

# HEALTH AND WELLNESS

## BACHELOR OF SCIENCE

The Bachelor of Science in Health and Wellness program will provide students with a broad understanding of health and wellness trends, concepts, and public health in America

The program will require a foundation in the core curriculum in order to prepare students for major field courses related to health sciences, policy, leadership and fitness.

### Area A: Essential Skills

ENGL 1101	English Composition I	3
ENGL 1102	English Composition II	3
MATH 1001	Quantitative Skills/Reasoning	3
or MATH 1101	Intro to Mathematical Modeling	
or MATH 1111	College Algebra	
or MATH 1113	Precalculus Mathematics	

### Area B: Institutional Options

COMM 1110	Fundamentals of Speech	3
Choose one of the following:		1
COMM 1120	Argumentation and Advocacy	
ENGL 1105	Intro to Greek Mythology	
ENGL 1110	Creative Writing	
GEOL 1000	Natural Hazards	
HIST 1050	Appalachian Hist-Special Topic	
HIST 1051	Sports Hist & Amer Character	
HLTH 1030	Health and Wellness Concepts (Recommended)	
HUMN 1000	Mystery Fiction in Pop Culture	
HUMN 1100	Political and Social Rhetoric	
HUMN 1300	Christian Fiction/Pop Culture	
SOCI 1000	Race and Ethnicity in America (Recommended)	
PRSP Elective (See advisor)		

### Area C: Humanities/Fine Arts

Choose one to two ENGL course(s):		3-6
ENGL 2000	Topics in Literature & Culture	
ENGL 2111	World Literature I	
ENGL 2112	World Literature II	
ENGL 2120	British Literature I	
ENGL 2121	British Literature II	
ENGL 2130	American Literature I	
ENGL 2131	American Literature II	
ENGL 2201	Intro to Film as Literature	
If only one ENGL course chosen, add one of the following:		0-3
ARTS 1100	Art Appreciation	
HUMN 1201	Expressions of Culture I	
HUMN 1202	Expressions of Culture II	
MUSC 1100	Music Appreciation	
MUSC 1110	World Music	
MUSC 1120	American Music	
THEA 1100	Theatre Appreciation	

### Area D: Science/Mathematics/Technology

One of the following Laboratory Science Sequences:		8
BIOL 1107K & BIOL 1108K	Principles of Biology I and Principles of Biology II	
CHEM 1211K & CHEM 1212K	Principles of Chemistry I and Principles of Chemistry II	
PHYS 1111K & PHYS 1112K	Introductory Physics I and Introductory Physics II	
MATH 1401	Elementary Statistics	3

### Area E: Social Sciences

HIST 2111	United States History to 1877	3
or HIST 2112	United States Hist since 1877	
POLS 1101	American Government	3
PSYC 1101	Introduction to Psychology	3
Choose one elective:		3
ANTH 1103	Intro to Cultural Anthropology	
ECON 2105	Principles of Macroeconomics	
ECON 2106	Principles of Microeconomics	
GEOG 1100	Introduction to Geography	
GEOG 1101	Intro to Human Geography	
GEOG 1111	Intro to Physical Geography	
HIST 1111	World Civilization to 1500 CE	
HIST 1112	World Civilization since 1500	
HIST 2111	United States History to 1877	
HIST 2112	United States Hist since 1877	
PHIL 1103	Intro to World Religions	
PHIL 2010	Intro to Philosophical Issues	
PHIL 2020	Logic and Critical Thinking	
POLS 2101	Intro to Political Science	
POLS 2201	State and Local Government	
POLS 2301	Comparative Politics	
POLS 2401	International Relations	
SOCI 1101	Introduction to Sociology	
SOCI 1160	Social Problems	

### Area F: Major Related

BIOL 2212K	Anatomy and Physiology I	4
BIOL 2213K	Anatomy and Physiology II	4
BIOL 2215K	Microbiology	4
PSYC 2103	Human Development	3
HLTH 2500	Interpersonal Health/Relations	3

