

# HEALTH AND WELLNESS

## Public Health and Community Health Concentration

This worksheet is a guide to supplement your degree audit in Degree Works. All students need 32 FSU course-credits to graduate. For students who change majors or enter FSU with transfer credits your degree audit may appear differently, as previous coursework could fulfill Domains and Free Electives. Please see your Advisor and/or The Advising Center with any questions.

### **DOMAIN GENERAL EDUCATION (11 Courses Required):**

The FSU General Education program consists of 11 requirements. In the Health & Wellness major Domain II-B is partially satisfied through completion of the major (***X ten (10) 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 (p. 371) for full information.

#### **Common Core**

- \_\_\_\_\_ A. ENWR 110 Composition II
- \_\_\_\_\_ B. MATH/STAT XXX (credit-bearing): \_\_\_\_\_

#### **Domain I**

- \_\_\_\_\_ A. Creative Arts: \_\_\_\_\_
- \_\_\_\_\_ B. Humanities: \_\_\_\_\_
- \_\_\_\_\_ C. Language: \_\_\_\_\_

#### **Domain II**

- \_\_\_\_\_ A. Analysis, Modeling, Problem-Solving: \_\_\_\_\_
- \_\_\_\_\_ B. Natural Sciences (2): Non-Lab Science: \_\_\_\_\_
- \_\_\_\_\_ Lab Science

#### **Domain III**

- \_\_\_\_\_ A. Perspectives on the Past: \_\_\_\_\_
- \_\_\_\_\_ B. Perspectives on Contemporary World: \_\_\_\_\_
- \_\_\_\_\_ C. Global Competency, Ethical Reasoning,  
and/or Human Diversity: \_\_\_\_\_

X = Fulfilled through completion of major

\* = Required course in the major

### **MAJOR COURSES (16):**

#### **Required Core Courses (9):**

- |       |                         |   |
|-------|-------------------------|---|
| _____ | BIOL 130/130L           | Principles of Biology w/Lab             |
| _____ | <i>or</i> BIOL 142/142L | Intro. to Human Biology w/Lab           |
| _____ | <i>or</i> _____         | An Introductory Biology course w/lab    |
| _____ | CHEM 103/103L           | Introductory Chemistry w/Lab            |
| _____ | <i>or</i> 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 (II-A)*      |
| _____ | <i>or</i> STAT 157      | Probability and Statistics (II-A)*      |
| _____ | <i>or</i> STAT 208      | Biostatistics                           |
| _____ | <i>or</i> ENVS 202      | Data Analysis for Scientists            |

*\*If taken will fulfill the Gen. Ed. requirements as noted.*

#### **Required Capstone Course (1):**

- |       |                    |                                   |
|-------|--------------------|-----------------------------------|
| _____ | HLTH 495           | Internship in Health and Wellness |
| _____ | <i>or</i> NUTR 495 | Internship in Food and Nutrition  |

#### **Concentration in Public and Community Health (6):**

- |       |          |                     |
|-------|----------|---------------------|
| _____ | NUTR 478 | Community Nutrition |
|-------|----------|---------------------|

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

_____	_____
_____	_____
_____	_____
_____	_____

#### **FREE ELECTIVES (1-6): May be used toward a minor**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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*Continued from previous page*

### **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 Info. Systems
GEOL 233	Environmental Geology
NUTR 212	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