

WELLNESS, HEALTH PROMOTION AND INJURY PREVENTION (WHP) MINOR 2016-2017 (SCR 1/27/16)

REQUIRED COURSE SEQUENCES BY SEMESTER, COURSE SCHEDULES, REGISTRATION, GRADE REQUIREMENTS, GENERAL EDUCATION; AND, LIFESTYLE EXPECTATIONS

A 28 credit-hour minor in wellness, health promotion and injury prevention (WHP) is available to students majoring in other programs such as anthropology, integrative studies, health sciences, human resource development, psychology, or sociology. Although a 28 credit hour minor, several credit hours can be used to satisfy University General Education requirements (see Table II below). The WHP Minor also has several courses in common with the Exercise Science (EXS) Minor. Students taking the WHP Minor should consult the WHP schedule of classes outlined in both the 4-Year Plan on the WHP Website and in SAIL; and, **must meet the following expectations:**

Table 1: Required course sequence by semester (numbered), course registration and grade requirements

IDEAL 5 SEMESTER COURSE SEQUENCE: Number denotes the semester number sequence 2.5 grade required in all courses	4 SEMESTER COURSE SEQUENCE 3.0 grade required in all minor courses; GPA above 3.0	3 SEMESTER COURSE SEQUENCE 3.5 grade required in all minor courses; GPA above 3.5	ON-LINE SAIL REGISTRATION PERMITTED	GRADE REQUIRED FOR AWARD OF MINOR
Note: PSY 100 is preferred before taking the following courses	PSY 100 preferred first	PSY 100 preferred first	Yes	1.0
Semester 1. HS 201 (4)	1. HS 201 (4)	1. HS 201 (4)	Yes	2.5
Semester 1. EXS 204 (4)	1. EXS 204 (4)	1. EXS 204 (4)	Yes	2.5
Semester 2. HS 302 (4)	2. HS 302 (4)	2. HS 302 (4)	Yes	2.5
Note: RHT 160 is required before taking the following courses	RHT 160 required	RHT 160 required	Yes	2.0
Semester 3. WHP 350 (4)	2. WHP 350 (4)	2. WHP 350 (4)	No, Program Director permission required *	2.5 **
Semester 4. WHP 310 (4)	3. WHP 310 (4)	3. WHP 310 (4)	No. Program Director permission required *	2.5 **
Semester 5. WHP 400 (4) and WHP 403 (4) co-requisites	4. WHP 400 (4) and WHP 403 (4) co-requisites	3. WHP 400 (4) and WHP 403 (4) co-requisites	No. Program Director permission required *	2.5 **

Important Notes:

1. For optimum academic progression the ideal course sequence is reflected in column 1. However, accelerated options are permitted in columns 2 and 3, subject to student performance (grades of 3.0 or 3.5 respectively). Students should note that the third sequence

option requires significant effort in the last semester because WHP 310, WHP 400 and WHP 403 are all writing intensive courses. The third option is discouraged and will generally only be permitted if no other additional courses are taken in the 3rd semester.

2. Students must not attempt to register for courses out of sequence and if the required prerequisite grade has not been attained. For example, WHP 350 may be taken in the same semester as HS 302, but WHP 350 may not be taken before HS 302. WHP 350 must be complete before WHP 310 and/or WHP 400/403.
3. * To obtain Program Director permission students should e-mail the WHP Program Director with a request to register (see 4-year plan registration procedures on WHP Website); or, see the Program Director in person and bring an unofficial transcript. Pre-requisites must be complete.
4. ** If a student fails to meet the WHP grade requirements the course may be applied to the major but the WHP Minor will not be awarded or appear on the transcript.
5. **Students should note which semesters WHP courses are offered. See the 4-year plan on the WHP Website.**

Table II: WHP Minor courses that satisfy General Education requirements:

HS 201 (4)	Satisfies the university requirement in Natural Science and Technology.
HS 302 (4)	Satisfies U.S. Diversity requirement.
WHP 310 (4)	Satisfies the university general education requirement in the knowledge applications integration area. Satisfies the university general education requirement in the writing intensive area for a general education course or in the major, not both.

Additional important note: Required Wellness Lifestyle Practices and Personal Philosophy: *Both WHP majors and minors are expected to epitomize a complete wellness lifestyle and are expected to embrace all domains of the Wellness Wheel. See the Concept Document on the WHP Website. Therefore, both the degree and minor are not recommended for individuals who cannot fulfill the ethical expectation to be a good role model in the health promotion field. Students are expected to engage in a physically active lifestyle and address all health-related components of fitness (within individual physical capabilities); be non-smokers and refrain from use of all tobacco products; refrain from all illicit drug use and/or improper substance use/misuse, including judicious use of alcohol products, prescription and/or over-the-counter medications (drug testing may be required by sites when undertaking internships); have respect for self and others, including peers, colleagues, subordinates or superiors; have a “thirst and hunger” for knowledge with an inquiring mind; demonstrate good citizenship, community-mindedness and caring; and finally, have respect for the environment, among other appropriate wellness and lifestyle expectations.*

Student signature _____

Date _____

Advisor signature _____

Date _____

Complete and submit to WHP Program Director or SHS Advising Office in HHB; or FAX to (248) 370-4227

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