



2023-2024

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

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

The Health Promotion & 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

#### Choose 3 hours **Science:**

✓ 3 met by BIO 100 requirement in major

#### **Composition:**

__ 3	ENG	110	College Writing II
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#### Choose 6 hours **Writing and/or Communication:**

__ 3	___	___	_____
__ 3	___	___	_____

#### Choose 3 hours **Literature:**

__ 3	___	___	_____
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#### Choose 9 hours **Humanities:**

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

__ 3	___	___	_____
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#### Choose 3 hours **History:**

__ 3	___	___	_____
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#### Choose 6 hours **Social Science:**

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

✓ 3 met by HCA 430 requirement in major

__ 3	___	___	_____
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#### Choose 3 hours **Mathematics:**

__ 3	___	___	_____
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(Major 52 + Foundations 39 + Electives 33)

## MAJOR REQUIREMENTS (52)

__3	BIO	100	Biological Science
__1	BIO	101	Biological Science Lab
Health Care Core (21)			
__3	BIO	280	Scientific & Medical Terminology
__3	HCA	102	Health Care Services
__3	HCA	201	Ethical/Legal Issues in Health Care
__3	HCA	202	Faith and Care
__3	HCA	250	Intro to Public/Population Health
__3	HCA	275	Trends & Policy in Health Care
__3	HED	282	Community Environmental Health
Health Care Professional Core (12)			
__3	HCA	300	Applied Statistics for Health Sciences
__3	HCA	430	Health Economics
__3	HCA	435	Guided Experience: Internship
__3	HCA	485	Capstone Project/Adv Internship
Concentration (15)			
__3	HCA	320	Health Promotions & Programs I
__3	HCA	360	Health, Aging & Society
__3	HCA	410	Human Behavior/Health Interventions
__3	HCA	420	Health Promotions & Programs II
__3	HED	312	Nutrition Health & Human Performance

## PLUS ELECTIVES NEEDED FOR THE 124 HOUR DEGREE REQUIREMENT (33)

__3	___	___	_____
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Area	Hours Needed	Completed:	In Process:	Needed after current term:	Expected Graduation Date
Foundations	39	_____	_____	_____	____/____/____
Major	52	_____	_____	_____	
Electives	33	_____	_____	_____	