

# HEALTH AND WELLNESS MAJOR (B.S.)

<https://cps.unh.edu/online/program/bs/health-wellness>

## Description

The Bachelor of Science in Health and Wellness focuses on preparing students for opportunities to help people lead healthier lifestyles. The curriculum provides foundational principles related to health coaching, health education, and wellness planning to optimize individual and population health. The program can be paired with a variety of minors to further customize skills and prepare for post-graduate work.

## Requirements

### Degree Requirements

**Minimum Credit Requirement:** 120 credits

**Minimum Residency Requirement:** 30 credits must be taken at UNH

**Minimum Cumulative GPA:** 2.0 is required for conferral\*

**Core Curriculum Required:** General Education Program

Major, Option and Elective Requirements as indicated.

*\*GPA: Major and any state certification GPA requirements may be higher and are indicated in program details.*

A minimum grade of C- is required in all Major coursework. Some programs may have higher grade requirements for Major coursework as noted in the Major requirements section below. Students are allowed a maximum of two course overlaps. Overlaps can be used between Major, Minor, and General Education requirements with only 8 credits overlapped between the Major and Minor. Please note that Option requirements are considered part of the Major. Students must complete 16 upper-level credits in majors within the College of Professional Studies, Online.

### General Education Program Requirements

A minimum grade of D- is required in all General Education coursework. Students are allowed a maximum of two course overlaps. Overlaps can be used between Major, Minor and General Education requirements with only 8 credits overlapped between the Major and Minor.

All General Education requirements must be taken prior to the capstone.

Code	Title	Credits
ENG 420	The Writing Process	4
COM 460	Interpersonal Communication and Group Dynamics	4
COM 480	Visual Communication	4
CRIT 501	Introduction to Critical Inquiry	4
Select one of the following:		4
MTH 402	Math for Our World	
MTH 504	Statistics	
MTH 510	Pre-Calculus	
Knowledge of Human Behavior & Social Systems		4
Knowledge of the Physical & Natural World		4
Knowledge of Human Thought & Expression		4
CRIT 602	Advanced Critical Analysis and Strategic Thinking	4
IDIS 601A	Interdisciplinary Seminar: Being Happy	4

or IDIS 601B	Interdisciplinary Seminar: Business of Beer
or IDIS 601C	Interdisciplinary Seminar: Paranormal Activities

Total Credits

40

## Writing Program Requirements

All bachelor's degree candidates are required to complete four writing intensive courses as part of the University [Writing Program Requirements](#) as follows:

Code	Title	Credits
ENG 420	The Writing Process	
One Writing Intensive course in the Major		
One Writing Intensive course at the 600-level or above		
One Additional Writing Intensive Course		

*Writing Intensive courses are identified with the label "Writing Intensive Course" in the "Attributes" section of the course description and/or a W following the course number.*

## Major Requirements

Prior to capstone enrollment, students are expected to complete all General Education program requirements. Students should consult with their advisor regarding specific major courses that may be completed with their capstone. Refer to the Degree Plan for a sample course sequence. Academic Advisor approval is required for registration to be processed.

Code	Title	Credits
<b>Major in Health and Wellness</b>		
<i>Foundation Courses</i>		
HLTC 550	The Emerging U.S. Health Care System	4
PSY 410	Introduction to Psychology	4
SCI 490	Human Biology	4
SCI 502	Nutrition and Health	4
<i>Intermediate Courses</i>		
COM 590	Professional Communication	4
MTH 504	Statistics	4
HLTC 560	Health Behaviors: Theoretical Foundations for Health Education	4
SCI 550	Wellness and the Human Body	4
or SCI 575	Introduction to Lifestyle Medicine	
<i>Health and Wellness Elective</i>		
Select one of the following:		4
HLTC 595	Practicum in Health Care	
SCI 508	Issues in Women's Health	
SCI 575	Introduction to Lifestyle Medicine	
SCI 610	Contemporary Issues in Personal and Global Health	
SCI 615	Fitness and Health	
<i>Advanced Courses</i>		
HLTC 612	Population Health	4
HLTC 720	Health Program Planning and Evaluation	4
SCI 604	Principles of Exercise Science	4
or SCI 615	Fitness and Health	
<i>Integrative Capstone</i>		
HLTC 795	Integrative Capstone: Internship in Health and Wellness	4
or HLTC 798	Integrative Capstone: Project in Health and Wellness	
Total Credits		52

