HEALTH AND WELLNESS

Fitness Concentration and Public Health and Community Health Concentration

Communication, Spanish, Sports Management, Psychology, Sociology.

DOMAIN GENERAL EDUCATION (10 Courses Required):
Domain II B is satisfied through completion of the Food Science major, leaving ten courses to be completed to satisfy the remaining General Education subdomains through courses taken outside the major department. Only courses designated (Gen. Ed. Domain) after the course title will meet General Education requirements. Please refer to the catalog for full information. (check off as completed)

Common Core:   A. ENWR 110 Composition 2
                B. MATH XXX

Domain I:  A. Creative Arts
          B. Humanities
          C. Language

Domain II:  A. Analysis, Modeling, Problem-Solving
            B. Sciences (two; one must be a lab science)

Domain III: A. Perspectives on the Past
            B. Perspectives on Contemp. World

MAJOR AND RELATED COURSES:

Major Core Requirements (13)

BIOL 130/130L Principles of Biology w/Lab OR

BIOL 142/142L Intro. to Human Biology w/Lab OR

An Introductory Biology course w/lab

CHEM 103/103L Introductory Chemistry w/Lab OR

CHEM 107/107L Principles of Chemistry w/Lab

HLTH 110 Wellness for Life

HLTH 206 Wellness Behavior

HLTH 222 Public Health and Epidemiology

HLTH 430 Research Methods in Health and Wellness

NUTR 110 Fundamentals of Nutrition Science

NUTR 262/262L Food, Culture, and Society w/Lab

STAT 117 Introduction to Statistics OR

STAT 157 Probability and Statistics OR

STAT 208 Biostatistics OR

ENVS 202 Data Analysis for Scientists

Capstone:

HLTH 495 Internship in Health and Wellness OR

NUTR 495 Internship in Food and Nutrition

CONCENTRATION IN FITNESS (7):

BIOL 241/241L Anatomy and Physiology I with Lab

BIOL 242/242L Anatomy and Physiology II with Lab

HLTH 302 Exercise Physiology

HLTH 310 Exercise Testing and Prescription

HLTH 410 Personal Training

NUTR 271 Nutrition for Sports and Exercise OR

NUTR 333 Nutrition and Chronic Disease

One additional HLTH or NUTR course at the 200-level or above

NOTE: Students completing this concentration have met the academic requirements for a minor in biology. Suggested minors for Fitness include: American Sign Language, Chinese, Communication Arts, Biology, Business, Marketing, Nutrition, Science

CONCENTRATION IN PUBLIC AND COMMUNITY HEALTH (6)

NUTR 478 Community Nutrition

Students must take five (5) courses from the following list with at least one (1) course from each of the four (4) areas:

Category 1: Health Promotion/Disease Prevention:

HLTH 326 Drugs, Alcohol, and Addictive Behavior

NEUR 225 Biopsychology

NUTR 333 Nutrition and Chronic Disease

PSYC 245 Health Psychology

SOCI 325 Health and Illness

SOCI 333 Society, Mental Health, and the Individual

SOCI 366 Death and Dying

Category 2: Global and Environmental Health:

ANTH 207 Global issues in Anthropology

GEOG 208 The Environment, Health, and Disease

GEOG 216 Introduction to Geographical Information Systems

GEOL 233 Environmental Geology

GLST/SOCI 222 The World on the Move: Migration in a Global Era

NUTR 208 Food System Sustainability

SOCI 204 Environmental Sociology

Category 3: Public Policy, Law & Ethics:

ECON 200 The Economics of Globalization

ECON 333 Environmental Economics

ENVS 101 Introduction to Environmental Science and Policy

GEOG 235 Environmental Law and Policy

PHIL 222 Bioethics

PHIL 234 Environmental Ethics

POSC 229 Public Policy Analysis

POSC 270 Race, Politics, and the Law

POSC 325 Public Management

SOCI 230 Law and Society

SOCI 245 Race and Ethnic Relations

SOCI 263 Social Inequality

Category 4: Communications:

COMM 215 Science Communication

COMM 322 Persuasion and Social Influence

COMM 328 Argumentation and Advocacy

ENGL 225 Introduction to Journalism

ENGL 280 Persuasive Writing

ENGL 286 Professional Writing

ENGL 311 Writing about Science

ENGL 338 Grant Writing

ENGL 377 Writing for Online and Social Media

FREE ELECTIVES*:

*number is dependent on concentration

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2022-2023