

CURRICULUM CHECKLIST FOR B.S. DEGREE IN WELLNESS & HEALTH PROMOTION (WHP)

SHS Advisor: Nancy Osmialowski

Date:

WHP major standing courses in the core curriculum should be taken as closely as possible to the listed sequence. Prerequisites are enforced. Students should be familiar with the catalog, WHP webpage, student handbook and four-year plan. Students must attain a minimum GPA of 2.75 overall GPA in all SHS coursework.

<i>REQUIRED GENERAL EDUCATION (GE) COURSES (44 credit hours)</i>					
	COURSES	OLD #	HOURS	COURSE TAKEN	GRADE
Arts	OPEN	NA	4		
Foreign Language and Culture	OPEN	NA	4		
Literature	OPEN	NA	4		
Natural Science and Technology	HS 2000*	201	4		
Western Civilization	OPEN	NA	4		
Social Science	PSY 1000	100	4		
Formal Reasoning	EHS 2550 OR STA 2220	NA/225	4		
Global Perspective (writing intensive in gen ed)	MGT 1100 or EHS 3001	NA	4		
Writing Foundations	WRT 1060	160	4		
Knowledge Applications	OPEN	NA	4		
US Diversity	*WHP 3700 or HS 3000	370/302	4		

****WHP CORE CONTENT AREA (59 Credit Hours)***

Students are encouraged to complete in sequence the courses below. However, the WHP coordinator may make exceptions.					
	COURSES	OLD #	HOURS	COURSES	GRADE
Human nutrition and health	HS 2500	205	4		
Stress management	HS 2150	NA	3		
Research methods	HS 2250/PSY 2500	NA/250	4		
Instructional design	HRD 3300	310	4		
Health program implementation	WHP 3500	350	4		
Introduction to health literacy	WHP 2800	N/A	4		
Wellness across the life span	WHP 3000	NA	4		
Health psychology	PSY 3450	345	4		
Contemporary issues in personal health	HS 3400	340	2		
Wellness facilitation	WHP 3600	360	4		
Persuasion and marketing in health	WHP 3800	380	4		
Writing intensive in the major	HS 4500 / COM 3300 / PS 3215 / PS 3730	450/385/312/354	4		
Safety and first aid in exercise settings	EXS 2700	207	2		
Assessment & interventions in wellness lecture &	WHP 4000 AND	400	4		
Assessment & interventions in wellness lab	WHP 4030	403	4		
Internship (Satisfies capstone course)	WHP 4950	401	4		
ELECTIVES (21 Credit Hours) – Students can choose from the following courses OR use these credit hours toward a minor.					
Suggested Course: AHS 3310, 3320, 3340; WHP 3250, 4350, 4350 and any 1000 or 2000 level HS and EXS courses not included in the major or degree requirements.					
Total core curriculum required hours = 124					

*Requires a C+. www.oakland.edu/shs/advising