization)	3		
HIST 2111 or 2112 (American History)	3		
Choose two from the following: ANTH 1102; any ECON; any HIST not taken above; PSYC 1101; SOCI 1101; or POLS 1101, 2201, 2301, 2401 [PSYC 1101 & SOCI 1101 recommended]	3		
	3		
Area F: Major Requirements (20 Semester Hours)			
BIOL 2210: Anatomy & Physiology I (with lab)	4		
BIOL 2211: Anatomy & Physiology II (with lab)	4		
PHED 1040 Introduction to Physical Education	3		
PHED 2100 Personal Health	3		
PHED 2110 Introduction to Public Health	3		
PSYC 2103 Introduction to Human Growth and Development	3		
Area G: Physical Education Requirements (4 Semester Hour;)			
PHED 1001 or PHED 1010 (3 hour course)	3		
PHED _____ (1 credit hour Activity course)	1		



Required Upper Level courses (Junior/Senior) (15 Semester Hours)			
PHED 3505 Epidemiology	3		
PHED 4000 Health and Wellness Program Planning	3		
PHED 4010 Health and Wellness Program Evaluation	3		
PHED 4100 Grant Writing	3		
PHED 4900 Health and Wellness Internship	4		
Upper Level Electives (30 hours)			
HIMA 2000 Medical Terminology	3		
BUSA 2101 Introduction to Business Systems	3		
MGNT 3000 Principles of Management	3		
HIMA 3000 Introduction to Health Care Systems	3		
PHED 3000 Nutrition	3		
SOCI 3045 Poverty	3		
SOCI 3055/PSYC 3055 Addictions	3		
SOCI 3060 Culture and Diversity	3		
PHED 3110 Introduction to Health Promotion	3		
PHED 3500 Introduction to Rural Health	3		
PHED 3600 Contemporary Health Issues	3		
Advisor Approved Electives (12 hours)			
Student should work closely with their advisor			

