Wellness Management Major – B.S.  62 cr

A. Core Requirements  24 cr

- HSC 101 Introduction to Health Promotion and Wellness  3 cr
- HSC 310 Disease: Lifestyle and Environment  3 cr
- HSC 332 Scientific Foundations of Fitness  3 cr
- HSC 448 Health Promotion Program Planning  3 cr
- HSC 460 Exercise Prescription and Leadership  3 cr
- HSC 470 Wellness Skills: Application and Assessment  3 cr
- HSC 488 Evaluation and Research in Health Promotion  3 cr
- HSC 498 Internship in Wellness Management  3 cr

B. Elective Requirements  12 cr

Select three courses from the following:

- HSC 315 Nutrition Concepts  3 cr
- HSC 333 Human Response to Stress  3 cr
- HSC 386 Wellness for Contemporary Living  3 cr
- HSC 397 Exploratory Practicum in Wellness Management  3 cr

Select one course from the following:

- PSY 340 Social Psychology  3 cr
- PSY 343 Health Psychology  3 cr
- PSY 345 Industrial/Organizational Psychology  3 cr
- PSY 377 Human Sexuality  3 cr

C. Cognate Requirements  26 cr

- BIO 203 Human Biology  3 cr
- ECO 101 Principles of Microeconomics  3 cr
- HRM 385 Organizational Behavior  3 cr
- MGT 261 Business Organization  3 cr
- MKT 250 Marketing Principles  3 cr
- PSY 100 Principles of Human Behavior  3 cr
- ZOO 305 Human Anatomy and Physiology I  4 cr
- ZOO 306 Human Anatomy and Physiology II  4 cr

Note: Majors in Wellness Management must earn grades of C- or better in all courses credited to the major (core, elective and cognate courses). Students earning less than C- will be offered advisement intervention before repeating the course. A course may not be taken a third time without departmental approval.

Wellness Management Major – B.S.  57-59 cr

A. Core Requirements  21 cr

- HSC 101 Introduction to Health Promotion and Wellness  3 cr
- HSC 310 Disease: Lifestyle and Environment  3 cr
- HSC 332 Essentials of Exercise Physiology  3 cr
- HSC 448 Health Promotion Program Planning  3 cr
- HSC 470 Wellness Skills: Application and Assessment  3 cr
- HSC 488 Evaluation and Research in Health Promotion  3 cr
- Select one under advisement  3 cr
- *HSC 397 Exploratory Practicum in Wellness Management  3 cr
- HSC 498 Internship in Wellness Management  3 cr

B. Elective Requirements  18-20 cr

Select one course from the following:

- COM 316 Survey of Health Communication  3 cr
- HSC 230 Health and Technology  3 cr
- TEL 130 Computing Technology & Information Systems for Technology Careers  3 cr
- TED 209 Technical Writing & Literacy  3 cr

Select one course from the following:

- HSC 232 Introduction to Personal Training  3 cr
- HSC 315 Nutrition Concepts  3 cr
- HSC 353 Wellness and Aging  3 cr
- HSC 460 Exercise Prescription and Leadership  3 cr

Select one course from the following:

- PSY 340 Social Psychology  3 cr
- PSY 343 Health Psychology  3 cr
- PSY 345 Industrial/Organizational Psychology  3 cr

Select one sequence:

- Sequence A  6-8 cr
  - ZOO 305 Human Anatomy and Physiology I  4 cr
  - ZOO 306 Human Anatomy and Physiology II  4 cr
- Sequence B  6-8 cr
  - HSC 120 Human Body Systems  3 cr
  - HSC 334 Applied Kinesiology  3 cr

C. Cognate Requirements  18 cr

- BIO 203 Human Biology  3 cr
- ECO 101 Principles of Microeconomics  3 cr
- HRM 385 Organizational Behavior  3 cr
- MGT 261 Business Organization  3 cr
- MKT 250 Marketing Principles  3 cr
- PSY 100 Principles of Human Behavior  3 cr

Note: Majors in Wellness Management must earn grades of C- or better in all courses credited to the major (core, elective and cognate courses). Students earning less than C- will be offered advisement intervention before repeating the course. A course may not be taken a third time without departmental approval.

