

# Health and Well-being, B.S.

## 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
<b>General Education Foundations</b>		
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		40
Health and Well-Being Major Requirements		80
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, 5, 6, and 7		15
CAHS 191	First-Year Seminar	2
General Electives		23
Total Hours		40

## Health and Well-Being Major Requirements

Code	Title	Hours
<b>Pre-Health Professions</b>		
PSYC 101	Introduction to Psychology (GEF 4)	3
BIOL 101 & 101L	General Biology 1 and General Biology 1 Laboratory (GEF 2)	4
BIOL 102 & 102L	General Biology 2 and General Biology 2 Laboratory (GEF 8)	4
MATH 124	Algebra with Applications (GEF 3)	3
Select one of the following:		4-6
CHEM 111 & 111L	Survey of General, Organic, and Biological Chemistry 1 and Survey of Chemistry 1 Laboratory	

CHEM 110 & CHEM 115 & CHEM 115L	Preparatory Chemistry and Fundamentals of Chemistry 1 and Fundamentals of Chemistry 1 Laboratory *	
OR		
CHEM 115 & 115L	Fundamentals of Chemistry 1 and Fundamentals of Chemistry 1 Laboratory	
PALM 200	Medical Terminology	3
PSYC 241	Introduction to Human Development (GEF 8)	3
Complete one of the following		4
PSIO 241	Elementary Physiology	
OR		
PSIO 441	Mechanisms of Body Function	
OR		
BIOL 235	Human Physiology	
BIOL 236	Human Physiology: Quantitative Laboratory	
PALM 205	Introduction to Human Anatomy	3
PALM 206	Human Anatomy Laboratory	1
PALM 300	Introduction to Pathology	3
ACE 327	Applied Biomechanics	3
HWB 339	Professional Immersion in Health and Well-being	3
<b>Health and Well-being</b>		
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		80

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Students who do not directly place into CHEM 111 and CHEM 111L must complete CHEM 110.

## Suggested Plan of Study

### First Year

Fall	Hours	Spring	Hours
ENGL 101 (GEF 1)		3 BIOL 101 & 101L (GEF 2)	4
PSYC 101 (GEF 4)		3 MATH 124 (GEF 3)	3
BIOL 102 & 102L (GEF 8)		4 HWB 224	3
CAHS 191		2 SEP 283	3
Electives		3 Electives	2
		15	15

### Second Year

Fall	Hours	Spring	Hours
ENGL 102 (GEF 1)		3 PALM 200	3

CHEM 115 & 115L (GEF 8)	4	PSIO 241	4
HWB 375		3 PSYC 241 (GEF 8)	3
GEF 5		3 CAHS 300	3
Elective		2 HWB 359	3
		15	16

**Third Year**

Fall	Hours	Spring	Hours
COUN 303		3 PALM 205	3
ACE 307		3 PALM 206	1
HWB 339		3 ACE 327	3
PET 401		3 PET 402	3
SEP 415		3 Elective	4
		15	14

**Fourth Year**

Fall	Hours	Spring	Hours
PALM 300		3 PET 403	3
HWB 404		3 CAHS 489	3
GEF 6		3 GEF 7	3
Electives		6 Electives	6
		15	15

Total credit hours: 120

**Area of Emphasis**

- Therapeutic Exercise and Rehabilitation

**Therapeutic Exercise and Rehabilitation Area of Emphasis**

Code	Title	Hours
A minimum grade of C- is required in AoE coursework.		
HWB 321	Therapeutic Modalities	3
ACE 469	Basic Strength and Conditioning for Coaches	3
ACE 371	Coaching and Cueing in Strength and Conditioning	3
SEP 425	Psychology of Injury and Rehabilitation	3
Total Hours		12

**Suggested Plan of Study**

**First Year**

Fall	Hours	Spring	Hours
ENGL 101 (GEF 1)		3 BIOL 101 & 101L (GEF 2)	4
PSYC 101 (GEF 4)		3 MATH 124 (GEF 3)	3
BIOL 102 & 102L (GEF 8)		4 HWB 224	3
CAHS 191		2 SEP 283	3
Electives		3 Electives	2
		15	15

**Second Year**

Fall	Hours	Spring	Hours
ENGL 102 (GEF 1)		3 PALM 200	3
CHEM 115 & 115L (GEF 8)		4 PSIO 241	4
HWB 375		3 PSYC 241 (GEF 8)	3

GEF 5		3 CAHS 300	3
Elective		1 HWB 359	3
		14	16
<b>Third Year</b>			
<b>Fall</b>	<b>Hours</b>	<b>Spring</b>	<b>Hours</b>
COUN 303		3 PALM 205	3
ACE 307		3 PALM 206	1
HWB 339		3 ACE 327	3
PET 401		3 PET 402	3
SEP 415		3 Elective	5
		15	15
<b>Fourth Year</b>			
<b>Fall</b>	<b>Hours</b>	<b>Spring</b>	<b>Hours</b>
PALM 300		3 PET 403	3
HWB 321 (AoE)		3 SEP 425 (AoE)	3
HWB 404		3 ACE 371 (AoE)	3
ACE 469 (AoE)		3 CAHS 489	3
GEF 6		3 GEF 7	3
		15	15

Total credit hours: 120

## Major Learning Outcomes

### HEALTH AND WELL-BEING

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