

## WHP FOUR-YEAR PLAN RULES - 1/24/14

### WHP SEMESTER SEQUENCING RULES, 4-YEAR PLAN, COURSE REGISTRATION PROCEDURES, CLASS SCHEDULES AND APPROVED WHP 402 SUBSTITUTE COURSE LIST

The WHP program enforces both course prerequisites and course sequencing. This plan is designed to ensure that WHP students complete the degree within four years. Assumptions, rules and how to register for WHP courses are covered below in this document.

#### Assumptions

- That a student plans to complete the WHP degree within four years by working systematically and sequentially through the curriculum checklist while adhering to the specified course prerequisite and sequencing rules.
- That either a fall-winter study sequence is utilized; the equivalent of 8 or more semesters; or,
- That a fall-winter-summer study sequence is used; the equivalent of 12 semesters.
- NB: That the focus courses are **not** started until completion of Pre-WHP courses, but delayed/spread out over the full degree.

#### Rules for sequencing the WHP courses

Each HS or WHP “anchor” course listed below must be completed before the next. Therefore a student must allow a minimum of 6-7 semesters to complete the anchor courses; while scheduling all other courses around the anchor course/s. This corresponds with the 4-year plan to be found below.

Semester One: HS 201 must be complete before HS 302

Semesters Two-Three: HS 302 must be complete before WHP 350

Semesters Two- Four: Completion of Pre-WHP courses, including STA 225 before WHP 350

Semesters Four-Five: Pre-WHP courses and WHP 350 must be complete before taking any WHP courses listed in the core curriculum

Semesters Six-Seven: WHP 311\*; WHP 310; WHP 360\* must be complete before WHP 300/305 (400/403 from fall 2014) and WHP 380

Semesters Seven-Eleven: WHP 380\*; plus completion of Focus.

Second last semester: WHP 300/305(400/403)\* Two specific rules for WHP 300/305: i) complete WHP 300/305 in the second-to-last winter/fall semester and, ii) take a study load of no more than 12-14 hours when doing WHP 300/305(400/403).

Last semester: WHP 460\*; WHP 401/402.

**Note 1:** \* Denotes offered only fall/winter. See the last page for which semester WHP courses are offered and ensure that study plans fit with when the courses are offered.

**Note 2:** A list of approved WHP 402 substitute courses is also provided below.

## WELLNESS, HEALTH PROMOTION AND INJURY PREVENTION

### Recommended Course schedule

#### Placement into WRT 150 & MTH 141

(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 201: Health in Personal and Occupational Environments (4) GENED: WRT 150:Composition I (4) GENED: Arts (4) GENED: Social Science PSY 100: Foundations of Contemporary Psychology (4) <hr/> TOTAL CREDITS 16	GENED: Foreign Language (4) GENED: Literature (4) GENED: WRT 160: Composition II (4) EXS 204: Weight Control, Nutrition and Exercise (4) <hr/> TOTAL CREDITS 16	EXS 215: Stress Management (2) GENED: US Diversity HS 302: Community and Public Health (4) GENED: Western Civilization: PHL 103: Intro to Ethics (4) (or MGT 235 or AN 300) <hr/> TOTAL CREDITS 10
SOPHOMORE  YEAR II	GENED: STA 225: Intro to Statistical Concepts and Reasoning (4) GENED: Global Perspective: MGT 110: Contemporary World Business (or AN 102 or AN 200) (4) PSY 250: Introduction to Research Design (4) WHP 350: Health Program Implementation (4) <hr/> TOTAL CREDITS 16	HRD 310: Instructional Design (4) PSY 338 : Health Psychology (4) WHP 311 (2) EXS 103 (2) WHP 360: Wellness Facilitation (4) <hr/> TOTAL CREDITS 16  Or option  WHP 350: Health Program Implementation; or KA course (4)	Option  WHP 310: Injury Prevention, Control, and Safety Promotion (4)  Or,  GENED Knowledge Applications (KA) from AN/SOC 331, LIB 250, PSY 225, ENV 354, HRD 307, HRD 351, NRS 304, WGS 300 (4)
JUNIOR  YEAR III	WHP 310: Injury Prevention, Control, and Safety Promotion (4) WHP 380: Persuasion & Mkt Health (4) EXS 207: Safety and First Aid in Exercise Settings (2) WHP Elective Course(s) (4-6) <hr/> TOTAL CREDITS 14-16	WHP 300(400): Assessment and Interventions (4) WHP 305(403): Laboratory in Assessment and Interventions (4) WHP Focus or Elective (4-6) <hr/> TOTAL CREDITS 12-14	WHP focus or elective (4-8) Or WHP 402 substitute course
SENIOR  YEAR IV	WHP Focus and Elective (8-12) WHP 402: Senior Culminating Experience or WHP 4XX (4) <hr/> TOTAL CREDITS 12-16	WHP 401: Internship (4) WHP 460: Evaluation of Health and Wellness Programs (4) WHP Focus and Elective (4) <hr/> TOTAL CREDITS 12	Any outstanding courses for the degree   <b>Minimum 128 credits required (excluding WRT 150)</b>

**NOTE: One general education course must satisfy the University writing intensive in general education requirement. Students must also complete a Knowledge Applications General Education Course from AN/SOC 331, LIB 250, PSY 225, ENV 354, HRD 307, HRD 351, NRS 304, WGS 300.**

