

INDIVIDUAL CURRICULUM WORKSHEET

Bachelor of Science Degree-Health Promotion and Wellness
(2015-2016 Catalog) Fall-2015

NAME _____
I.D.# _____

GENERAL EDUCATION	HRS	GR	SEM
COMPOSITION			
ENGL 1310	3		
ENGL 1320	3		
ENGLISH LITERATURE			
ENGL 23XX	3		
HISTORY			
HIST (1300 level or above)	3		
COMMUNICATION			
COMM 2300	3		
MATHEMATICS			
MATH 1310	3		
MATH 2430	4		
FINE ARTS			
ARTS 1300, MUSIC 1300, MUSC 1310, or THTR 1300, or ENGL (2000 level)	3		
NATURAL SCIENCES			
BIOL 1410/1411 Principals of Biology	4		
CHRISTIAN STUDIES			
CHRISTIAN STUDIES			
CHST 1310 – Old Testament	3		
CHST 1320 – New Testament	3		
COMPUTER SCIENCE			
CSCI 1305	3		
SOCIAL SCIENCES (3 hours total)			
PSYC 2310	3		
<i>COLL 1100 (HNRS 1210 or COLL 1300)</i>	1,2		
Total Number of General Education Hours	42-43		
General Electives (6 hours for Health Promotion Track 9 hours for Exercise Science Track)			
WELLNESS ELECTIVES (Select 6 hrs. from list below or those in other tracks)			
HLPW 3350 – Drug Use and Abuse in Society	3		
HLPW 3360 – Human Response to Stress	3		
HLPW 4320 – Obesity and Weight Mgmt.	3		

HEALTH PROMOTION CORE	HRS	GR	SEM
HLPW 1310 – Introduction to Health Promotion and Wellness	3		
HLPW 2310 – Health Promotion Across the Lifespan	3		
HLPW 3320 – Fitness Assessment and Prescription	3		
HLPW 3340 – Aging and Chronic Illness	3		
HLPW 3200 – Special Topics Seminar	2		
HLPW 3335 – Nutrition in Wellness	3		
HLPW 3440/3441 – Exercise Physiology	4		
HLPW 4210 – Senior Seminar	2		
HLPW 4600 – Internship in Wellness	3-6		
HLPW 1110 Practicum I or HLPW 1120 – Practicum II	1		
HLPW 3210 – Practicum III or HLPW 3220 – Practicum IV	2		
Total Hours	29-32		

SUPPORTING COURSE REQUIREMENTS	HRS	GR	SEM
BIOL 2320 Biological Research and Writing	3		
CHEM 1450/51 - General Chemistry I	4		
BIOL 2470/71 – Anatomy & Physiology I	4		
BIOL 2480/81 – Anatomy & Physiology II	4		
BIOL 2300 – Intelligent Design	3		
HLTH 1300 – CPR and First Aid	3		
EXERCISE SCIENCE TRACK			
CHEM 1460-1461 General Chemistry II	4		
HLPW 3370 Theoretical/Practical Aspects of Strength and Conditioning	3		
HLPW 3380 Medical Aspects of Athletes	3		
HLPW 4440/4441 Kinesiology	4		
HEALTH PROMOTION AND WELLNESS TRACK			
CHEM 1430/1431 – Chemistry of Life	4		
HLPW 3330 – Community/Environ. Health	3		
HLPW 3390 Social Epidemiology	3		
HLPW 4360 Health Policy and Ethics	3		
HLPW 4410/4411 Wellness Programming	4		
Minimum hours needed for graduation excluding chapel and cultural events	120		
Health Promotion and Education Track	120		
Exercise Science Track	120		

3/15/15

A student must choose whether they will be on the Exercise Science Track or Health Promotion Education Track by the end of their Sophomore year.