

Wellness Management Major – B.S.	62 cr
A. Core Requirements	24 cr
HSC 101 Introduction to Health Promotion and Wellness	3
HSC 310 Disease: Lifestyle and Environment	3
HSC 332 Scientific Foundations of Fitness	3
HSC 448 Health Promotion Program Planning	3
HSC 460 Exercise Prescription and Leadership	3
HSC 470 Wellness Skills: Application and Assessment	3
HSC 488 Evaluation and Research in Health Promotion	3
HSC 498 Internship in Wellness Management	3
B. Elective Requirements	12 cr
Select three courses from the following:	9
HSC 315 Nutrition Concepts	
HSC 333 Human Response to Stress	
HSC 343 Drug Use and Abuse in Society	
HSC 386 Wellness for Contemporary Living	
HSC 397 Exploratory Practicum in Wellness Management	
Select one course from the following:	3
PSY 340 Social Psychology	
PSY 343 Health Psychology	
PSY 345 Industrial/Organizational Psychology	
PSY 377 Human Sexuality	
C. Cognate Requirements	26 cr
BIO 203 Human Biology	3
ECO 101 Principles of Microeconomics	3
HRM 385 Organizational Behavior	3
MGT 261 Business Organization	3
MKT 250 Marketing Principles	3
PSY 100 Principles of Human Behavior	3
ZOO 305 Human Anatomy and Physiology I	4
ZOO 306 Human Anatomy and Physiology II	4

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
HSC 310 Disease: Lifestyle and Environment	3
HSC 332 Essentials of Exercise Physiology	3
HSC 448 Health Promotion Program Planning	3
HSC 470 Wellness Skills: Application and Assessment	3
HSC 488 Evaluation and Research in Health Promotion	3
Select one under advisement	
*HSC 397 Exploratory Practicum in Wellness Management	
HSC 498 Internship in Wellness Management	3
B. Elective Requirements	18-20cr
Select one course from the following:	3cr
COM 316 Survey of Health Communication	
HSC 230 Health and Technology	
TEL 130 Computing Technology & Information Systems for Technology Careers	
TED 209 Technical Writing & Literacy	
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	
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	
Select one course from the following:	3cr
HDV 313 Human Sexual Development	
PSY 340 Social Psychology	
PSY 343 Health Psychology	
PSY 345 Industrial/Organizational Psychology	
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
C. Cognate Requirements	18 cr
BIO 203 Human Biology	3
ECO 101 Principles of Microeconomics	3
HRM 385 Organizational Behavior	3
MGT 261 Business Organization	3
MKT 250 Marketing Principles	3
PSY 100 Principles of Human Behavior	3

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*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