### Upper Division Required Courses

COMM 3301	Communication for Prof Setting	3
ENGL 3000	Writing for Educ/Soc Sciences	3
HLTH 3001	Personal Health and Wellness	3
HLTH 3005	Responding to Emergencies	3
HLTH 3250	Careers in Health and Wellness	3
HLTH 3500	Health Aspects/Human Sexuality	3
HLTH 3750	Nutrition, Hlthy Eat & Wt Maint	3
HLTH 4001	Coping/Stress Mgt/Life Satisf	3
HLTH 4100	Motivation Health Behav Change	3
HLTH 4250	Core Concepts & Iss in Fitness	3
HLTH 4300	Community Health	3
HLTH 4850	Sr. Sem Capstone in Hlth&Welln	3

NURS 3100	Perspectives on USA Health Sys	3
SOWK 3503	Substance Abuse	3
<b>Electives</b>		
Choose from the Upper Level HLTH courses listed and/or Upper Level courses from following disciplines or choose a minor. (If minor is 15 credit hours, take one 3-credit-hour course from the list.)		18
HLTH 4500	Special Topics Health/Wellness	
HLTH 4750	Coaching & Leadership	
HLTH 4900	Practicum/Internship Hlth&Well	
BIOL, BUSA, COMM, MARK, MNGT, NURS, PSYC, SOWK		
<b>Physical Education</b>		
PHED Activity Elective		1
Total Hours		121

## Courses

### HLTH 1030. Health and Wellness Concepts. 1-0-1 Unit.

Introduces personal responsibility for health and wellness and provides information and strategies that can be adopted. Covers topics such as wellness assessment, self-managed behavior, physical fitness, nutrition, weight control, stress management. This course does not satisfy the physical activity requirement.

Prerequisites: READ 0098, unless exempt.

### HLTH 2000. Personal Health & Wellness. 3-0-3 Units.

Explores specific topics which promote healthy proactive lifestyles. Each topic covered includes applied skills for making positive lifestyle choices. Focus topics and skills are: exploring the various dimensions of wellness, eliminating self-defeating behaviors, and designing and implementing a personal wellness plan.

### HLTH 2005. Responding to Emergencies. 3-0-3 Units.

This course is directed towards those seeking advanced first aid training for schools and communities. It offers American Red Cross certification in CPR for the Professional Rescuer, First Aid and Automated External Defibrillation. This course can train and certify students majoring in various health care, education, criminal justice and general studies curriculums. Also offered as an elective for the minor in Health and Wellness program.

### HLTH 2500. Interpersonal Health/Relations. 3-0-3 Units.

Examines the research on developing and maintaining healthy interpersonal relationships. Emphasis will be placed on promoting positive interactions and productive versus non-productive conflict management.

### HLTH 3000. Coping/Stress Mgt/Life Satisf. 3-0-3 Units.

Provides a holistic approach overviewing the basic principles, theories, and techniques for effectively coping with and managing personal stress. Emphasis will be placed on prevention of stress and application of the research on coping and life satisfaction.

### HLTH 3001. Personal Health and Wellness. 3-0-3 Units.

Explores specific topics which promote healthy proactive lifestyles. Each topic covered includes applied skills for making positive lifestyle choices. Focus topics and skills are: exploring the various dimensions of wellness, eliminating self-defeating behaviors, and designing and implementing a personal wellness plan.

### HLTH 3005. Responding to Emergencies. 3-0-3 Units.

This course is directed towards those seeking advanced first aid training for schools and communities. It offers American Red Cross certification in CPR for the Professional Rescuer, First Aid and Automated External Defibrillation. This course can train and certify students majoring in various health care, education, criminal justice and general studies curriculums. Also offered as an elective for the minor in Health and Wellness program.

### HLTH 3250. Careers in Health and Wellness. 3-0-3 Units.

Examines career opportunities for health and wellness majors. Topics include an examination of the health and wellness major, preparation for employment with a focus on the skills employers seek, developing the skills necessary for obtaining employment, and enhancing marketability. Students will complete career inventories and guest speakers from the health professions in the community will be invited to share information about their careers, work experiences, and hiring preferences.

