

HEALTH AND WELLNESS

Fitness Concentration and Public Health and Community Health Concentration

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)	X

Domain III:	A. Perspectives on the Past	_____
	B. Perspectives on Contemp. World	_____
	C. Global Comp., Eth. Reas., Human Div.	_____

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

Communication, Spanish, Sports Management, Psychology, Sociology.

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*