*HSC 397 taken only under advisement by Health Promotion and Wellness department chair
Rationale for Changes: The B.S. in Wellness Management was developed in 1995. There have been no changes/updates to the curriculum since its development. Much has changed in this field in 20 years. This major provides the flexibility for students to customize the major with electives and/or minors. The BS in Wellness Management was not originally developed as a pre-allied health major, but it has transformed into that over the years, with many students using the electives to take pre-requisite courses for physical therapy, occupational therapy, physician assistant and nursing. The major also provides opportunities for students to prepare for worksite health promotion, wellness coaching, mental health/social service fields, healthcare, and fitness and personal training careers.

REVISE HSC 332 name change from Scientific Foundations of Fitness to Essentials of Exercise Physiology to better represent the course for national certifying organizations and graduate schools.

ADD HSC 397 Exploratory Practicum in Wellness Management to the Core Requirements so students have a choice between the HSC 498 Internship in Wellness Management or HSC 397 Exploratory Practicum in Wellness Management. HSC 498 has a 2.5 GPA requirement, thus a hidden pre-requisite. Providing choice removes this barrier for the student. HSC 397 is taken only under advisement with the Health Promotion and Wellness Department Chair.

REPLACE PSY 377 Human Sexuality with HDV 313 Human Sexual Development. This change should have been made during the 2012-13 academic year when HDV and PSY split into separate departments. Students have been taking HDV 313 and we have had to complete program deviations.

DELETE HSC 460 Exercise Prescription and Leadership from the core requirements. Not all students plan to be personal trainers or enter the exercise science profession. This has been voiced by students over the past few semesters. They already have one foundation class in exercise HSC 332. So by making HSC 460 an elective it frees up space for student to select electives they need or want.

DELETE HSC 397 Exploratory Wellness Practicum as an elective under required electives. This will still be available to students. We use it for teaching assistants and for student looking to explore a field prior to their required internship. It is being removed to ensure students enroll in a course under that new elective subheading of Holistic Health

REVISE Elective choices into categories of similar courses. This ensures some breadth among elective choices. Depth can then occur with the rest of their free elective credits.
Technology-related courses ensure that students have an understanding of the role of technology in society, communication, and dissemination of information.

Select one course from the following: 3cr
- TEL 130 Computing Technology & Information Systems for Technology Careers
- TED 209 Technical Writing & Literacy
- HSC 225 Health and Technology
- COM 316 Survey of Health Communication

Exercise and nutrition-related courses ensure that students have an understanding of energy balance in relationship to healthy weight management and overall health.

Select one course from the following: 3cr
- HSC 232 Introduction to Personal Training
- HSC 315 Nutrition Concepts
- HSC 353 Wellness and Aging
- HSC 460 Exercise Prescription and Leadership

Holistic health-related courses ensure that students have an understanding of the role of emotions, stress, social support and the multi-dimensional aspects of being well.

Select one course from the following: 3cr
- HSC 333 Human Response to Stress
- HSC 343 Drug Use and Abuse in Society
- HSC 363 Emotional Wellness
- HSC 386 Wellness for Contemporary Living

A functional human body-related course sequence ensures that students have a basic understanding of the human body systems involved with physical activity and wellness. Also the Biology department is over-capacity and cannot service all of their students and the wellness management students. This is a solution agreed upon by both departments. Also, unless as student in entering an allied health profession, they most likely do not need 8 credits of A&P lab science.

Select one sequence: 6-8cr

Sequence A
- ZOO 305 Human Anatomy and Physiology I 4cr
- ZOO 306 Human Anatomy and Physiology II 4cr

Or

Sequence B
- HSC 120 Human Body Systems 3cr
- HSC 334 Applied Kinesiology 3cr