

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. Students are allowed a maximum of two course overlaps. Overlaps can be used between Major, Minor, and General Education requirements with only one overlap being utilized 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 one overlap being utilized between the Major and Minor.

All General Education requirements, including CRIT 602 Advanced Critical Analysis and Strategic Thinking and IDIS 601 Interdisciplinary Seminar, 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: | | |
| MTH 402 | Math for Our World | 4 |
| MTH 504 | Statistics | 4 |
| MTH 510 | Pre-Calculus | 4 |
| Knowledge of Human Behavior & Social Systems | | |
| Knowledge of the Physical & Natural World | | |
| Knowledge of Human Thought & Expression | | |
| CRIT 602 | Advanced Critical Analysis and Strategic Thinking | 4 |

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|----------------------|---------------------------|-----------|
| IDIS 601 | Interdisciplinary Seminar | 4 |
| 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 | 4 |
| 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 the majority of their required major courses along with CRIT 602 Advanced Critical Analysis and Strategic Thinking and IDIS 601 Interdisciplinary Seminar. Students should consult with their advisor regarding specific major courses that may be completed with their capstone. Academic Advisor approval is required for registration to be processed.

| Code | Title | Credits |
|-------------------------------------|--|-----------|
| Major in Health and Wellness | | |
| <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 |
| <i>Health and Wellness Elective</i> | | |
| Select one of the following: | | |
| HLTC 595 | Practicum in Health Care | 4 |
| SCI 508 | Issues in Women's Health | 4 |
| SCI 509 | Disease Prevention and Health Promotion | 4 |
| SCI 610 | Contemporary Issues in Personal and Global Health | 4 |
| SCI 615 | Fitness and Health | 4 |
| <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 | 4 |
| <i>Integrative Capstone</i> | | |
| HLTC 795 | Integrative Capstone: Internship in Health and Wellness | 4 |
| or HLTC 798 | Integrative Capstone: Project in Health and Wellness | 4 |
| 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 |
| Credits | | 16 |

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 |
| Credits | | 16 |

Second Year

| Fall | | Credits |
|----------------|----------------------------|-----------|
| COM 480 | Visual Communication | 4 |
| COM 590 | Professional Communication | 4 |
| PSY 410 | Introduction to Psychology | 4 |
| Elective | | 4 |
| Credits | | 16 |

Spring

| | | |
|----------------|--|-----------|
| HLTC 560 | Health Behaviors: Theoretical Foundations for Health Education | 4 |
| MTH 504 | Statistics | 4 |
| SCI 550 | Wellness and the Human Body | 4 |
| Elective | | 4 |
| Credits | | 16 |

Third Year

| Fall | | Credits |
|--------------------------|---|-----------|
| CRIT 602 | Advanced Critical Analysis and Strategic Thinking | 4 |
| HLTC 612 | Population Health | 4 |
| General Education Course | | 4 |
| Elective | | 4 |
| Credits | | 16 |

Spring

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

| | | |
|--|--|---|
| SCI 508 or SCI 509 or SCI 610 or SCI 615 or HLTC 595 | Issues in Women's Health or Disease Prevention and Health Promotion or Contemporary Issues in Personal and Global Health or Fitness and Health or Practicum in Health Care | 4 |
|--|--|---|

| | | |
|--------------------------|--|---|
| General Education Course | | 4 |
| Elective | | 4 |

Credits

16

Fourth Year

Fall

| | | |
|----------|--|---|
| HLTC 720 | Health Program Planning and Evaluation | 4 |
| IDIS 601 | Interdisciplinary Seminar | 4 |
| Elective | | 4 |
| Elective | | 4 |

Credits

16

Spring

| | | |
|-------------------------|--|---|
| HLTC 798 or HLTC 795 | Integrative Capstone: Project in Health and Wellness or Integrative Capstone: Internship in Health and Wellness | 4 |
| Elective | | 4 |

Credits

8

Total Credits

120

Student 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.