

B.S. Health and Wellness

2024-2025 Sample Course Schedule- *This is a recommended schedule and may be altered as needed. Consult your adviser when making changes. See degree audit for Christian Service requirements.*

Summer

..... COMM 135 Comm. & Public Speaking 3

1st Semester

..... CPT 100	Computer Concepts	1	
..... ENGL 101	Critical Thinking in Ac Rdg & Wrtg I	3	
..... HLED 129	Intro to Wellness.....	2	
..... HLED 173	Health for Life.....	2	
..... NOND 101	Southern Connections	1	
..... PEAC 125	Fitness for Collegiate Life	1	
.....	RELB 125 or RELT 177 (R-1).....	3	
		13	

2nd Semester

..... ENGL 102	Critical Thinking in Ac Rdg & Wrtg II	3	
..... HLED 210	Medical Terminology.....	1	
..... HLED 229	Wellness Applications.....	2	
..... HLNT 135	Nutrition.....	3	
..... MATH 215	Statistics	3	
..... PSYC 128	Developmental Psychology (IN-8).....	3	
		15	

3rd Semester

..... ACCT 221	Prin Accounting I.....	3	
..... BIOL 101	Anatomy and Physiology I (IN-7).....	4	
..... CHEM 120	Survey of Health.....	3	
..... CPT 105	Intro to word Processing.....	1	
..... VGCA 190	Health Benefits of Veg. Diets.....	1	
.....	Historical Perspectives (IN-6).....	3	
		15	

4th Semester

..... BIOL 102	Anatomy and Physiology II (IN-7).....	4	
..... HLED 250	Corporate Wellness Environments.....	2	
..... JOUR 105	Writing for the Media.....	3	
.....	Electives.....	3	
.....	Physical Activity (P1b).....	1	
.....	RELT 138, 225, or 255 (R-2).....	3	
		16	

5th Semester

..... ECON 213	Survey of Economics (IN-9).....	3	
..... MGNT 334	Principles of Management.....	3	
..... PETH 314	Biomechanics.....	3	
..... PSYC 377	Fundamentals of Counseling.....	3	
.....	Biblical Studies (R-3).....	3	
.....	Physical Activity (P1b).....	1	
		16	

6th Semester

..... HLED 470	Current Issues in Health (SERV2).....	2	
..... HLED 373	Prevention & Care of Athletic Injuries.....	2	
..... PETH 315	Physiology of Exercise (W).....	4	
..... PSYC 223	Marriage and Family (Recommended).....	3	
.....	Electives.....	3	
.....	Electives.....	2	
		16	

7th Semester

..... BMKT 326	Principles of Marketing.....	3	
..... BUAD 458	Ethical, Soc. & Legal Env (W)	3	
..... HLED 345	Wellness Coaching.....	3	
..... HLED 356	Drugs and Society	2	
..... PEAC 425	Fit for Hire	1	
.....	Aesthetic Analysis (IN-10).....	3	
		15	

8th Semester

..... HLED 473	Health Methods (Elective)	2	
..... HLED 491	Wellness Capstone.....	2	
..... PETH 364	Admin Health, PE & Rec Ther (SERV2) (W)...	3	
..... RELP 468	Health Evangelism (R-4) (Recommended)....	3	
.....	Electives.....	4	
.....	U.D. Elective.....	1	
		15	

Add MGNT 420 Organizational Behavior (3) = Bus. Admin Minor

TOTAL HOURS 124