

**Health and Wellness Major – 2013-2014 Catalog
WORKSITE/CORPORATE WELLNESS TRACK**

FIRST YEAR			
<u>FALL</u>		<u>SPRING</u>	
ENG 111	4	ENG 112	4
UNI 101	1	MTH 310	4
HPE 210	3	WRITING PROFICIENCY EXAMS	
HPE 158	3	PSY 153	4
PED 206	2	GENERAL EDUCATION	3
ATH 200	3	HPE 200	3
TOTAL HOURS		TOTAL HOURS	
16.0		18.0	

SECOND YEAR			
<u>FALL</u>		<u>SPRING</u>	
GENERAL EDUCATION	9	GENERAL EDUCATION	6
HPE 214	3	BIO 307	5
BIO 101	4	HPE 300	3
BIO 101L	0	HPE 250	2
HPE 159	2		
TOTAL HOURS		TOTAL HOURS	
15.0		16.0	

THIRD YEAR			
<u>FALL</u>		<u>SPRING</u>	
HPE 410	3	PSY 370	3
GENERAL EDUCATION	9	MAJOR ELECTIVES UL** (#3)	3
MAJOR ELECTIVE** (#1)	3	MAJOR ELECTIVE ** (#4)	3
MAJOR ELECTIVE UL** (#2)	3	PSY 211	3
TOTAL HOURS		TOTAL HOURS	
18.0		18.0	

FOURTH YEAR			
<u>FALL</u>		<u>SPRING</u>	
HPE 390	3	HPE 450	3
MAJOR ELECTIVES UL** (#5)	3	HPE 490	3
HPE 420 W	3	HPE 470	8
ELECTIVES	3	ELECTIVES	3
TOTAL HOURS		TOTAL HOURS	
17.0		17.0	

***General Education Requirements – Some courses fulfill general education as well as major requirements. See catalog for accepted courses for general education**

If students choose to double major and/or minor, the following catalog rule applies: any course applied toward the completion of one major or minor may not also be applied toward the fulfillment of elective requirements in another major or minor.

****Choose a minimum of 5 courses from the list below.**

WORKSITE/CORPORATE WELLNESS ELECTIVES:

HPE 212 (every spring) or PED 353 (every fall)	HPE 281 (even spring)
HPE 301 W (odd spring)	HPE 379 (even fall)#
PED 349 (every fall – must be taken before PED 455)#	HPE 375 (even fall)
PED 455 (every spring)#	HPE 430 (odd spring)#
MGT 204 (every semester; must be taken before SPM 320)	SPM 320 (every spring)
HPE 435 (odd fall)	

indicates electives that are strongly recommended