

School of Health Sciences

Integrated Health Sciences; Health & Wellness, B.S. 120 hrs

Freshman	Fall	Term	Grade	Hrs	Milestones
	ENGL 101: Writing & Rhetoric (C1)			3	Complete ENVH 200 with 'C' or higher
	ENVH 200: Intro to Public Health (P1)			3	
	HEAL 111, HEAL 123 or HSCC 101 (C4)			3	
	P3/P5/P6			3	
	P3/P5/P6			3	
	Total				15
Tip: Meet with your Academic Advisor before your registration date so you can register on time.					

Sophomore	Fall	Term	Grade	Hrs	Milestones
	ENGL 202: Writing & Critical Inquiry (C1)			3	Complete MATH 170 with 'C' or higher
	MATH 170: Applied Statistics (C2)			3	
	HPE 223: Applied Kinesiology I or BIOL 291: Human Anatomy & Physiology I			4	Complete HPE 223 or BIOL 291 with 'C' or higher
	Concentration Elective			3	
	Elective			3	
	Total				16
Tips: Consider your career goals when choosing a concentration elective. Consult with your advisor if needed. Consult with your advisor when selecting HPE 223 or BIOL 291 to determine which is most appropriate for your interests.					

Junior	Fall	Term	Grade	Hrs	Milestones
	COMM 325: Health Communication			3	Complete all major courses with 'C' or higher
	HSCC 311: Systems & Trends in Health Care Delivery			3	
	ND 330: Human Nutritional Needs			3	
	Concentration Elective			3	
	Elective/C5 (other Discipline)*			3	
	Total				15
Tips: *If you took HPE 223 and 225, you'll need to complete another C5. If you took BIOL 291 & 292, you'll need an elective. Consider your career goals when choosing a concentration elective. Consult with your advisor if needed. Connect with the Center for Career & Professional Development to discuss internship opportunities. While an internship is not required, it's encouraged.					

Senior	Fall	Term	Grade	Hrs	Milestones
	ECON 354: Health Economics			3	Apply for Graduation
	SOC 456: Medical Sociology			3	
	Concentration Elective			3	Complete all major courses with 'C' or higher
	Elective			3	
	Elective			3	
	Total				15
Tip: Speak with your advisor about Graduate programs if interested.					

Grade of 'C' or higher is required for all courses in the major.

Note: One course from P1-P6 must be an upper level.

Student: _____

Catalog Year 2023-2024

WCU ID: _____

Spring	Term	Grade	Hrs	Milestones
First-Year Seminar			3	Complete PSY 150 with 'C' or higher
PSY 150: General Psychology (P1)			3	
C5 (other than Biology)			3-4	
P3/P5/P6			3	
Elective			3	
Total			15-16	
Tip: Ask your advisor about minor options if interested.				

Spring	Term	Grade	Hrs	Milestones
HSCC 322: Medical Terminology			3	Complete HSCC 322 with 'C' or higher
COMM 201: Foundations of Communication (C3)			3	
HPE 225: Applied Kinesiology II or BIOL 292: Human Anatomy & Physiology II			4	Complete HPE 225 or BIOL 292 with 'C' or higher
Concentration Elective			3	
Elective			3	
Total			16	Complete selected Concentration Elective with 'C' or higher
Tip: If you previously chose HPE 223, you must continue to HPE 225 to satisfy the Concentration requirement. OR If you chose BIOL 291, you must continue to BIOL 292 to satisfy the Concentration requirement.				

Spring	Term	Grade	Hrs	Milestones
HPE 350: Current Health Problems			3	Complete all major courses with 'C' or higher
HSCC 330: Legal & Legislative Aspects of Health Care			3	
SOCW 354: Human Behavior & Social Environment (ULP P1)			3	
Concentration Elective			3	
Concentration Elective			3	
Total			15	
Tips: Work with the Center for Career & Professional Development on building your resume/cover letter. Consider your career goals when choosing a concentration elective. Consult with your advisor if needed.				

Spring	Term	Grade	Hrs	Milestones
HSCC 475: Senior Capstone			3	Graduate!
HSCC 472: Principles of Epidemiology			3	
PAR 332: Biomedical Ethics & Social Justice (ULP P4)			3	Complete all major courses with 'C' or higher
Elective			3	
Elective			3	
Total			15	
Tip:				

Last revised 05.10.2023

Integrated Health Sciences, B.S.

C1. Writing	Hrs
ENGL 101	3
ENGL 202	3
C2. Mathematics	Hrs
MATH 170 (Major Core Requirement)	3
C3. Oral Communication	Hrs
COMM 201	3
C4. Wellness	Hrs
HEAL 123, HSCC 101, or HEAL 111	3
C5. Physical & Biological Sciences	Hrs
<i>Courses must be taken in two DIFFERENT disciplines.</i>	
AST 102, AST 103, AST 104, BIOL 102, BIOL 103, BIOL 104, BIOL 105, CHEM 101, ENVH 130, ESI 140, GEOL 140, GEOL 150, NRM 140, PHYS 105	3
AST 102, AST 103, AST 104, BIOL 102, BIOL 103, BIOL 104, BIOL 105, CHEM 101, ENVH 130, ESI 140, GEOL 140, GEOL 150, NRM 140, PHYS 105	3
The First-Year Seminar	Hrs
FYS 190	3
P1. Social Sciences	Hrs
<i>Must take two courses from two DIFFERENT disciplines.</i>	
PSY 150 (Major Core Requirement)	3
ENVH 200 (Major Core Requirement)	3
P3. History	Hrs
HIST 107, HIST 131, HIST 132, HIST 210, HIST 211, HIST 218, HIST 220, HIST 221, HIST 222, HIST 233, HIST 234, HIST 235, HIST 236, HIST 237, HIST 238, HIST 250, HIST 303, HIST 308, HIST 311, HIST 315, HIST 317, HIST 330, HIST 335, HIST 337, HIST 341, HIST 351, MATH 301	3
P4. Humanities	Hrs
PAR 332 (Major Core Requirement)	3
P5. Fine & Performing Arts	Hrs
ART 104, DA 259, FPA 101, FTP 340, IDES 250, MUS 101, MUS 102, MUS 103, MUS 300, MUS 302, MUS 304, MUS 410, THEA 104, THEA 310	3
P6. World Cultures	Hrs
ANTH 120, ART 402, BA 304, CHER 101, CHIN 101, CHIN 102, CHIN 231, CHIN 232, CM 365, COMM 415, EDCI 305, ENGL 131, ENGL 363, ENGL 366, ENGR 365, ENVH 210, FREN 101, FREN 102, GEOG 103, GEOG 140, GEOG 440, GER 101, GER 102, GER 110, HSCC 205, HSCC 420, HT 238, JPN 101, JPN 102, MKT 407, MUS 303, ND 310, PAR 145, PAR 251, PAR 260, PAR 323, PAR 342, PAR 353, PAR 354, PAR 356, PAR 357, PAR 367, PRM 322, PSC 169, SM 350, SPAN 101, SPAN 102, SPAN 301	3

Health & Wellness Concentration

Other Major Core Requirements	Hrs
COMM 325	3
ECON 354	3
HPE 350	3
HSCC 311	3
HSCC 322	3
HSCC 330	3
HSCC 472	3
HSCC 475	3
ND 330	3
SOC 456	3
SOCW 354	3
Health & Wellness Concentration Options, 24hrs	Hrs
<i>Students are required to take HPE 223 and HPE 225 OR BIOL 291 and BIOL 292.</i>	
HPE 223 or BIOL 291	4
HPE 225 or BIOL 292	4
Choose 16hrs from the following Concentration options:	
ENGL 315: Proposal and Grant Writing	3
HPE 235: Motor Behavior (fall)	3
HPE 256: Physical Education Pedagogy (spring)	3
HPE 312: Health Education Pedagogy (fall)	3
HPE 320: Performance Testing & Prescription (fall)	3
HPE 325: Pedagogy & Prevention of Risky Behaviors K-12 (fall)	3
HPE 355: Fitness Concepts (spring)	3
HPE 358: Healthy Living Concepts (spring)	3
HPE 360: Sexual Health Throughout the Lifespan (fall and spring)	3
HPE 365: Physical Activity & Aging (fall)	3
HPE 375: Psychological Aspects Physical Activity (fall)	3
HPE 424: Adapted Movement & Wellness (PREQ: HPE 256) (fall)	3
HSCC 205: Women's Health (spring)	3
HSCC 420: Cultural Diversity for Health Care Practitioners (fall)	3
PE 315: Theory & Practice of Strength & Conditioning for Coaches (spring)	2
PRM 270: Leadership and Group Dynamics in Recreation (fall and spring)	3
Electives	Hrs
Students are free to select electives of their choosing to fulfill the 120 credit hours for the degree; however, it is strongly recommended that they consult with their advisor to determine amount of electives needed.	/

Catalog Year 2023-2024

Program Criteria
This is an entry-level program where students are able to enter the program upon admission.
Students must maintain an overall GPA of 2.25 and receive a grade of no less than a 'C' for all courses in the major.

Additional Information
One upper-level course is required in any perspective category outside the discipline (prefix) of the student's major. Students should not enroll in courses numbered above their class rank without permission of the department.

Undergraduate Catalog
Additional info located in the catalog at: catalog.wcu.edu

Advisement & Resources
IHS.WCU.EDU
Program Coordinator Beth Woodard woodard@wcu.edu or 828-227-2660
Student Services Center SSC.WCU.EDU Kimberlee Yontz kyontz@wcu.edu or 828-227-3516
Julie Conway jkconway@wcu.edu or 828-227-2917