# Bachelor of Science in Health and Wellness (HW)

Sample four-year curriculum

<table>
<thead>
<tr>
<th>Year 1: Fall Semester Coursework</th>
<th>Year 1: Spring Semester Coursework</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 General Education Launch Seminar</td>
<td>3 English Prerequisite*^</td>
</tr>
<tr>
<td>4 Biology Prerequisite**</td>
<td>3-5 Physiology Prerequisite*</td>
</tr>
<tr>
<td>3 Sociology Prerequisite*</td>
<td>3 Anatomy Prerequisite*</td>
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<tr>
<td>3 HDFS 2400 Human Development</td>
<td>General Education Course</td>
</tr>
<tr>
<td>1 HW 1100</td>
<td>General Education Course</td>
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<tr>
<th>Year 2: Fall Semester Coursework</th>
<th>Year 2: Spring Semester Coursework</th>
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<tbody>
<tr>
<td>3 HW 2102 Evidence-based Strategies to Optimize Health, Happiness and Well-being</td>
<td>3 HW 2200 Introduction to Health Literacy</td>
</tr>
<tr>
<td>3 HW 2210 Dimensions of Wellness and Resilience</td>
<td>3 HW 2780 Scholarship for Evidence-based Practice</td>
</tr>
<tr>
<td>4 HW 2220 Wellness in Chronic Conditions</td>
<td>3 SOCIOL 3306 Sociology of Poverty</td>
</tr>
<tr>
<td>3 PUBHHBP 3510 Role of Behavior in Public Health or PUBHLTH 2010 Intro to Global Public Health</td>
<td>3 NUR 2367 Writing About Healthcare Issues in the United States</td>
</tr>
<tr>
<td>3 HUMNTR 2410 Science of Human Nutrition or 2310 Fundamentals of Nutrition</td>
<td>2 NUR 4150 Epidemiology Concepts in Nursing and Global Healthcare</td>
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<tr>
<th>Year 3: Fall Semester Coursework</th>
<th>Year 3: Spring Semester Coursework</th>
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<tbody>
<tr>
<td>3 Psychology 2303 Positive Psychology</td>
<td>3 HW 3230 Coaching for Health Improvement</td>
</tr>
<tr>
<td>3 HW 3430 Integrating Culture in Healthcare</td>
<td>3 HW 3220 Health Promotion Strategies for People with Chronic Conditions</td>
</tr>
<tr>
<td>3 HW 3240 Health Program Planning &amp; Evaluation</td>
<td>3 HW 3490 Technology-based Health Promotion Strategies</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3 HW Elective</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3 HW Elective</td>
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<tr>
<th>Year 4: Fall Semester Coursework</th>
<th>Year 4: Spring Semester Coursework</th>
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</thead>
<tbody>
<tr>
<td>5 HW 4300.01 Practicum I</td>
<td>5 HW 4300.02 Practicum II</td>
</tr>
<tr>
<td>General Education Course</td>
<td>3 SOCIOL 5629 Health Disparities in Social Context</td>
</tr>
<tr>
<td>3 HW Elective</td>
<td>General Education Course</td>
</tr>
<tr>
<td>3 HW Elective</td>
<td>General Education Course</td>
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</tbody>
</table>

1 General Education Reflection

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

^Fulfills a General Education requirement and a prerequisite or major requirement.

Office of Student Affairs and Success

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