

**B.S. with a Major in Health and Community Wellness**

Advising Sheet

Name: \_\_\_\_\_ Student ID: \_\_\_\_\_

<b>CORE CURRICULUM</b>	<b>Hrs</b>	<b>Gr</b>	<b>Trf</b>	<b>PROFESSIONAL **</b>	<b>Hrs</b>	<b>Gr</b>	<b>Trf</b>
<b>A. Essential Skills</b>	<b>9</b>			<b>Foundation Classes for the Degree (All Required)</b>	<b>24</b>		
1. ENGL 1101	3			SOCI 1160 Intro to Social Problems	3		
2. ENGL 1102	3			*CMWL 2100 Intro to Health and Community Wellness	3		
3. MATH 1111 (Recommended)	3			CEPD 2121 Organizational Leadership	3		
<b>B. Institutional Priorities</b>	<b>4-5</b>			*PHED 2603 Human Anatomy and Physiology 1	3		
1. COMM 1110 (Recommended)	3			*CMWL 3100 Lifespan Development	3		
2. Elective course in B.	1-2			^MEDT 3401 Technology or ^PHED 3401 Integrating Technology in Health and Physical Education	3		
<b>C. Humanities/Arts</b>	<b>6</b>			SPED 3703 Behavior Modification	3		
1. XIDS 2100 (Recommended)	3			CEPD 4101 Educational Psychology	3		
2. Elective course in C.	3			<b>Concentration: Community Education and Care (Option)</b>	<b>21</b>		
<b>D. Science, Math, Technology</b>	<b>10-11</b>			CMWL 3110 Program Evaluation in Community Settings	3		
1. BIOL 1010-1010L (Recommended)	4			SOCI 3134 Intro to Social Work and Social Welfare	3		
2. Elective course in D.	3			CEPD 3200 Skills and Ethics in Human Services	3		
3. Elective course in D.	3			SLPA 3702 Speech and Language Acquisition	3		
<b>E. Social Sciences</b>	<b>12</b>			CEPD 4200 Working with Diverse Populations in Human Services	3		
1. HIST 1111 or 1112	3			READ 4201 Language & Literacy for Diverse Populations	3		
2. HIST 2111 or 2112	3			SPED 4712 Language, Communication, and Technology: Mild Disabilities	3		
3. POLS 1101	3			<b>Concentration: Fitness and Wellness Leadership (Option)</b>	<b>21</b>		
4. Elective course in E.	3			PHED 3210 Healthy Eating and Nutrition	3		
<b>F. Program Related Courses</b>	<b>18</b>			PHED 3220 Health Promotion, Education, and Program Evaluation	3		
1. PHED 2628 First Aid/CPR	1			PHED 3230 Exercise Leadership	3		
2. PHED 2000 Applied Concepts of Fitness and Wellness	3			PHED 3240 Current Issues and Trends in Fitness and Wellness Leadership	3		
3. EDUC 2120 Exploring Socio Cultural Perspectives on Diversity	3			PHED 4501 Contemporary Health Issues	3		
4. SOCI 1101 Intro to Sociology	3			PHED 4603 Advanced Concepts of Personal Training	3		
5. CS 1020 Computers in Society	2			PHED 4631 Prevention and Care of Fitness and Sport-Related Injuries	3		
6. BUSA 2106 Legal & Ethical Environment of Business	3			<b>Electives Recommended</b>	<b>15</b>		
7. COMM 1154 Intro to Mass Communication	3			**Elective 1	3		
				**Elective 2	3		
				**Elective 3	3		
				**Elective 4	3		
				**Elective 5	3		
<b>Total Core Curriculum</b>	<b>60</b>			<b>Total Prof Education</b>	<b>60</b>		
				<b>Total Core</b>	<b>60</b>		
				<b>Total Program</b>	<b>120</b>		

\* Required before concentration begins

Minimum 2.0 GPA required for graduation

\*\* Students can enroll in an elective course within the degree in a separate concentration, or in another degree program as a minor

^ Requires basic computer proficiency by completing MEDT 2401 or equivalent

**Student Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Advisor Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_