## **WHP CLASS SCHEDULES BY SEMESTER AS OF JANUARY 2014**

**Students should note that course offerings in any semester are subject to a minimum number of students (n=14) and all WHP courses require first-day attendance. Also consult the 4-year plan above for required sequencing of WHP courses e.g. WHP 400/403 in second-last semester and 401 in last semester. Courses marked \* require program director approval to register – see procedures on next page and approved WHP 402 substitute courses on last past.**

**WHP 208: Fall and winter.**

**WHP 210: Currently not offered - may be offered in future fall and/or winter semesters.**

**\*WHP 300/305 (note these courses become WHP 400/403 from fall 2014): Fall and winter only.**

**\*WHP 310: Fall, summer 1 and summer 2; on-line with mandatory first-day meeting. From winter 2015 course will no longer be offered in winter until further notice.**

**WHP 311: Fall and winter, currently on first 6 Saturday mornings of semester.**

**WHP 315: Fall, winter, summer 3.**

**WHP 325: Summer 1 or summer 2.**

**WHP 340: Fall and winter; summer 1 only by student demand.**

**\*WHP 350: Fall and winter; summer 1 only per student demand.**

**\*WHP 360: Fall and winter.**

**WHP 370: Fall; summer 1 per student demand.**

**\*WHP 380: Fall and winter.**

**\*WHP 401: Fall, winter and summer 3.**

**WHP 402: Fall, winter and summer 3 but see list of approved substitute courses below.**

**\*WHP 405: Special topics (2): Fall; on-line with mandatory first-day meeting (WHP substitute together with an additional pre-approved SHS 400-level 2 credit course).**

**WHP 410: No longer offered. WHP 493 will be offered, or PoE for a substitute course in the injury prevention focus.**

**\*WHP 420: Fall; on-line with mandatory first-day meeting (WHP 402 substitute).**

**WHP 431: Summer 2 (WHP 402 substitute).**

**\*WHP 460: Fall and winter.**

**\*WHP 461: Fall (no longer approved as WHP 402 substitute).**

**\*WHP 462: Winter (no longer approved as WHP 402 substitute).**

**WHP 493: Per student need/demand e.g. in lieu of WHP 410.**

## APPROVED WHP 402 SUBSTITUTE COURSES

### NOTES

1. WHP 402 is a 4-credit course. Therefore, four 400-level credits must be offered in place of WHP 402 or two 2 credit courses. Two credits alone cannot be substituted for WHP 402.
2. If a non-WHP course check the SAIL schedule of classes.
3. The current list of approved WHP substitute courses and non-WHP courses is:

WHP 405 (2-4) – offered sporadically as special topics, usually as 2-credit hour courses

WHP 410(4) – not currently offered

WHP 420(4) – offered fall semesters on-line

WHP 431(4) – offered summer 2

WHP 493 – offered by student initiation/interest/need

HS 441(4) – but only for students who enter the WHP major after fall 2014 or who offer WHP 311(2) and EXS 103(2) in the core curriculum (HS 441 cannot be used in both the WHP core and Complementary Medicine focus)

HS 450(4)

EXS 403, 405, 406, 410, 415, 416, 425, 435, 445, 450, 470, 475, 483

Other 400-level courses when well justified by the student.

## REGISTRATION REQUESTS, ADVISING, OR ADMISSION PROCEDURES IN UPPER-LEVEL WHP COURSES

**WHP Minor or non-WHP students:** A clear e-mail indicating the course/s registration or advising request must be made, including semester and course CRN number/s. Provide the G-number for Dr. Rorke to access your transcript.

**WHP Majors:** A clear e-mail indicating the course/s registration request or advising question must be made, including semester and course CRN number/s. Dr. Rorke will need to see a complete up-to-date checklist. Therefore, please first complete, then save, and then e-mail Dr. Rorke a copy of the type-in curriculum checklist at: <http://www.oakland.edu/upload/docs/SHS/Advising/2012-13/WHP.pdf>

On the checklist document type in each completed course/grade and also indicate the study plan for all remaining courses by typing in the semester and year of intended study for each outstanding course (e.g. WI'14 for winter 2014). When planning the semester-by-semester study schedule students must consult and rigorously follow the 4-year plan rules outlined in the document at:

<http://www.oakland.edu/upload/docs/SHS/WHP/WHP%204-year%20plan%20and%20course%20sequencing%20rules%20January%202014.pdf> See next page.....

Ensure that the focus courses/plan is also completed and type the student name and G-number on the checklist, plus name of SHS Advisor, and date. First see a SHS advisor if help is needed with the study plan. Dr. Rorke will need the G-number to access a copy of the student transcript. If a student has a GPA below 3.0 and/or any SHS grades below 2.5 then quiz/assignment progress grades in current courses must also be provided if requesting course registration.

**Important:** If using a MAC/Apple iPad please note that compatibility issues can occur. Documents should be sent from a computer using MS Office software, preferably Word documents or Adobe Acrobat PDF documents. Using an OU computer is recommended.

Once the electronic documents have been reviewed a decision about whether to process any on-line registration overrides is taken, and/or whether it is necessary to meet in person with Dr. Rorke. For the record, in fall and winter Dr. Rorke's official office hours are Mondays 10am to noon (no set office hours in summer). If necessary, documents may be slipped under his door at Room 3146 HHB or left at the Dean's Office Room 3110 HHB. However, e-mail is strongly preferred.

**Note:** E-mail received between 8am and 2pm is generally responded to on the same day (except Monday afternoon). However, e-mail sent after 12 noon on a Friday and/or over a weekend will only receive a reply the following Monday.

Sincerely,

Dr. Rorke