

Health and Wellness Science

Bachelor of Science

Health and Wellness prepares knowledgeable and skillful professionals to embrace the complexity of health promotion and assume client-focused leadership positions within the public and private sectors. Within organizations, a health and wellness professional will be able to manage and administer the integration of a wellness culture with a wide array of programs that span across healthcare divisions, departments, and business units for the purpose of reducing healthcare costs, improving productivity, enhancing employee safety and health, and improving both employee well-being and work-life balance. This degree offers three track options: Health Promotion, Human Performance, and Nutrition.

Health and Wellness Science majors must have a cumulative 2.5 GPA.

Health and Wellness Science Requirements:

- General Education Requirements
- Bachelor of Science Requirements
- Major Requirements
- Electives or Specialization

Total Credit Hours | 126–128

General Education Requirements

See details in the General Education section of the catalog.

Bachelor of Science Requirements

6-8 additional hours in math or science, not duplicating core coursework, taken from:

Prefix	Course Number
BIO	101, 102, 105, 114, 115, 121, 122
CHM	101, 111
MAT	111, 112, 116, 117, 215, 220, 227
PHY	101, 111, 112
SCI	211

Core Requirements | 22 credit hours

Class Name	Credit Hours
HWS 200 First Aid and CPR	1 credit hour
HWS 210 Introduction to Health and Wellness Science	2 credit hours
HWS 255 Nutrition, Health and Wellness	3 credit hours
HWS 360 Evidence-based Practice and Research	3 credit hours

Class Name	Credit Hours
HWS 400 Pre-professional Internship	4 credit hours
HWS 401 Health and Wellness Assessment	3 credit hours
HWS 480 Transition to Professional Practice	3 credit hours
HWS 499 Health and Wellness Capstone	3 credit hours

Electives | Select at least 18 credit hours

Class Name	Credit Hours
HWS 230 Food Science	3 credit hours
HWS 260 Injury Care and Prevention	3 credit hours
HWS 300 Pathophysiology	3 credit hours
HWS 305 Population Health	3 credit hours
HWS 308 Health Promotion and Aging	3 credit hours
HWS 310 Sports Psychology	3 credit hours
HWS 312 Environment and Global Health	3 credit hours
HWS 320 Exercise Physiology	3 credit hours
HWS 330 Sports Nutrition	3 credit hours
HWS 350 Healthcare Informatics	3 credit hours
HWS 361 Lifecycle Nutrition	3 credit hours
HWS 380 Therapeutic Exercise	3 credit hours
HWS 388 Special Topics in Health and Wellness	1–3 credit hours
HWS 399 Expedition Travel	3 credit hours + 3 ORM/LHF credit hours
HWS 420 Structural Kinesiology	3 credit hours
HWS 450 Exercise Testing and Prescription	3 credit hours
HWS 455 Epidemiology	3 credit hours
HWS 460 Program Planning and Educational Models	3 credit hours
HWS 461 Medical Nutrition Therapy	3 credit hours

Specializations | 28–36 credit hours

Optional or instead of choosing electives

Specialization	Credit Hours
Health Promotion	30
Human Performance	28
Nutrition	36

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Specialization in Health Promotion

The Health Promotion specialization prepares students to work as knowledgeable and skillful professionals to embrace the complexity of health promotion and wellness and assume client-focused leadership positions within the public and private healthcare sectors. Health promotion professionals will be able to manage and administer the integration of a wellness culture with a wide array of programs that span across healthcare divisions, department and business units for the purpose of reducing healthcare costs, improving productivity, enhancing employee safety and health, and improving both employee well-being and work-life balance. Students graduating with a Health and Wellness degree with a specialization in Health Promotion will be prepared to pursue CHES (Certified Health Education Specialist) certification.

Class Name	Credit Hours
HWS 305 Population Health	3 credit hours
HWS 308 Health Promotion and Aging	3 credit hours
HWS 312 Environment/Global Health	3 credit hours
HWS 350 Healthcare Informatics	3 credit hours
HWS 455 Epidemiology	3 credit hours
HWS 460 Program Planning and Ed Mod	3 credit hours
BUS 101 Introduction to Business	3 credit hours
BUS 301 Principles of Marketing	3 credit hours
PSY 203 Social Psychology	3 credit hours
MAT 215 Statistics OR	3 credit hours
PSY 265 Statistics for the Social Sciences	3 credit hours

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Specialization in Human Performance

The Human Performance specialization prepares students to work with athletes on improving their performance from both a physiological and psychological perspective. Students will be engaged in components of kinesiology, nutrition, anatomy and physiology, and injury prevention essential to promoting best practice. Students graduating with a Health and Wellness degree with a specialization in Human Performance will be prepared to take national certification exams in the profession with accredited organizations such as: NSCA (National Strength and Conditioning Association) and ACE (American Council on Exercise). These students can expect to possess leadership qualities essential for the advancement in their chosen profession. Students taking additional electives will also be prepared to take the GRE and apply for graduate school acceptance upon completion of the program. Internship/externship hours will help students to become competitive in the application process.

Class Name	Credit Hours
HWS 260 Injury Care and Prevention	3 credit hours
HWS 300 Pathophysiology	3 credit hours
HWS 320 Exercise Physiology	3 credit hours
HWS 380 Therapeutic Exercise	3 credit hours
HWS 401 Health and Wellness Assessment	3 credit hours
HWS 420 Structural Kinesiology	3 credit hours
HWS 450 Exercise Testing and Prescription	3 credit hours
PSY 201 Human Growth and Development	3 credit hours
BIO 105 Medical Terminology	3 credit hours

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Specialization in Nutrition

The nutrition specialization is geared toward students who are interested in nutrition science, food science, human-based medicine, biology, anatomy and physiology, and chemistry. The specialization will prepare you for graduate studies in nutrition and related programs, and careers in a variety of settings including hospitals, other health care facilities, corporate wellness programs, food and nutrition related businesses and industries, private practice, community and public health settings, universities and medical centers, and research areas. Additionally, curriculum is designed to prepare students for admission into Coordinated Programs in Didactics that lead to eligibility to write the CDR registration examination for dietitians (RD/RDN).

Class Name	Credit Hours
HWS 230 Food Science	3 credit hours
HWS 305 Population Health	3 credit hours
HWS 308 Health Promotion and Aging	3 credit hours
HWS 312 Environment/Global Health	3 credit hours
HWS 330 Sports Nutrition	3 credit hours
HWS 361 Lifecycle Nutrition	3 credit hours
HWS 461 Medical Nutrition Therapy	3 credit hours
BIO 311 Microbiology	4 credit hours
CHM 112 General Chemistry II	4 credit hours
CHM 211 Organic Chemistry I	4 credit hours
PSY 133 General Psychology	3 credit hours