



Major: Integrated Health Sciences
 Concentration: Health & Wellness
 Year: 2019-20

Student Name:
I.D. #
Date:
Advisor:

Core Requirements

Course No.	Course Title	Credit	Semester	Grade
COMM 301	Interpersonal Communication	3		
ECON 354	Health Economics	3		
ENVH 200	Introduction to Public Health	3		
ENVH 470	Principles of Epidemiology	4		
HPE 350	Current Health Problems (spring and summer) – possibly fall?	3		
HSCC 311	Systems and Trends in Health Care Delivery (fall only)	3		
HSCC 322	Medical Terminology	3		
HSCC 330	Legal and Legislative Aspects of Health Care (spring only)	3		
HSCC 475	Integrated Health Science Senior Capstone	3		
MATH 170	Applied Statistics	3		
ND 330	Human Nutritional Needs	3		
PAR 332	Biomedical Ethics and Social Justice	3		
PSY 150	General Psychology	3		
SOC 456	Medical Sociology (every third semester)	3		
SOCW 354	Human Behavior & the Social Environment: Person-In-Environment	3		

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Health & Wellness Concentration Courses

The Health & Wellness concentration is 24 credit hours. **Bolded** items are required. The remaining 16 credit hours will depend on the career direction. Students should consider prerequisites needed for the credentialing or certificates.

Course No.	Course Title	Credit	Semester	Grade
HPE 223 or BIOL 291	Applied Kinesiology I – Anatomy, Physiology, and Biomechanics or Human Anatomy & Physiology I	4		
HPE 225 or BIOL 292	Applied Kinesiology II (PREQ: HPE 223) or Human Anatomy & Physiology II (PREQ: BIOL 292)	4		
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 325	Pedagogy & Prevention of Risky Behavior K-12 (fall)	3		
HPE 355	Fitness Concepts (spring)	3		
HPE 358	Healthy Living Concepts (spring)	3		
HPE 360	Sexual Health Throughout the Lifespan (spring)	3		
HPE 365	Physical Activity and Aging	3		
HPE 424	Adapted Movement & Wellness (PREQ: HPE 256) (fall)	3		
HSCC 205	Women’s Health	3		
PE 215	Strength and Conditioning	2		

Elective Courses

Elective credit hours provide an opportunity for students to further prepare for a professional setting and/or desired interest. The Health & Wellness concentration has 20 credit hours of elective courses. Students are encouraged to discuss elective course selection with their advisor.

Course No.	Course Title	Credit	Semester	Grade

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Liberal Studies Courses

Liberal studies program consists of 42 credit hours. Some courses may meet both liberal studies and major requirements, however, this does not prevent a student from taking other liberal studies courses of their choice.

Requirements	Course No.	Course Title	Credit	Semester	Grade
FYS (First Year Seminar)			3		
C1 (Writing)	ENGL 101	Writing and Rhetoric	3		
C1 (Writing)	ENGL 202	Writing and Critical Inquiry	3		
C2 (Math)	MATH 170	Applied Statistics	0/above		
C3 (Oral Communication)	COMM 201	Foundations Communication	3		
C4 (Wellness)			3		
C5 (Physical & Biological Sciences)			3-4		
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P1 (Social Sciences)	SOCW 354	Human Behavior & the Social Environment: Person-In-Environment	0/above		
P1 (Social Sciences)	PSY 150	General Psychology	0/above		
P3 (History)			3		
P4 (Humanities)	PAR 332	Biomedical Ethics & Social Justice	0/above		
P5 (Fine & Performing Arts)			3		
P6 (World Cultures)			3		

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Other Requirements:

Maintain a Cumulative GPA of 2.25.

Earn a C or higher in all courses within the major.

Drug testing and background checks may be required for internships.

Other Notes: