

✓BS HEALTH and WELLNESS Program Map

This program map provides a model for the timely completion of the degree. Each course fulfills a requirement in the baccalaureate. Stay in contact with your assigned advisor, who will offer you important information and insights about your academic choices. Taking classes, particularly in Area A-F in the summer terms will reduce the number of hours needed in the regular terms or shorten the time for degree completion. This map includes the following courses:

^ Academic Focus Area

* Milestone: Complete these degree-required courses in the semester indicated to stay on a four year graduation track.

✓ Core Area Completion

UL Upper level

Term 1 FRESHMAN	Hrs	Area
ENGL 1101 Composition I	3	(≥C) Area A
MATH 1001 Quantitative Skills or MATH 1111 College Algebra	3	(≥C) Area A*
BIOL 1111 Introduction to Biology I	4	(≥C) Area D*
FIRE 1000 Freshman Intro to Reasoning Essentials	2	Area B
HIST 1121 or HIST 1122 Western Civilization	3	Area E
Total Term	15	
Term 2 FRESHMAN	Hrs.	Area
ENGL 1102 Composition II	3	Area A✓
BIOL 1112 Introduction to Biology II	4	(≥C) Area D*
HIST 2111 or 2112 American History	3	Area E
PHED 1001 Health or PHED 1010 Fitness	3	Area G
COLQ XXXX	2	Area B✓
Total Term	15	
Term 3 SOPHOMORE	Hrs	Area
BIOL 2210 Anatomy and Physiology I	4	(≥C)Area F ^*
COMM 1100 or other Area C course	3	Area C
PSYC 1101 Introduction to Psychiatry	3	(≥C)Area E^
PHED 1040 Introduction to Physical Education	3	Area F^
PHED 2110 Introduction to Public Health	3	Area F^
Total Term	16	
Term 4 SOPHOMORE	Hrs	Area
SOCI 1101 Introduction to Sociology	3	(≥C)Area E^✓
BIOL 2211 Anatomy and Physiology II	4	(≥C)Area F^*✓
PHIL 2020 Ethics or other 2000 level Area C course	3	Area C*✓
PHED 2100 Personal Health	3	Area F^*
PSYC 2103 Introduction to Human Growth and Development	3	Area F^*

Total Term	16	
Term 5 JUNIOR	Hrs	Area
MATH 2101 Introductory Statistics	3	Area D ^{^*} ✓
Advisor approved elective	3	UL elective
HIMA 2000 Medical Terminology	3	UL elective
PHED 3000 Introduction to Nutrition	3	UL elective
SOCI 3060 Culture and Diversity	3	UL elective
PHED XXXX	1	Area G✓
Total Term	16	
Term 6 JUNIOR		
PHED 3110 Introduction to Health Promotion	3	UL elective
BUSC 2101 Intro to Business Systems	3	UL elective
Advisor approved elective	3	UL elective
SOCI 3045 Poverty	3	UL elective
MGNT 3000 Principles of Management	3	UL elective
Total Term	15	
Term 7 SENIOR	Hrs	Area
HIMA 3000 Intro to Health Care Systems	3	UL elective
PHED 3505 Epidemiology	3	UL core
PHED 3500 Introduction to Rural Health	3	UL elective
PHED 4000 Health & Wellness Program Planning	3	UL core
Advisor approved elective	3	UL elective
Total Term	15	
Term 8 SENIOR	Hrs	Area
Advisor approved elective	3	UL elective
PHED 4010 Health and Wellness Program Evaluation	3	UL core
PHED 4100 Grant Writing	3	UL core
PHED 4900 Health & Wellness Internship	4	UL core
SOCI 3055 Addictions	3	UL elective
Total Term	16	
Total All Terms	124	