

# Bachelor of Science in Health and Wellness (H&W)

## Sample four-year curriculum

| Year 1 Fall Semester | Coursework   | Year 1 Spring Semester | Coursework  |
|----------------------|--|------------------------|---|
| 3                    | GE Seminar   | 3                      | English 1110 Writing and Information Literacy*                          |
| 4                    | Biology 1101 Introduction to Biology, 1110 Biology for the Health Sciences or 1113 Biological Sciences: Energy Transfer and Development* | 4                      | Anatomy 2300, 3300 or EEOB 2510 Human Anatomy*                          |
| 3                    | SOCIOL 1101 Introduction to Sociology*   | 3                      | EEOB 2520 or PHYSIO 3200 Human Physiology*                              |
| 3                    | HDFS 2400 Human Development  | 4-6                    | Citizenship for a Diverse and Just World                                |
| 1                    | Survey Course (Ohio State Freshmen only)   |                        |   |
| <b>12</b>            | <b>Semester Total</b>  | <b>14-16</b>           | <b>Semester Total</b>   |
| Year 2 Fall Semester | Coursework   | Year 2 Spring Semester | Coursework  |
| 3                    | NUR 2102 Evidence-based Strategies to Optimize Health, Happiness and Well-being  | 3                      | H&W 2200 Introduction to Health Literacy                                |
| 3                    | H&W 2210 Dimensions of Wellness and Resilience   | 3                      | H&W 2780 Scholarship for Evidence-based Practice                        |
| 4                    | H&W 2220 Wellness in Chronic Conditions  | 3                      | SOCIOL 3306 Sociology of Poverty  |
| 3                    | PUBHHBP 3510 or PUBHLTH 2010 Intro to Global Public Health   | 3                      | BUSMHR 2500 Business Management   |
| 3                    | HUMNNTR 2310 or 2210 Science of Human Nutrition  | 3                      | NUR 2367 Writing About Healthcare Issues in the United States           |
|                      |  | 2                      | NUR 5194 Epidemiology Concepts in Nursing and Global Healthcare         |
| <b>16</b>            | <b>Semester Total</b>  | <b>17</b>              | <b>Semester Total</b>   |
| Year 3 Fall Semester | Coursework   | Year 3 Spring Semester | Coursework  |
| 3                    | Psychology 2303 Positive Psychology  | 3                      | H&W 3230 Coaching for Health Improvement                                |
| 3                    | H&W 3430 Integrating Culture in Healthcare   | 3                      | H&W 3220 Health Promotion Strategies for People with Chronic Conditions |
| 3                    | H&W 3240 Health Program Planning & Evaluation  | 3                      | H&W 3490 Technology-based Health Promotion Strategies                   |
| 4-6                  | GE Theme (LE, HWB, Sus, Open GE)   | 3                      | H&W elective  |
| 3                    | Math or data analysis  | 3                      | H&W elective  |
| <b>16-18</b>         | <b>Semester Total</b>  | <b>15</b>              | <b>Semester Total</b>   |
| Year 4 Fall Semester | Coursework   | Year 4 Spring Semester | Coursework  |
| 5                    | H&W 4300.01 Practicum I  | 5                      | H&W 4300.02 Practicum II  |
| 3                    | Race Ethnic and Gender Diversity   | 3                      | SOCIOL 5629 Health Disparities  |
| 3                    | H&W elective   | 3                      | Literary, Visual and Performing Arts                                    |
| 3                    | H&W elective   | 3                      | Historical and Cultural Studies   |
|                      |  | 1                      | Understanding a Diverse and Just World                                  |
| <b>14</b>            | <b>Semester Total</b>  | <b>15</b>              | <b>Semester Total</b>   |

\*Required prerequisite course. These courses must be completed with a C or better in order to be considered for admission.

GE requirement (Natural science is Anatomy and EEOB; Social and behavioral science is SOCIOL 1101)

\*To achieve 120 credit hours, students will need to take an additional elective course offered by Ohio State.

**FOR MORE INFORMATION:** Visit us at: [nursing.osu.edu/hw](http://nursing.osu.edu/hw) | E-mail: [nursing@osu.edu](mailto:nursing@osu.edu) | Call: 614-292-4041