WELLNESS, HEALTH PROMOTION AND INJURY PREVENTION PROGRAM

Core Curriculum

ENVIRONMENTAL DOMAIN

- Community Health
- Global Health Issues
- Environmental Health Issues
- Occupational Health and Safety

PHYSICAL DOMAIN

- Health Promotion and Disease
- Prevention
- Health Risk Appraisal
- Exercise
- Nutrition
- Injury Prevention
- Motor Development
- First Aid

PSYCHOSOCIAL DOMAIN

- Psycho-social Issues
- Wellness Appraisal
- Health Psychology
- Behavior Change
- Stress Management

• Capstone Course and

- Gapstone Course and Generic Skills
- Human ResourcesDevelopment (HRD)
- Information Management
- Program Development/ Management
- Communications
- Research

INTELLECTUAL DOMAIN

- Arts
- Foreign Language and Culture
- Writing
- Natural and Social Sciences
- Western Civilization
- Global Perspective
- Formal Reasoning
- US Diversity

CHOOSE FROM EIGHT FOCUS AREAS

1. Additional Major in Psychology

Targeting psycho-social issues and human health behaviors

2. General Health Enhancement

Minor in psychology, plus possible additional minor

3. Health Promotion Interventions

Emphasizing legislation, managed care and human resources. Options for different minors possible; HRD Training and Development, Psychology, Sociology or Anthropology

4. Complementary Medicine

Exploring different healing traditions. *Options for different minors possible*

5. Injury Prevention

Preparation for injury prevention advocacy and graduate study

6. Exercise Science

Preparation for study in Exercise Science. *Minor in exercise* science

7. Nutrition

Minor in Nutrition and Health

8. Pre-Health Professional

Preparation toward graduate studies

GRADUATE STUDY OPTIONS