

**WELLNESS AND HEALTH PROMOTION  
FOUR-YEAR PLAN  
EFFECTIVE FALL 2017**

**Recommended Course Schedule Placement into WRT 1050 & MTH 1441**

(Subject to availability of courses and departmental scheduling) Note: General Education = GENED below

	FALL OR WINTER	FALL OR WINTER	SUMMER
FRESHMAN  YEAR 1	GENED: HS 2000: Health in Personal and Occupational Environments (4) GENED: WRT 1050: Composition I (4) GENED: Arts (4) GENED: Social Science PSY 1000: Foundations of Contemporary Psychology (4) <hr/> TOTAL CREDITS 16	GENED: Foreign Language (4) GENED: Literature (4) GENED: WRT 1060: Composition II (4) EXS 2400: Weight Control, Nutrition & Exercise (4) <hr/> TOTAL CREDITS 16	EXS 2500: Stress Management (2) GENED: US Diversity HS 3000: Community and Public Health (4) GENED: Western Civilization (4) <hr/> TOTAL CREDITS 10
SOPHOMORE  YEAR II	GENED: STA 2220: Intro to Statistical Concepts and Reasoning (4) GENED: Global Perspective (4) PSY 2500: Introduction to Research Design (4) WHP 3500: Health Program Implementation (4) <hr/> TOTAL CREDITS 16	HRD 3300: Instructional Design (4) PSY 3450: Health Psychology (4) WHP 2110: CERT (2) EXS 1000: Strength Training (2) WHP 3200: Introduction Health Communication (4) <hr/> TOTAL CREDITS 16  Or option:  WHP 3500: Health Program (4)	Option  WHP 3150: Laughter as Therapeutic Modality (4)  Or,  GENED Knowledge Applications (4)
JUNIOR  YEAR III	WHP 3150: Laughter as Therapeutic Modality (4) WHP 3600: Wellness Facilitation (4) EXS 2700: Safety and First Aid in Exercise Settings (2) Electives (4-6) <hr/> TOTAL CREDITS 14-16	WHP 3700: Culture, Ethnicity & Well-Being (4) WHP 3800: Persuasion & Mkt Health (4) Elective(s) (4-6) <hr/> TOTAL CREDITS 12-14	Elective(s) (4-8)
SENIOR  YEAR IV	WHP 4000: Assessment and Interventions (4) WHP 4030: Laboratory in Assessment and Interventions (4) Elective(s) (4-6) <hr/> TOTAL CREDITS 12-14	WHP 4950: Internship (4) Elective(s) (# of remaining credit hours)	Any outstanding courses for the degree   Minimum 124 credits required (excluding WRT 1050)