



2021-2022

HEALTH PROMOTION & WELLNESS MAJOR, B.S. (Online)

Science & Health Department; School of Science, Health & Mathematics

The Health Promotions & Wellness major equips students with the tools and strategies to engage and empower individuals and communities to make healthier life choices to improve and maintain their health and well-being. Students completing this major will be equipped to pursue careers in business, community, education, or other health care settings, such as employee wellness programs. Additionally, students will be prepared to pursue graduate school in related fields of study. This major combines a core program of nutrition, fitness and exercise, community health and welfare, and the prevention and control of disease. Through coursework, a capstone project, and a guided internship, students in the Health Promotions and Wellness program will learn to develop wellness programs, design community health education curriculum, and implement organizational change and capacity building for improved wellness.

To graduate must complete all major requirements, foundational requirements, and additional electives needed for 124 hour minimum degree requirement.

FOUNDATIONS (39)

(48 less 3 hours Social Science, 3 hours Math/Sci/Tech, and 3 hours Science satisfied by required major courses.)

Biblical Studies:

| | | | |
|------|----|-----|----------------------------------|
| __ 3 | NT | 100 | Und New Testament |
| __ 3 | OT | 100 | Und Old Testament |
| __ 3 | TH | 250 | Foundations of Christian Thought |

Choose 3 hours **Math/Science/Technology:**

✓ 3 met by BIO 280 requirement in major

Composition:

| | | | |
|------|-----|-----|--------------------|
| __ 3 | ENG | 110 | College Writing II |
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Choose 3 hours **Science:**

✓ 3 met by BIO 100 requirement in major

Choose 6 hours **Writing and/or Communication:**

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| __ 3 | ___ | ___ | _____ |
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Choose 3 hours **Literature:**

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Choose 9 hours **Humanities:**

(Philosophy, Literature, Music/Art/Theater Appreciation)

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Choose 3 hours **History:**

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Choose 6 hours **Social Science:**

(History, Sociology, Psychology, Anthropology, Economics, Political Science)

✓ 3 met by HCA 430 requirement in major

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Choose 3 hours **Mathematics:**

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