

## Health And Wellness Major

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The Health and Wellness major emphasizes knowledge and learning experiences aimed at the promotion of lifetime wellness. Students will know principles of nutrition, holistic health and exercise training. Also, students will learn how to test health and activity status, prescribe safe exercise, prevent exercise injury, and assess client progress toward their wellness and fitness goals. The courses in this major will prepare graduating students for jobs that apply principles of health education and exercise training. More specifically, students may pursue careers in worksite wellness, hospital-based wellness programs, community health centers, retirement and nursing home wellness programs, commercial and non-profit health, fitness, and recreation centers, and other related areas.

A grade of C- or better is needed for all courses needed to satisfy the major requirements.

**ACADEMIC REQUIREMENTS SUMMARY SHEET**

**ACADEMIC YEAR 2024-2025**

Major: HEALTH AND WELLNESS

Student's Last Name	First Name	Middle Initial
Advisor		Date Major Declared

Course Code	Title	Hours	Semester	Grade
<b>Required Courses (38 hours)</b>				
HES 101	Intro to Exercise Science	1		
HES 104	First Aid/CPR	1		
HES 204	Fitness and Wellness Concepts	3		
HES 220	Sports in Social Science	2		
HES/PSY 231	Sports Psychology	3		
HES 232	Care and Prevention of Athletic Injuries	3		
HES 251	Introduction to Nutrition	3		
HES 342	Exercise Prescription	3		
HES 309	History and Philosophy of PE	2		
HES 321	Kinesiology	3		
HES 340	Exercise Physiology	3		
HES 405	Test and Measurement	3		
HES 406	Management in PE	2		
3 PED activity courses in four different areas (3 hours)				
		1		
		1		
		1		
HES 398/399	Capstone	3		
NSC 210	Anatomy and Physiology I	4		
<i>Electives Choose one course from the list below. (3 hours)</i>				
HES 205	Stress Management	3		
HES/EDU 207	School Health Education	3		
HES 240	Introduction to Global Public Health	3		
HES 350	Theories of Adapted Physical Education	3		
HES/WGS 355	Women's Health Issues	3		

Course Code	Title	Hours	Semester	Grade
HES 357	Community Nutrition	3		
PSY 301	Human Sexual Behavior	3		
PSY 330	Addictive Disorders	3		
<b>Total Hours For Major</b>		<b>45</b>		

If any substitutions or waivers of requirements are allowed, please list below and initial.

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Advisor Signature

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Department Chair Signature