

## WELLNESS, HEALTH PROMOTION AND INJURY PREVENTION (WHP) MINOR FALL 2014-

### REQUIRED COURSE SEQUENCE BY SEMESTER, REGISTRATION, GRADE REQUIREMENTS, GENERAL EDUCATION; LIFESTYLE EXPECTATIONS AND STUDENT AGREEMENT

A 28 credit-hour minor in wellness, health promotion and injury prevention 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). Students taking the WHP Minor must meet the following expectations.

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

<b>IDEAL 5 SEMESTER COURSE SEQUENCE: Number denotes semester number sequence 2.5 grade required in all courses</b>	<b>4 SEMESTER COURSE SEQUENCE 3.0 grade required in all minor courses; GPA above 3.0</b>	<b>3 SEMESTER COURSE SEQUENCE 3.5 grade required in all minor courses; GPA above 3.5</b>	<b>ON-LINE SAIL REGISTRATION PERMITTED</b>	<b>GRADE REQUIRED FOR AWARD OF MINOR</b>
<b>Note: PSY 100 is preferred before taking the following courses</b>	<b>PSY 100 preferred first</b>	<b>PSY 100 preferred first</b>	Yes	1.0
1. HS 201 (4)	1. HS 201 (4)	1. HS 201 (4)	Yes	2.5
1. EXS 204 (4)	1. EXS 204 (4)	1. EXS 204 (4)	Yes	2.5
2. HS 302 (4)	2. HS 302 (4)	2. HS 302 (4)	Yes	2.5
<b>Note: RHT 160 is required before taking the following courses</b>	<b>RHT 160 required</b>	<b>RHT 160 required</b>	Yes	2.0
3. WHP 350 (4)	2. WHP 350 (4)	2. WHP 350 (4)	No, Program Director permission required – see * below	2.5 **
4. WHP 310 (4)	3. WHP 310 (4)	3. WHP 310 (4)	No. Program Director permission required – see * below	2.5 **
5. WHP 400 (4) and WHP 403 (4) co-requisites. Note: Formerly WHP 300/305	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 – see * below	2.5 **

#### Important Notes:

- 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 400/403 (formerly 300/305) 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. \* See registration procedures outlined in 4-year plan document on WHP Webpage. To obtain Program Director permission students should send a clear e-mail request to the Program Director with all the course details. Pre-requisites must be complete. Alternately, students may see the WHP Program Director in person and bring an unofficial transcript to Room 3146 HHB.
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 that WHP 400 and WHP 403 are not offered in summer semesters.**

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

HS 201	Satisfies the university requirement in Natural Science and Technology.
HS 302	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 Conceptual Framework on the WHP Webpage. 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. In addition, WHP majors and minors must read the WHP Handbook posted on the WHP Webpage.*

*I agree to the above terms:*

Student signature \_\_\_\_\_ Date \_\_\_\_\_

Advisor signature \_\_\_\_\_ Date \_\_\_\_\_

Complete and submit to WHP Program Director 3146 HHB; or SHS Advising Office 3070 HHB.

**3/10/14**