WELLNESS, HEALTH PROMOTION AND INJURY PREVENTION PROGRAM

Core Curriculum

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

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

OCCUPATIONAL DOMAIN
- Capstone Course and Generic Skills
- Human Resources Development (HRD)
- Information Management
- Program Development/Management
- Communications
- Research

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

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

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
Public Health, Exercise Science, Health Education, Social Science, Psychology, Human Resource Development, Executive MBA, Nursing, Medicine, Chiropractic, Physician Assistant, Dentistry