

Recommended Course Sequence
 Bachelor of Science: Health & Wellness Studies (0306)

Semester 1	Semester 2	Semester 3	Semester 4	Semester 5	Semester 6	Semester 7	Semester 8
ENGL 101 College Writing Skills (3 Credits)	ENGL 102 Research Writing (3 Credits)	Distribution 3 (3 Credits)	HPE 222 Principles of Fitness Instruction (3 Credits)	HPE 249 Weight Management (3 Credits)	HPE 320 Consumer Health (3 Credits)	HPE 311 Planning and Evaluation in HPE (3 Credits)	HPE 496 Internship in HPE (12 Credits)
HPE 133 Personal and Community Health I (3 Credits)	HPE 384 Technology Integration HPE (3 Credits)	HPE 132 Health & Fitness Promotion in the Workplace (3 Credits)	HPE 245 Human Sexuality (3 Credits)	HPE 301 Applied Human Anatomy & Physiology in HPE II (3 Credits)	HPE 364 Health Methodology (3 Credits)	HPE 406 Worksite Field Experience (3 Credits)	
HPE 265 Health Emergencies (3 Credits)	HPE 135 Alcohol, Tobacco, and Other Drug Education (3 Credits)	CORE 2 (3 Credits)	HPE 300 Applied Human Anatomy & Physiology in HPE I (3 Credits)	Distribution 2 (3 Credits)	HPE 400 Critical Issues in Health (3 Credits)	CORE 3 (3 Credits)	
MATH 104 Finite Mathematics or Higher (3 Credits)	Distribution 1 COMM 107 Public Speaking (3 Credits)	HPE 241 Stress Management (3 Credits)	PR 360 Writing for Public Relations (3 Credits)	CORE 7 (3 Credits)	CORE 6 (3 Credits)	Free Elective (3 Credits)	
CORE 4 PSYC 101 Introduction to Psychology (3 Credits)	CORE 1 (3 Credits)	Free Elective (3 Credits)	CORE 5 (3 Credits)	Free Elective (3 Credits)	Free Electives (6 Credits)	Free Elective (3 Credits)	

General Education Requirements

Major Requisites

Free Electives

Major Core Course Requirements

Major Courses

Effective Fall 2019