

# HUMAN SERVICES MAJOR: WELLNESS AND PREVENTION OPTION (B.S.)

<https://cps.unh.edu/online/program/bs/human-services-wellness-prevention-option>

## Description

The Bachelor of Science in Human Services is designed for students with career interests in human services. This program offers graduates the opportunity to provide access to assistance programs, offer support, and improve the quality of life for those in need while working with individuals and the community at both the local and state level. The wellness and prevention option introduces students to the key factors that impact the mental and physical well-being of individuals as well as strategies for prevention and health promotion.

## 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	
<b>Total Credits</b>		<b>40</b>

## 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 Human Services</b>		
<i>Foundation Courses</i>		
HMSV 424	Human Services and the Helping Process	4
HMSV 480	Case Management	4
PSY 410	Introduction to Psychology	4
or SOCI 410	Introduction to Sociology	
<i>Intermediate Courses</i>		
Select two of the following:		8
MGMT 566	Organizational Behavior	
or PSY 525	Human Development	
or SOSOC 675	Dynamics of Family Relationships	
HMSV 595	Field-Based Practicum in Human Services	4
or HMSV 597	Project-Based Practicum in Human Services	
<i>Advanced Courses</i>		
HLTC 690	Law and Ethics for Health Care and Human Services	4
MGMT 608	Fostering Inclusion and Diversity in the Workplace	4
or SOSOC 710	Social Stratification and Inequality	
<b>Option in Wellness and Prevention</b>		
HLTC 560	Health Behaviors: Theoretical Foundations for Health Education	4
SCI 502	Nutrition and Health	4
HLTC 612	Population Health	4
Select one of the following:		4
SCI 550	Wellness and the Human Body	
or SCI 604	Principles of Exercise Science	
or SCI 615	Fitness and Health	
<i>Integrative Capstone</i>		
HMSV 795	Integrative Capstone: Internship in Human Services	4
or HMSV 797	Integrative Capstone: Project in Human Services	
<b>Total Credits</b>		<b>52</b>

## 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
HMSV 424	Human Services and the Helping Process	4
PSY 410	Introduction to Psychology	4
or SOCI 410	or Introduction to Sociology	
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
HMSV 480	Case Management	4
MTH 402	Math for Our World	4
or MTH 504	or Statistics	
or MTH 510	or Pre-Calculus	
<b>Credits</b>		<b>16</b>

### Second Year

Fall		
COM 480	Visual Communication	4
PSY 525	Human Development	4
or SOSC 675	or Dynamics of Family Relationships	
or MGMT 566	or Organizational Behavior	
General Education Course		4
Elective		4
<b>Credits</b>		<b>16</b>
Spring		
HMSV 595	Field-Based Practicum in Human Services	4
or HMSV 597	or Project-Based Practicum in Human Services	
SOSC 675	Dynamics of Family Relationships	4
or PSY 525	or Human Development	
or MGMT 566	or Organizational Behavior	
General Education Course		4
Elective		4
<b>Credits</b>		<b>16</b>

### Third Year

Fall		
CRIT 602	Advanced Critical Analysis and Strategic Thinking	4
HLTC 560	Health Behaviors: Theoretical Foundations for Health Education	4
HLTC 690	Law and Ethics for Health Care and Human Services	4
SCI 502	Nutrition and Health	4
<b>Credits</b>		<b>16</b>
Spring		
HLTC 612	Population Health	4
SCI 550	Wellness and the Human Body	4
or SCI 604	or Principles of Exercise Science	
or SCI 615	or Fitness and Health	
Elective		4
Elective		4
<b>Credits</b>		<b>16</b>

### Fourth Year

Fall		
IDIS 601A	Interdisciplinary Seminar: Being Happy	4
or IDIS 601B	or Interdisciplinary Seminar: Business of Beer	
or IDIS 601C	or Interdisciplinary Seminar: Paranormal Activities	
SOSC 710	Social Stratification and Inequality	4
or MGMT 608	or Fostering Inclusion and Diversity in the Workplace	
Elective		4
Elective		4
<b>Credits</b>		<b>16</b>
Spring		
HMSV 797	Integrative Capstone: Project in Human Services	4
or HMSV 795	or Integrative Capstone: Internship in Human Services	
Elective		4
<b>Credits</b>		<b>8</b>
<b>Total Credits</b>		<b>120</b>

## Student Learning Outcomes

## Program Learning Outcomes

- Differentiate and critically analyze the concepts, theories, and methods of inquiry pertinent to human services.
- Apply the concepts, theories, and methods of human services.
- Apply ethical principles that inform and guide practice in human services and relevant subfields.
- Communicate in multiple modalities the needs of a diversity of client populations.