Wellness, Health Promotion, and Injury Prevention Program

CORE CURRICULUM

Physical Domain
- Health Promotion & Disease Prevention
- Health Risk Appraisal
- Exercise
- Nutrition
- Injury Prevention
- Motor Development
- First Aid

Psychosocial Domain
- Psycho-social Issues
- Wellness Appraisal
- Health Psychology
- Behavior Change
- Stress Management

Environmental Domain
- Community Health
- Global Health Issues
- Environmental Health Issues
- Occupational Health/Safety

Intellectual Domain
- Arts
- Foreign Language & Culture
- Writing
- Natural & Social Sciences
- Western Civilization
- Global Perspective
- Formal Reasoning
- US Diversity

Occupational Domain
- Capstone Courses & Generic Skills
- Human Resource Development (HRD)
- Information Management
- Program Development/Management
- Communications; & Research

Psychosocial domain
- Psycho-social Issues
- Wellness Appraisal
- Health Psychology
- Behavior Change
- Stress Management

Environmental domain
- Community Health
- Global Health Issues
- Environmental Health Issues
- Occupational Health/Safety

Intellectual domain
- Arts
- Foreign Language & Culture
- Writing
- Natural & Social Sciences
- Western Civilization
- Global Perspective
- Formal Reasoning
- US Diversity

Occupational domain
- Capstone Courses & Generic Skills
- Human Resource Development (HRD)
- Information Management
- Program Development/Management
- Communications; & Research

MINOR OPTIONS
- Exercise Science
- Nutrition & Health
- Other options (e.g., HRD Training and Development, Psychology, Sociology, Anthropology)

GEOGRAPHY OPTIONS
- Public Health; Exercise Science; Health Education; Social Sciences; Psychology
- Human Resource Development
- Medicine
- Chiropractic
- Physician Assistant
- Dentistry

GRADUATE STUDY OPTIONS
- Executive MBA
- Nursing
- Medicine
- Physician’s Assistant
- Other professional programs (e.g., Dentistry, Nutrition, Physician’s Assistant)

CHOICE OF EIGHT FOCUS AREAS
1. Additional Major in Psychology
2. General Health Enhancement
3. Health Promotion Interventions
4. Complementary Medicine
5. Injury Prevention
6. Exercise Science
7. Nutrition
8. Preprofessional

Focus on Natural Sciences in preparation for entry to Professional Programs e.g., Dentistry, Medicine, Physician’s Assistant.