

Health and Well-being, B.A.

General Education Foundations

Please use this link to view a list of courses that meet each GEF requirement. (<http://registrar.wvu.edu/gef/>)

NOTE: Some major requirements will fulfill specific GEF requirements. Please see the curriculum requirements listed below for details on which GEFs you will need to select.

Code	Title	Hours
General Education Foundations		
F1 - Composition & Rhetoric		3-6
ENGL 101 & ENGL 102 or ENGL 103	Introduction to Composition and Rhetoric and Composition, Rhetoric, and Research Accelerated Academic Writing	
F2A/F2B - Science & Technology		4-6
F3 - Math & Quantitative Reasoning		3-4
F4 - Society & Connections		3
F5 - Human Inquiry & the Past		3
F6 - The Arts & Creativity		3
F7 - Global Studies & Diversity		3
F8 - Focus (may be satisfied by completion of a minor, double major, or dual degree)		9
Total Hours		31-37

Please note that not all of the GEF courses are offered at all campuses. Students should consult with their advisor or academic department regarding the GEF course offerings available at their campus.

Degree Requirements

Code	Title	Hours
University Requirements		66
Health and Well-Being Major Requirements		54
Total Hours		120

University Requirements

Code	Title	Hours
General Education Foundations (GEF) 1, 2, 3, 4, 5, 6, 7, and 8 (31-37 Credits)		
Outstanding GEF Requirements 1, 2, 3, 5, 6, 7 & 8		30
CAHS 191	First-Year Seminar	2
General Electives		34
Total Hours		66

Health and Well-Being Major Requirements

Code	Title	Hours
Components of Well-being		
PSYC 101	Introduction to Psychology (GEF 4)	3
ACE 149	Introduction to Applied Anatomy	3
HN&F 171	Introduction to Human Nutrition (GEF 2)	3
COUN 400	Diversity and Human Relations	3
CDFS 417	Families and Health	3
Health and Well-being		
HWB 224	Enhancing Health and Well-being	3
SEP 283	Introduction to Exercise Psychology	3
CAHS 300	Career Exploration in Applied Human Sciences	3

COUN 303	Introduction to Helping Professions	3
ACE 307	Applied Sport Physiology	3
HWB 359	Mindfulness for Health and Well-being	3
HWB 375	Methods of Health Coaching	3
PET 401	Foundations of Health Education	3
PET 402	Core Concepts in Health Education	3
PET 403	Program Design, Implementation, and Evaluation for Health Educators	3
HWB 404	Enhancing Community Well-being	3
SEP 415	Physical Activity Promotion in Diverse Settings	3
CAHS 489	Capstone Experience in AHS	3
Total Hours		54

Suggested Plan of Study

First Year

Fall	Hours	Spring	Hours
ENGL 101 (GEF 1)		3 ACE 149	3
PSYC 101 (GEF 4)		3 HN&F 171 (GEF 2)	3
CAHS 191		2 HWB 224	3
GEF 6		3 GEF 2	3
GEF 3		3 Elective	3
Elective		1	
		15	15

Second Year

Fall	Hours	Spring	Hours
ENGL 102 (GEF 1)		3 COUN 303	3
SEP 283		3 HWB 359	3
HWB 375		3 GEF 7	3
GEF 5		3 GEF 8	3
Elective		3 Elective	3
		15	15

Third Year

Fall	Hours	Spring	Hours
CAHS 300		3 COUN 400	3
ACE 307		3 PET 402	3
PET 401		3 SEP 415	3
GEF 8		3 Electives	6
Elective		3	
		15	15

Fourth Year

Fall	Hours	Spring	Hours
PET 403		3 HWB 404	3
CDFS 417		3 CAHS 489	3
GEF 8		3 Electives	9
Elective		6	
		15	15

Total credit hours: 120

Areas of Emphasis

- Fitness (p. 3)
- Recreational Sport (p. 4)

Fitness Area of Emphasis

Code	Title	Hours
A minimum grade of C- is required in AoE coursework.		
HWB 373	Fitness Management	3
HWB 374	Fitness Field Testing	3
HWB 470	Methods of Group Fitness	3
HWB 472	Methods of Personal Training	3
Total Hours		12

