

## ACADEMIC ROADMAP

### Health and Wellness (HWP), B.S.

#### First Year (30 credits)

##### FIRST SEMESTER (FALL)

Course Title	Catalog Number	Prerequisite(s)
College Writing I	CWP 101	
Personal Health	HEW 204	
<b>General Education (GE) Courses</b> recommended		
Natural Science and Scientific Reasoning	BIO 101 (or 100 or 111) <i>prerequisite for required BIO 308</i>	
U.S. History and Civic Engagement		
<b>Recommended</b>		
Computer Fundamentals	CIS 101 <i>prerequisite for elective HEW326</i>	

##### SECOND SEMESTER (SPRING)

Course Title	Catalog Number	Prerequisite(s)
Introductory Epidemiology	HEW 225	
College Writing II	CWP 102	CWP 101
<b>GE Courses</b> recommended		
Math and Quantitative Reasoning	MAT 103 or HEW 311	
Humanities – Media Literacy or Introduction to Human Communication	COM 100 or SPC 103	
Social Science – Introduction to Psychology or Introduction to Sociology	SOC 100 or PSY 101	

#### Notes and recommendations:

Attend at least one faculty office hour every semester; visit Academic Commons (Math & Writing Centers, course tutoring); view your degree audit sheet in Degree Works; consider enrolling in a minor or certificate program

#### Sophomore Year (60 credits)

##### THIRD SEMESTER (FALL)

Course Title	Catalog Number	Prerequisite(s)
Psychoactive Drugs and Health or Alcohol Problems	HEW 320	Sophomore, Junior, or Senior Status
Survey of Anatomy & Physiology	BIO 308	BIO 100, 101, or 111
HWP elective – Principles of Health Promotion Sciences	HEW 322	HEW 204 or HEW 225
<b>GE Courses</b> recommended		
World History and Global Awareness		
<b>Recommended</b>		
Course in minor or certificate		

FOURTH SEMESTER (SPRING)

Course Title	Catalog Number	Prerequisite(s)
Wellness Fitness and Aging	HEW 345	Sophomore, Junior, or Senior Status
Community Health & Wellness	HEW 305	HEW 204 or HEW 225
Introductory Nutrition	NFS 102	
<b>GE Course</b> recommended		
Diversity: EISJ – Nature and Needs of Individuals with Special Needs	EXE 100	
<b>Recommended</b>		
Course in minor or certificate		

**Notes and recommendations:**

Discuss career goals with your academic advisor; look for volunteer opportunities at Weigel Health Promotions or Internship Center (Career and Professional Education Center) or in research

**Junior Year (90 credits)**

FIFTH SEMESTER (FALL)

Course Title	Catalog Number	Prerequisite(s)
Assessment and Evaluation in Health and Wellness	HEW 401	HEW 305 or HEW 322
Dimensions of Human Sexuality	HEW 340	Sophomore, Junior, or Senior Status
Methods and Materials in Health and Wellness	HEW 312	CWP 102, HEW 305 or HEW 322
<b>GE Course</b> recommended		
1 <sup>st</sup> World Languages		
<b>Recommended</b>		
Course in minor or certificate		

SIXTH SEMESTER (SPRING)

Course Title	Catalog Number	Prerequisite(s)
Critical Issues in Health & Wellness	HEW 411	CWP 102, HEW 312
Epidemiology	HEW 350	Math or Quantitative IF
HWP elective – Intro the Health Data Visualization and Analytics	HEW 326	Math and Quantitative Reasoning, CIS 101
<b>GE Course</b> recommended		
2 <sup>nd</sup> World Languages		

**Notes and recommendations:**

Work with the Career and Professional Education Center; volunteer to gain professional-related experiences to build your resume. Begin building your portfolio.

**Senior Year (120 credits)**

## SEVENTH SEMESTER (FALL)

Course Title	Catalog Number	Prerequisite(s)
Community Health Promotion Programs	HEW 412	HEW 312
HWP elective- Women's Health Issues	HEW 308	Junior or Senior Status
<b>GE Courses</b> recommended		
The Arts		
<b>Recommended</b>		
Courses in minor or certificate		

## EIGHTH SEMESTER (SPRING)

Course Title	Catalog Number	Prerequisite(s)
HWP elective – Internship	HEW 488	HEW 312, Instructor Permission
<b>Recommended</b>		
Courses in minor or certificate		

**Notes and recommendations:**

Apply for graduation; apply to attend graduation ceremony; apply to graduate school; visit the Career and Professional Education Center to have your resume reviewed

*Academic Roadmap-HWP-updated 10-6-23*