

**Health and Wellness Degree Program**  
 (Courses offered based upon faculty availability)  
 42 credit hours required in Health and Wellness  
 Department Code 0739  
*Revised Spring 2016 (Subject to change)*

<b>Health and Wellness major – Core Courses (33 credits)</b>		<b>Prerequisites</b>	<b>Semester Offered</b>
HEW204	Personal Health	none	F/S
◇HEW225	Introduction to Disease Prevention	none	F/S
◇HEW279	Exercise Physiology I	BIO100 or 101 equivalent	F/S
◇HEW302	Exercise Physiology II	HEW279	F/S
◇HEW305	Community Health and Wellness	HEW225	F/S
◇HEW307	Exercise, Fitness and Nutrition	HEW279	F/S
◇HEW310	Health Standards and Emergency Care	BIO100 or 101 equivalent or HSC310	F/S
◇HEW312W	Methods and Materials in Health and Wellness	HEW204, HEW305 & CWP102	F/S
◇HEW401	Assessment and Evaluation in Health and Wellness	Junior/Senior, Upper-Division Status, HEW305	F/S
◇HEW411W	Critical Issues in Health and Wellness	Senior, Upper-Division Status, CWP102	F/S
◇HEW412	Health/Wellness Programming	HEW312W	F/S

**Health and Wellness major – Electives (9 credits)**

HEW/HPR301	Kinesiology	Junior/Senior Standing	F/S
◇HEW308	Women's Health Issues	Junior/Senior, Upper-Division Status	F
◇HEW320	Psychoactive Drugs and Health	Sophomore/Junior/Senior Standing	F
◇HEW330	Principles of Personal Training	HEW279 & HEW302	S
◇HEW326	Health Data Visualization and Analytics	I.F. Mathematics/Quantitative Reasoning	F
◇HEW345	Wellness, Fitness and Aging	Junior/Senior, Upper-Division Status	F/S
◇HEW425	Alcohol Problems	Junior/Senior, Upper-Division Status	S
◇HEW488	Internship (6 cr. <b>or</b> 9 cr.)	HEW412W & Application to Department	F/S

◇Denotes "Majors Only" courses

**PREREQUISITES ARE REQUIRED AND ENFORCED**

\*CWP101 and CWP102 are required before all Writing Intensive courses.