

**ACADEMIC ROADMAP
B.S. IN HEALTH AND WELLNESS (HWP)**

FRESHMAN YEAR					
FIRST SEMESTER			SECOND SEMESTER		
Course Title	Catalog Number	Prerequisite(s)	Course Title	Catalog Number	Prerequisite(s)
Personal Health	HEW 204		Introduction to Disease Prevention	HEW 225	
College Writing I	CWP 101		College Writing II	CWP 102	CWP 101
IF course(s)			GE course(s)		
Natural Science	BIO 101 or 100		Math & Quantitative Reasoning	Mat 103 or 311	
Western Civilization			Natural or Social Science	PSY 101 or SOC 100	
Recommended			Humanities	COM 100 or SPC 103	
Computer Fundamentals	CIS 101				
<i>Notes</i>			<i>Notes</i>		
SOPHOMORE YEAR					
THIRD SEMESTER			FOURTH SEMESTER		
Course Title	Catalog Number	Prerequisite(s)	Course Title	Catalog Number	Prerequisite(s)
Survey Human Anatomy & Physiology	BIO 308	BIO 100, 101, or 111	Dim. of Human Sexuality	HEW 340	Sophomore Status
Community Health & Wellness	HEW 305	HEW 225 or HEW 204	Methods and Materials in Health and Wellness	HEW 312	CWP 102, HEW 204, HEW 305
Natural or Social Science	PSY 101 or SOC 100		Introductory Nutrition	NFS 102	
General Education (GE) course(s)			GE course(s)		
Arts			Diversity	EXE 100	
Non-Western Civilization	ANT 100				
<i>Notes: Discuss career goals with your academic advisor; look for volunteer opportunities at Weigel Health Promotions. Work with Career and Professional Education Center.</i>			<i>Notes: Recommend course in minor or certificate</i>		
JUNIOR YEAR					
FIFTH SEMESTER			SIXTH SEMESTER		
Course Title	Catalog Number	Prerequisite(s)	Course Title	Catalog Number	Prerequisite(s)
Psychoactive Drugs and Health or Alcohol Problems	HEW 320 or 425	Jr./Sr. status	Critical Issues in Health and Wellness	HEW 411	CWP 102 HEW 312
Assessment and Evaluation in Health and Wellness	HEW 401	HEW 305	Wellness Fitness and Aging	HEW 345	Jr. status
Epidemiology	HEW 350	Math or Quantitative IF	HWP elective		
GE course(s)			GE course(s)		
1 st Global Engagement			2 nd Global Engagement		
<i>Notes: Recommend course in minor or certificate</i>			<i>Notes</i>		
SENIOR YEAR					
SEVENTH SEMESTER			EIGHTH SEMESTER		
Course Title	Catalog Number	Prerequisite(s)	Course Title	Catalog Number	Prerequisite(s)
Community Health Promotion Programs	HEW 412	HEW 312, CWP102	HWP elective- Internship	HEW 488	HEW 312, Instructor Permission
HWP elective					
HWP elective					
GE course(s)					
American History					

Revised 10-31-22

If I stay on the academic roadmap outlined, my graduation date would be _____

Signature of Student: _____ Date: _____

Revised 10-31-22

If I stay on the academic roadmap outlined, my graduation date would be _____

Signature of Student: _____ Date: _____