

B.S. Health and Wellness

2023-2024 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

| | | | |
|----------------|--|---|--|
| CPTe 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 | |
| | <u>13</u> | | |

3rd Semester

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

5th Semester

| | | | |
|----------------|---------------------------------|---|--|
| ECON 213 | Survey of Economics (IN-9)..... | 3 | |
| MGNT 334 | Principles of Management..... | 3 | |
| PETH 314 | Biomechanics..... | 3 | |
| PSYC 377 | Fundamentals of Counseling..... | 3 | |
| | Biblical Studies (R-3)..... | 3 | |
| | Physical Activity (P1b)..... | 1 | |
| | <u>16</u> | | |

7th Semester

| | | | |
|----------------|-------------------------------------|---|--|
| BMKT 326 | Principles of Marketing..... | 3 | |
| BUAD 458 | Ethical, Soc. & Legal Env (W) | 3 | |
| HLED 345 | Wellness Coaching..... | 3 | |
| HLED 356 | Drugs and Society | 2 | |
| PEAC 425 | Fit for Hire | 1 | |
| | Aesthetic Analysis (IN-10)..... | 3 | |
| | <u>15</u> | | |

Add MGNT 334 Principles of Management (3) = Bus. Admin Minor

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 | |
| | <u>15</u> | | |

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 (P1b)..... | 1 | |
| | RELT 138, 225, or 255 (R-2)..... | 3 | |
| | <u>16</u> | | |

6th Semester

| | | | |
|----------------|---|---|--|
| HLED 473 | Health Methods (Elective) | 2 | |
| HLED 373 | Prevention & Care of Athletic Injuries..... | 2 | |
| PETH 315 | Physiology of Exercise (W)..... | 4 | |
| PSYC 223 | Marriage and Family | 3 | |
| | Electives..... | 3 | |
| | Electives..... | 2 | |
| | <u>16</u> | | |

8th Semester

| | | | |
|----------------|--|---|--|
| HLED 470 | Current Issues in Health (SERV2) | 2 | |
| HLED 491 | Wellness Capstone..... | 2 | |
| PETH 364 | Admin Health, PE & Rec Ther (SERV2) (W)... | 3 | |
| RELP 468 | Health Evangelism (R-4)..... | 3 | |
| | Electives..... | 4 | |
| | U.D. Elective..... | 1 | |
| | <u>15</u> | | |

TOTAL HOURS 124