Suggested Plan of Study

First Year

Fall	Hours	Spring	Hours
ENGL 101 (GEF 1)		3 PSYC 101 (GEF 4)	3
PET 124		2 PET 125	2
PASS 191		2 HN&F 171 (GEF 2)	3
GEF 6		3 GEF 2	3
HWB 224		3 Dimension Hlth/WB Elective	3
Elective		2 Elective	1
		15	15

Second Year

Fall	Hours	Spring	Hours
ENGL 102 (GEF 1)		3 PET 244	2
MATH 121 (GEF 3)		3 Complete one of the following	3
PET 175		2 COUN 303	
GEF 5		3 HWB 359	
Dimension Hlt/WB Elective		3 GEF 7	3
Elective		2 GEF 8	3
		Elective	3
		16	14

Third Year

Fall	Hours	Spring	Hours
CAHS 300		3 Complete one of the following	3
HWB 373		3 COMM 304	
HWB 375		3 COMM 306	
SEP 283		3 COMM 308	
Dimension Hlth/WB Elective		3 COMM 317	
		COMM 342	
		COMM 404	
		EXPH 365	3
		HWB 374	3
		PET 401	3
		Elective	3
		15	15

Fourth Year

Fall	Hours	Spring	Hours
PET 402		3 PET 403	3
HWB 404		3 HWB 470	3
HWB 472		3 CAHS 489	3
SEP 415		3 GEF 8	3

GEF 8	3 Elective	3
	15	15

Total credit hours: 120

Recreational Sport Area of Emphasis

Code	Title	Hours
A minimum grade of C- is required in AOE coursework.		
ACE 256	Foundations of Coaching	3
ACE 310	Coaching Pedagogy	3
ACE 430	Coaching Program Administration	3
SM 426	Liability in Sport	3
Total Hours		12

Suggested Plan of Study

First Year

Fall	Hours	Spring	Hours
ENGL 101 (GEF 1)		3 PSYC 101 (GEF 4)	3
PET 124		2 PET 125	2
PASS 191		2 HN&F 171 (GEF 2)	3
HWB 224		3 GEF 2	3
GEF 6		3 Dimension Hlt/WB Elective	3
Elective		2 Elective	1
		15	15

Second Year

Fall	Hours	Spring	Hours
ENGL 102 (GEF 1)		3 PET 244	2
MATH 121 (GEF 3)		3 Complete one of the following	3
PET 175		2 COUN 303	
GEF 5		3 HWB 359	
ACE 256		3 GEF 7	3
Elective		2 GEF 8	3
		Dimension Hlth/WB Elective	3
		16	14

Third Year

Fall	Hours	Spring	Hours
CAHS 300		3 Complete one of the following	3
HWB 375		3 COMM 304	
SEP 283		3 COMM 306	
Dimension Hlth/WB Elective		3 COMM 308	
ACE 310		3 COMM 317	
		COMM 342	
		COMM 404	
		EXPH 365	3
		PET 401	3
		ACE 430	3
		Elective	3
		15	15

Fourth Year

Fall	Hours	Spring	Hours
PET 402		3 PET 403	3
HWB 404		3 Capstone	3

SEP 415	3	CAHS 489	
GEF 8	3	GEF 8	3
Electives	3	Elective	3
		SM 426	3
		15	15

Total credit hours: 120

Program Learning Outcomes

1. Program graduates will integrate disciplinary knowledge, skills, and dispositions and apply them to complex professional issues for employment in health and wellness settings, including the pursuit of advanced degrees in health-related disciplines.
2. Program graduates will reflect on their professional readiness and think critically about the continued refinement of the disciplinary knowledge, skills, and dispositions learned across the curriculum for employment in health and wellness settings, including the pursuit of advanced degrees in health-related disciplines
3. Program graduates will model professional and ethical behaviors that are consistent with industry standards and the related recommendations for best practice learned across the curriculum for employment in health and wellness settings, including the pursuit of advanced degrees in health-related disciplines
4. Program graduates will demonstrate the ability to identify, locate, evaluate and effectively share health and wellness related information via written and oral communication