

# B.S. Health and Wellness

**2025-2026 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 (IN-3) ..... 3

## 1st Semester

..... CPT 100	Computer Concepts (IN-5) .....	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 (IN-1) .....	1	
..... PEAC 125	Fitness for Collegiate Life .....	1	
.....	RELB 125 or RELT 177 (R-1).....	3	
	<b>13</b>		

## 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 (IN-4) .....	3	
..... PSYC 128	Developmental Psychology (IN-8).....	3	
	<b>15</b>		

## 3rd Semester

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

## 4th Semester

..... BIOL 102	Anatomy and Physiology II (IN-7).....	4	
..... HLED 250	Corporate Wellness Environments.....	2	
..... JOUR 105	Writing for the Media.....	3	
.....	Physical Activity (P1b).....	1	
.....	RELT 138, 225, or 255 (R-2).....	3	
.....	Electives.....	3	
	<b>16</b>		

## 5th Semester

..... HLED 373	Prevention & Care of Athletic Injuries.....	2	
..... MGNT 334	Principles of Management.....	3	
..... PETH 314	Biomechanics.....	3	
..... PSYC 377	Fundamentals of Counseling.....	3	
.....	Biblical Studies (R-3).....	3	
.....	Electives* .....	2	
	<b>16</b>		

## 6th Semester

..... ECON 213	Survey of Economics (IN-9) .....	3	
..... HLED 473	Health Methods (Elective) .....	2	
..... PETH 315	Physiology of Exercise (W).....	4	
.....	Physical Activity (P1b).....	1	
.....	Electives* .....	6	
	<b>16</b>		

## 7th Semester

..... BMKT 326	Principles of Marketing.....	3	
..... BUAD 458	Ethical, Soc. & Legal Env (W) OR 358.....	3	
..... HLED 345	Wellness Coaching.....	3	
..... HLED 356	Drugs and Society .....	2	
..... PEAC 425	Fit for Hire .....	1	
.....	Aesthetic Analysis (IN-10).....	3	
	<b>15</b>		

## 8th Semester

..... HLED 470	Current Issues in Health (SERV2).....	2	
..... HLED 491	Wellness Capstone.....	2	
..... PETH 362	(W).....	3	
..... RELP	Religion Elective (R-4) (RELP 468 Recommended)..	3	
.....	Electives.....	4	
.....	U.D. Elective.....	1	
	<b>15</b>		

**TOTAL HOURS 124**

It is recommended that students complete a Business Administration minor with this degree.