

B.S. Health and Wellness

2022-2023 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

1st Semester

..... CPTe 100 Computer Concepts ENGL 102 Critical Thinking in Ac Rdg & Wrtg II
..... ENGL 101 Critical Thinking in Ac Rdg & Wrtg I HLED 210 Medical Terminology.....
..... HLED 129 Intro to Wellness..... HLED 229 Wellness Applications.....
..... HLED 173 Health for Life..... HLNT 135 Nutrition.....
..... NOND 101 Southern Connections MATH 215 Statistics
..... PEAC 125 Fitness for Collegiate Life PSYC 128 Developmental Psychology (IN-8).....
..... RELB 125 or RELT 177 (R-1).....	15

2nd Semester

..... Critical Thinking in Ac Rdg & Wrtg II	3
..... Medical Terminology.....	1
..... Wellness Applications.....	2
..... Nutrition.....	3
..... Statistics	3
..... Developmental Psychology (IN-8).....	3

3rd Semester

..... ACCT 221 Prin Accounting I..... BIOL 102 Anatomy and Physiology I (IN-7).....
..... BIOL 101 Anatomy and Physiology I (IN-7)..... HLED 250 Survey of Health.....
..... CHEM 120 Survey of Health..... JOUR 105 Intro to word Processing.....
..... CPTe 105 Intro to word Processing.....
..... VGCA 190 Health Benefits of Veg. Diets.....
..... Historical Perspectives (IN-6).....

4th Semester

..... Anatomy and Physiology II (IN-7).....	4
..... Corporate Wellness Environments.....	2
..... Writing for the Media.....	3
..... Electives.....	3
..... Physical Activity (P1b).....	1
..... RELT 138, 225, or 255 (R-2).....	3

5th Semester

..... HLED 473 Health Methods (Elective)..... ECON 213 Principles of Management.....
..... MGNT 334 Principles of Management..... HLED 373 Biomechanics.....
..... PETH 314 Biomechanics..... PETH 315 Fundamentals of Counseling.....
..... PSYC 377 Fundamentals of Counseling..... PSYC 223 Biblical Studies (R-3).....
.....
..... Electives.....

6th Semester

..... Survey of Economics (IN-9).....	3
..... Prevention & Care of Athletic Injuries.....	2
..... Physiology of Exercise (W).....	4
..... Marriage and Family	3
..... Electives.....	3
..... Physical Activity (P1b).....	1

7th Semester

..... BMKT 326 Principles of Marketing..... HLED 356 Ethical, Soc. & Legal Env. (W).....
..... BUAD 358 Ethical, Soc. & Legal Env. (W)..... HLED 491 Wellness Coaching.....
..... HLED 345 Wellness Coaching..... PETH 364 Current Issues in Health.....
..... HLED 470 Current Issues in Health..... RELP 468 Fit for Hire
..... PEAC 425 Fit for Hire
..... Aesthetic Analysis (IN-10).....

8th Semester

..... Drugs and Society.....	2
..... Wellness Capstone.....	2
..... Admin of Health, PE & Rec Therapy (SERV2) (W).....	3
..... Health Evangelism (R-4).....	3
..... Electives.....	4
..... U.D. Elective.....	1

TOTAL HOURS 124