

## 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	BIO 101 (or 100 or 111) <i>prerequisite for required BIO 308</i>	
Western Civilization		
<b>Recommended</b>		
Computer Fundamentals	CIS 101 <i>prerequisite for elective HEW326</i>	

##### SECOND SEMESTER (SPRING)

Course Title	Catalog Number	Prerequisite(s)
Intro to Disease Prevention or 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	
Natural or 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 Status
Survey of Anatomy & Physiology	BIO 308	BIO 100, 101, or 111
Natural or Social Science – Introduction to Psychology or Introduction to Sociology	PSY 101 or SOC 100	
<b>GE Courses</b> recommended		
Arts		
Non Western Civilization – Understanding Culture	ANT 101	
<b>Recommended</b>		
Course in minor or certificate		

FOURTH SEMESTER (SPRING)

Course Title	Catalog Number	Prerequisite(s)
Wellness Fitness and Aging	HEW 345	Sophomore Status
Community Health & Wellness	HEW 305	HEW 204 or HEW 225
Introductory Nutrition	NFS 102	
<b>GE Course</b> recommended		
Diversity – 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)
		HEW 225 or 204
Assessment and Evaluation in Health and Wellness	HEW 401	HEW 305
Dim. of Human Sexuality	HEW 340	Sophomore Status
Methods and Materials in Health and Wellness	HEW 312	CWP 102, HEW 204 and 305
<b>GE Course</b> recommended		
1 <sup>st</sup> Global Engagement		
<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 – Health Psychology or Lifespan Developmental Psychology	PSY 376 or PSY 355	PSY 101 C or better
<b>GE Course</b> recommended		
2 <sup>nd</sup> Global Engagement		

**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)

<b>Course Title</b>	<b>Catalog Number</b>	<b>Prerequisite(s)</b>
Community Health Promotion Programs	HEW 412	HEW 312
HWP elective		
HWP elective		
<b>GE Course</b> recommended		
American History		
<b>Recommended</b>		
Courses in minor or certificate		

## EIGHTH SEMESTER (SPRING)

<b>Course Title</b>	<b>Catalog Number</b>	<b>Prerequisite(s)</b>
HWP elective – Internship	HEW 488	HEW312, 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 12-8-22*