

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	
General Education (GE) Courses 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		
Recommended		
Computer Fundamentals	CIS 101	

SECOND SEMESTER (SPRING)

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

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)
Survey of Anatomy & Physiology	BIO 308	BIO 100, 101, or 111
Community Health & Wellness	HEW 305	HEW 204 or HEW 225
Introduction to Health Data Visualization and Analytics	HEW 326	Math and Quantitative Reasoning
GE Courses recommended		
World History and Global Awareness		
Recommended		
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
HWP elective – Epidemiology	HEW 350	Math and Quantitative Reasoning
HWP elective – Introduction to Sociology	SOC 100	
GE Course recommended		
Diversity: EISJ – Nature and Needs of Individuals with Special Needs	EXE 100 (recommended)	
Social Science - Introduction to Sociology	SOC 100 (recommended)	
Recommended		
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)
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
Introductory Nutrition	NFS 102	
GE Course recommended		
1 st World Languages		
Recommended		
Course in minor or certificate		

SIXTH SEMESTER (SPRING)

Course Title	Catalog Number	Prerequisite(s)
HWP elective – Principles of Health Promotion Sciences	HEW 322	HEW 204 or HEW 225
Alcohol Problems	HEW 425	Junior or Senior Status
GE Course recommended		
2 nd 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)
HWP elective – Psychoactive Drugs and Health	HEW 320	Sophomore, Junior, or Senior Status
Assessment and Evaluation in Health and Wellness	HEW 401	HEW 305 or HEW 322
GE Courses recommended		
The Arts		
Recommended		
Courses in minor or certificate		

EIGHTH SEMESTER (SPRING)

Course Title	Catalog Number	Prerequisite(s)
Critical Issues in Health & Wellness	HEW 411	CWP 102, HEW 312
Internship	HEW 488 or HEW 412	HEW 312, Instructor Permission
Recommended		
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 12-14-23