## Electives

Open electives are courses students will need to take in addition to their general education and major requirements in order to satisfy the remaining credit totals for their programs. Open electives are defined as any credit course offered by the College not already included in the student's general education, major, option or minor. Students will need

120 credits total to graduate with a bachelor's degree from the Online Division of the College of Professional Studies.

## Degree Plan

This degree plan is a sample and does not reflect the impact of transfer credit or current course offerings. UNH CPS Online undergraduate students should develop individual academic plans with their academic advisor during their first year at UNH.

## Sample Course Sequence

### First Year

Fall		Credits
ENG 420	The Writing Process	4
HLTC 550	The Emerging U.S. Health Care System	4
SCI 502	Nutrition and Health	4
General Education Course		4
<b>Credits</b>		<b>16</b>

### Spring

COM 460	Interpersonal Communication and Group Dynamics	4
CRIT 501	Introduction to Critical Inquiry	4
MTH 402 or MTH 504 or MTH 510	Math for Our World or Statistics or Pre-Calculus	4
SCI 490	Human Biology	4
<b>Credits</b>		<b>16</b>

### Second Year

Fall		Credits
COM 480	Visual Communication	4
COM 590	Professional Communication	4
PSY 410	Introduction to Psychology	4
Elective		4
<b>Credits</b>		<b>16</b>

### Spring

HLTC 560	Health Behaviors: Theoretical Foundations for Health Education	4
MTH 504	Statistics	4
SCI 550 or SCI 575	Wellness and the Human Body or Introduction to Lifestyle Medicine	4
Elective		4
<b>Credits</b>		<b>16</b>

### Third Year

Fall		Credits
CRIT 602	Advanced Critical Analysis and Strategic Thinking	4
HLTC 612	Population Health	4
General Education Course		4
Elective		4
<b>Credits</b>		<b>16</b>

### Spring

SCI 604 or SCI 615	Principles of Exercise Science or Fitness and Health	4
-----------------------	---	---

SCI 508 or SCI 575 or SCI 610 or SCI 615 or HLTC 595	Issues in Women's Health or Introduction to Lifestyle Medicine or Contemporary Issues in Personal and Global Health or Fitness and Health or Practicum in Health Care	4
--	---	---

General Education Course		4
Elective		4
<b>Credits</b>		<b>16</b>

### Fourth Year

#### Fall

HLTC 720	Health Program Planning and Evaluation	4
IDIS 601A or IDIS 601B or IDIS 601C	Interdisciplinary Seminar: Being Happy or Interdisciplinary Seminar: Business of Beer or Interdisciplinary Seminar: Paranormal Activities	4
Elective		4
Elective		4
<b>Credits</b>		<b>16</b>

#### Spring

HLTC 798 or HLTC 795	Integrative Capstone: Project in Health and Wellness or Integrative Capstone: Internship in Health and Wellness	4
Elective		4
<b>Credits</b>		<b>8</b>
<b>Total Credits</b>		<b>120</b>

## Student Learning Outcomes

## Program Learning Outcomes

- Identify and use evidence-based practice to guide planning and decision-making for individual and population health.
- Communicate in multiple modalities to express wellness and prevention strategies, concepts, and messages.
- Integrate knowledge of cultural frameworks and inter-professional collaboration to improve individual and population health.
- Apply scientific reasoning and evidence-based knowledge to determine health education, health promotion, and disease prevention best practices.
- Develop, implement, and evaluate wellness and prevention interventions.