### HLTH 3500. Health Aspects/Human Sexuality. 3-0-3 Units.

Examines health issues associated with sex roles, values, gender, sexual orientation, sexual behavior, sexual problems and other issues related to sexual behavior and sexuality. Pre-requisite: HLTH 2500 Interpersonal Health and Relationships

### HLTH 3750. Nutrition, Hlthy Eat & Wt Maint. 3-0-3 Units.

Principles of nutrition, diet therapy and knowledge of food preparation. Course includes the basic nutrients necessary for human health, digestion and absorption of key nutrients, relationship between nutrition and physical fitness for weight management, food safety and sanitation, nutrition needs as related to the life cycle and health conditions, disorders and diseases related to nutrition. Pre-requisite: HLTH 3001 – Personal Health and Wellness

### HLTH 4000. Motiv Aspects of Hlth Beh Chng. 3-0-3 Units.

Provides an introduction to the study of health behavior change. Theoretical models for behavior change will be explored and applied. Emphasis will be placed on application of theory for the enhancement of community health and for individual well-being.

### HLTH 4001. Coping/Stress Mgt/Life Satisf. 3-0-3 Units.

Provides a holistic approach overviewing the basic principles, theories, and techniques for effectively coping with and managing personal stress. Emphasis will be placed on prevention of stress and application of the research on coping and life satisfaction.

### HLTH 4100. Motivation Health Behav Change. 3-0-3 Units.

Provides an introduction to the study of health behavior change. Theoretical models for behavior change will be explored and applied. Emphasis will be placed on application of theory for the enhancement of community health and for individual well-being.

### HLTH 4250. Core Concepts & Iss in Fitness. 3-0-3 Units.

An introduction to basic scientific knowledge and practical experience in the principles, assessment, and development of total well-being through health-related physical fitness and lifestyle management techniques. Major topics will include: cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition, and nutrition. Pre-requisite: HLTH 3001 – Personal Health and Wellness

**HLTH 4300. Community Health. 3-0-3 Units.**

Provides an introduction to community health. Students will develop an understanding of historical and theoretical foundations of community health and major societal health concerns; explore community health models and programs used to address these concerns; and examine racial/ethnic, cultural, and social determinants of health. This course will also provide an introduction to public health program planning and evaluation in the context of community health providing a review of factors that influence as well as improve the health of communities. Pre-requisite: HLTH 4100 – Motivation for Health Behavior Change

**HLTH 4500. Special Topics Health/Wellness. 3-0-3 Units.**

This course will address Special Topics: Films on Health and Wellness Issues.

**HLTH 4750. Coaching & Leadership. 3-0-3 Units.**

The course provides an overview of the concepts that are essential in the preparation of sport coaches. Students will evaluate the current theoretical perspectives in the field of sport psychology and critically evaluate the current research in coaching sports. Topics include developing a coaching philosophy, evaluating theories in motivation, understanding team dynamics, communicating effectively, and improving player performance. Pre-requisite: HLTH 4250 – Core Concepts and Issues in Fitness

**HLTH 4850. Sr. Sem Capstone in Hlth&Welln. 3-0-3 Units.**

This course is the capstone experience for students completing the program requirements for the Bachelor of Science in Health and Wellness. Course topics include trends in health and wellness, professional ethics, diversity issues, marketplace needs, and employment strategies. Pre-requisite: senior status as a Health and Wellness major

**HLTH 4900. Practicum/Internship Hlth&Well. 0-0-3-6 Units.**

Practicum experiences may be completed in selected health care work environments: public health departments, clinics, hospitals, not-for-profit organizations, community, or commercial settings. The practicum is a supervised experience in several role specialization areas. The general purpose of the practicum is to give students an opportunity to implement the theories and principles acquired in class, develop professional competencies, and to experience diverse working situations. The practicum implies a team relationship among the student, the cooperating administrator and the college practicum supervisor. Pre-requisite: senior status as a Health and Wellness major