



Bachelor of Science

Wellness & Health Promotion

• CIP code 510001 • 120 credits

Program Description

The Bachelor of Science in Wellness & Health Promotion prepares students with the knowledge and skills necessary to educate, coach and support individuals, institutions and communities in promoting and maintaining healthy lifestyles. Through an investigation into human health and the history, philosophical, and theoretical foundations of wellness and health promotion initiatives, students gain a practical understanding of issues affecting individual, community and population health. Coursework emphasizes a lifestyle approach to promoting health and includes elements such as nutrition, physical activity, stress reduction, and other influences on health and wellbeing such as substance use, socio-economic and environmental factors.

Program Outcomes

Upon successful completion, students will be able to work effectively with individuals, organizations, corporations and communities in efforts to enhance lifestyle to impact health, prevent disease and increase quality of life. Students will:

- Gain content knowledge in the science, history and theoretical foundations of wellness and health promotion.
- Assess health and wellness needs; plan, implement, direct and evaluate health promotion and wellness programs.
- Gain communication and marketing skills to effectively assess, organize, and implement wellness and promotion programs and efforts.
- Understand theories and strategies that facilitate positive lifestyle change.
- Utilize evidence-based strategies to improve health and well-being.
- Maximize the well-being of specific target populations by collaborative planning and implementation of wellness programs.
- Apply their learning through direct field experience.
- Effectively advocate for policies and practices that empower individuals and communities to sustain and reinforce health promotion efforts.

Careers and Further Study

Successful graduates will be well positioned to work as health/wellness coaches and educators in community health initiatives, corporate wellness programs, public and private educational settings, and in fitness and wellness facilities. Graduates are further prepared for advanced studies in a wide range of health related fields such as community and public health, nursing, health education, health care management and administration, addiction studies, psychology, and human services.

Degree completion: General education requirements may be satisfied by an associate's degree or 60 credits of prior courses that meet all general criteria for transfer; up to 90 credits may be accepted.

General Education 42 credits

LRN 175	Principles & Processes of Adult Learning	3
WRT 101	College Writing I	3
CTH 225	Foundations of Critical Thinking	3
MAT 101	College Math I	3
CMP 130	Introduction to Computer Applications	3
CMP 230	Information Literacy	3
WRT 102	College Writing II	3
MAT 102	College Math II	3

WRT 101-102 and MAT 101-102 may be waived if equivalent courses have been accepted in transfer. Credits will be replaced with open electives. WRT 201 required if both WRT 101-102 are waived; not required for students completing WRT 101-102 at Cambridge. WRT 090 and MAT 100 required if assessment indicates need.

Arts & Humanities	6
Natural & Physical Sciences	6
SCI 205	Anatomy & Physiology I – <u>required</u>	
Social Sciences	6
PSY 110	Systems Thinking in Psychology – <u>required</u>	

Open Electives 33 credits

Choose electives and/or concentrations to support your academic interests and professional goals.

Wellness & Health Promotion Major 45 credits

PHW 300	Introduction to Wellness & Health Promotion	3
SCI 235	Principles of Health & Wellness	3
SCI 339	Epidemiology & Public Health	3
PHW 303	Nutrition & Health Promotion	3
SCI 311	The Science of Exercise	3
PSY 426	Self Care for Helping Professionals	3
PHW 420	Leadership in Promoting Health	3
PHW 302	Research in Health Promotion	3
BHS 378	Program Planning & Evaluation	3
PHW 402	Lifestyle Change to Promote Health	3
PHW 470	Field Education: Wellness & Health	3

Wellness & Health Promotion Electives 9

Capstone

PHW 490	Capstone: Wellness & Health Promotion	3
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