

B.S. with a Major in Health and Community Wellness
DEPARTMENT OF SPORT MANAGEMENT, WELLNESS, AND PHYSICAL EDUCATION

Name: _____ Student ID: _____

CORE CURRICULUM	Hrs	Gr	Trf	PROFESSIONAL**	Hrs	Gr	Trf
A. Essential Skills	9				60		
1. ENGL 1101	3			PHED 2685 Health, Wellness, and Society	3		
2. ENGL 1102	3			CMWL 3100 Lifespan Development	3		
3. MATH 1001 (Recommended)	3			CMWL 3101 Mental and Emotional Wellness	3		
B. Institutional Priorities	4-5			CMWL 3102 Psychology of Health and Wellness	3		
1. COMM 1110 (Recommended)	3			PHED 4501 Contemporary Health Issues	3		
2. Elective course in B.	1-2			CMWL 4000 Exercise/Wellness Programming for Special Populations	3		
C. Humanities/Arts	6			PHED 3210 Healthy Eating and Nutrition	3		
1. XIDS 2100 (Recommended)	3			PHED 3230 Exercise Leadership	3		
2. Elective course in C.	3			PHED 3240 Current Issues and Trends in Fitness and Wellness Leadership	3		
D. Science, Math, Technology	10-11			PHED 4603 Advanced Concepts of Personal Training	3		
1. BIOL 1010-1010L (Recommended)	4			PHED 3401 Integrating Technology in HPE	3		
2. Elective course in D.	3			CMWL 4100 Wellness Coaching	3		
3. Elective course in D.	3			CMWL 4101 Worksite Wellness Programs	3		
E. Social Sciences	12			CMWL 4102 Service Learning in Health and Community Wellness	3		
1. HIST 1111 or 1112	3			PHED 3220 Health Promotion, Education, and Program Evaluation	3		
2. HIST 2111 or 2112	3						
3. POLS 1101	3			<i>5 electives below are for an approved minor or special topics courses</i>			
4. Elective course in E.	3			*Elective 1	3		
F. Program Related Courses	18			*Elective 2	3		
1. PHED 2628 First Aid/CPR	1			*Elective 3	3		
2. PHED 2000 Applied Concepts of Fitness and Wellness	3			*Elective 4	3		
3. CMWL 2100 Intro. to Health and Community Wellness	2			*Elective 5	3		
4. PHED 2603 Human Anatomy and Physiology I	3			<i>*All electives must be at the 3000 level or above. The academic advisor must approve any 2000 level courses.</i>			
5. PHED 2604 Human Anatomy and Physiology II	3						
6. PSYC 1101 Introduction to Psychology	3						
7. MATH 2063 Introductory Statistics	3						
Total Core Curriculum	60			Total Prof Education	60		
				Total Core	60		
				Total Program	120		

Minimum 2.0 GPA required for graduation

**All courses on the right hand side of the program sheet must earn a grade of C or better.

Student Signature: _____ **Date:** _____

Advisor Signature: _____ **Date:** _____