

**Health and Wellness Major – 2016-2017 Catalog**  
**WORKSITE/CORPORATE HEALTH & WELLNESS TRACK**

FIRST YEAR				
FALL			SPRING	
ENG 111		4	ENG 112	4
UNI 101		1	^MTH 310	4
HPE 210		3	^PSY 153	4
^HPE 158		3	GENERAL EDUCATION	3
^PED 206 (8 week course)		2	HPE 200	3
^ATH 200		3		
TOTAL HOURS		16.0	TOTAL HOURS	18.0

SECOND YEAR				
FALL			SPRING	
GENERAL EDUCATION		6	GENERAL EDUCATION	6
HPE 214		3	BIO 309	5
BIO 101 or 110		4	BIO 309 Lab	0
BIO 101L or 110L		0	^HPE 300	3
^PED 157		3	HPE 250	2
TOTAL HOURS		16.0	TOTAL HOURS	16.0

THIRD YEAR				
FALL			SPRING	
HPE 410		3	GENERAL EDUCATION	3
GENERAL EDUCATION		6	MAJOR ELECTIVES UL** (#2)	3
MAJOR ELECTIVE** (#1)		3	MAJOR ELECTIVE UL** (#3)	3
BIO 308		5	MAJOR ELECTIVE UL** (#4)	3
BIO 308 Lab		0	PSY 211	3
TOTAL HOURS		17.0	TOTAL HOURS	15.0

FOURTH YEAR				
FALL			SPRING	
HPE 390 (fall, odd)		3	HPE 450	3
MAJOR ELECTIVES UL** (#5)		3	HPE 490	3
HPE 420 W		3	HPE 470	8
ELECTIVES		6	ELECTIVE	3
TOTAL HOURS		15.0	TOTAL HOURS	17.0

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

^Courses that are offered each semester.

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 HEALTH & WELLNESS ELECTIVES:**

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

# indicates electives that are strongly recommended