

B.S. Health and Wellness

2021-2022 Sample Course Schedule- *This is a recommended schedule and may be altered as needed. Consult your adviser when making changes. See degree audit for Christian Service requirements.*

Summer

___ COMM 135 Comm. & Public Speaking 3

1st Semester

___ CPTC 100 Computer Concepts 1
 ___ ENGL 101 Critical Thinking in Ac Rdg & Wrtg I 3
 ___ HLED 129 Intro to Wellness..... 2
 ___ HLED 173 Health for Life..... 2
 ___ NOND 101 Southern Connections 1
 ___ PEAC 125 Fitness for Collegiate Life 1
 ___ RELB 125 or RELT 177 (R-1)..... 3
13

2nd Semester

___ ENGL 102 Critical Thinking in Ac Rdg & Wrtg II 3
 ___ HLED 210 Medical Terminology..... 1
 ___ HLED 229 Wellness Applications..... 2
 ___ HLNT 135 Nutrition..... 3
 ___ MATH 215 Statistics 3
 ___ PSYC 128 Developmental Psychology (IN-8)..... 3
15

3rd Semester

___ ACCT 221 Prin Accounting I..... 3
 ___ BIOL 101 Anatomy and Physiology I (IN-7)..... 4
 ___ CHEM 120 Survey of Health..... 3
 ___ CPTC 105 Intro to word Processing..... 1
 ___ VGCA 190 Health Benefits of Veg. Diets..... 1
 ___ Historical Perspectives (IN-6)..... 3
15

4th Semester

___ BIOL 102 Anatomy and Physiology II (IN-7)..... 4
 ___ HLED 250 Corporate Wellness Environments..... 2
 ___ JOUR 105 Writing for the Media..... 3
 ___ Electives..... 3
 ___ Physical Activity (P-2)..... 1
 ___ RELT 138, 225, or 255 (R-2)..... 3
16

5th Semester

___ HLED 473 Health Methods (Elective)..... 2
 ___ MGNT 334 Principles of Management..... 3
 ___ PETH 314 Biomechanics..... 3
 ___ PSYC 377 Fundamentals of Counseling..... 3
 ___ Biblical Studies (R-3)..... 3
 ___ Electives..... 2
16

6th Semester

___ ECON 213 Survey of Economics (IN-9)..... 3
 ___ HLED 373 Prevention & Care of Athletic Injuries..... 2
 ___ PETH 315 Physiology of Exercise (W)..... 4
 ___ SOCI 225 Marriage and Family (Elective)..... 3
 ___ Electives..... 3
 ___ Physical Activity (P-2)..... 1
16

7th Semester

___ BMKT 326 Principles of Marketing..... 3
 ___ BUAD 358 Ethical, Soc. & Legal Env. (W)..... 3
 ___ HLED 345 Wellness Coaching..... 3
 ___ HLED 470 Current Issues in Health..... 2
 ___ PEAC 425 Fit for Hire 1
 ___ Aesthetic Analysis (IN-10)..... 3
15

8th Semester

___ HLED 356 Drugs and Society..... 2
 ___ HLED 491 Wellness Capstone..... 2
 ___ Admin of Health, PE & Rec Therapy (SERV2) (W)..... 3
 ___ PETH 364 Health Evangelism (R-4)..... 3
 ___ RELP 468 Electives..... 4
 ___ U.D. Elective..... 1
15

TOTAL HOURS 124

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