

## **HEALTH PROMOTION AND WELLNESS**

### Second Academic Concentration

Current (as of Fall 2008)

Required Courses: 12 hours

COUN 325 Survey of Human Development (3)

HEAL 305 Current Health Problems (3)

HEAL 312 Comprehensive School Health (3)

ND 330 Human Nutritional Needs (3)

Elective Courses: 6 hours

ENVH 230 Introduction to Environmental Health (3)

HEAL 250 First Aid and Safety (2) (for non-PE majors)

HSCC 150 Introduction to Athletic Training (3)

PE 240 Care and Prevention of Athletic Injuries (3)

PE 255 Theory and Practice of Fitness and Wellness (2) (for non-PE majors)

PE 365 Physical Activity and Aging (3)

PE 375 Psychosocial Aspects of Physical Activity (3)

PSY 331 Human Sexuality (3)

PSY 426 Death and Dying (3)

SOC 365 Marriage and Family (3)

Note: selecting HEAL 250 and/or PE 255 will result in 19 hours in the SAC; students may take either PE 240 or HSCC 150.