

# Bachelor of Science in Health and Wellness (HW)

## Elective Coursework

### Purpose:

Students enrolled in the HW major are required to complete 12 credit hours of elective coursework. The electives reflect the end of program (EOP) outcomes. HW electives are chosen based on the HW elective rubric and EOP outcomes.

### EOP Outcomes 2021

- Integrate knowledge of the dimensions of wellness, resilience, health risk assessment, managing energy and health coaching principles.
- Use communication, contemporary technology and coaching techniques to promote optimal wellness.
- Create effective wellness strategies and programs to improve health using knowledge from a wide variety of scientific disciplines to support evidence-based practice in health promotion.
- Evaluate evidence-based health promotion strategies and programs to determine effectiveness at improving population health outcomes.
- Demonstrate an understanding of the impact of health policy, ethical and legal issues and cultural influences.
- Implement evidenced based and innovative concepts and skills to lead, support and sustain an organizational culture of wellness.
- Use social determinants of health to support cultural and policy changes that can support health equity.

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### Coursework:

The following courses are approved options for electives which will apply to the HW major.

### Electives

#### HW 2110 Health Athlete (1 credit)

An overview of four dimensions of personal energy (physical, emotional, mental and spiritual [purpose]) with guidance in developing self-care strategies for each.

Prereq: None

#### BUSMHR 3221 - Innovation and Leadership

This course is built on intellectual and experiential engagement with innovative leadership. Students are challenged to develop better problem-solving skills in a team-oriented atmosphere, and through the use of creativity, learn to view challenges from new and different perspectives. Cross-listed in ESHESA.

#### COMM 4736 Health Communication in Interpersonal Contexts (3 credits)

Study of communication relevant to health care in various face-to-face contexts.

Prereq: None

#### COMM 4737 Health Communication in Mass Mediated Contexts (3 credits)

Overview of theory and research related to the role of mass media as they affect the public's health behavior.

Prereq: Not open to students with credit for 636.02.

#### COMM 4738 Health Communication and New Media (3 credits)

Focuses on the current and future uses of technology in health communication with an emphasis on technology in both patient-provider relationships and health campaigns.

Prereq: None



**ESCE 5271 Wellness: Achieving a Healthy Lifestyle (3 credits)**

Study and application of a holistic approach to understanding and implementing individual wellness for healthy lifestyles

**HDFS 2200 - Family Development**

Dynamics of family interaction over the life cycle; emphasis on developmental, social and cultural influences on the family experience

**HTHRHSC 4000.01 - Application of Ethical Decision Making in Health Care**

Examination of ethical theories, bioethical principles, personal ethics, and ethical decision making, using a six-step model for application in the allied health professions

**KNHES 5500 - Science of Physical Activity for Health Care**

Examines the primary human physiological systems and their response to acute and chronic exercise stimuli, as well as the effects of training and physical activity on health, fitness and human performance.

**KNPE 2201 - 0010 Concepts of Fitness and Wellness**

Focuses on teaching physical fitness and wellness concepts to support instruction in schools and other settings such as community health organizations.

**PUBHEPI 4432 - Injury: A Public Health Problem**

This introductory course in injury prevention & control is designed primarily for upper-division undergraduates. Students will be exposed to/learn to develop skills such as summarizing research findings, translating & communicating these findings to an identified audience, & utilizing policy & advocacy for initiating public health change as it relates to injury prevention and control.

**HTHRHSC 4570.01 The Role of Integrative Medicine (3 credits)**

A research-based analysis of the intersection between evidence-based medicine and complimentary and alternative approaches to wellness, as defined by the National Institutes of Health.

Prereq: None

**PUBHEPI 2410 Introduction to Epidemiology (3 credits)**

Introduction to the study of public health; methods, applications and issues in epidemiology.

**COMM 2110 Principles of Effective Public Speaking (3 credits)**

This course is designed to develop confidence in giving presentations. This class will focus on preparation, organizing, rehearsing, and delivering quality presentations.

**KNHES 2360 Introduction to Exercise Science (3 credits)**

This is designed as an introductory survey course that provides exposure to a wide range of topics comprising the exercise science discipline.

**Courses Not Listed:**

Students may petition the HW subcommittee for a class not listed above to count for an HW elective and the committee will review based on meeting EOP outcomes and HW electives rubric. Students may contact their academic advisor for information on how to petition. Electives are reviewed annually.

