

Bachelor of Science - Health and Wellness Management Major
MAJOR CODE: 13.1314

A major in health and wellness management with a Bachelor of Science degree responds to a need to prepare professionals with expertise in health fitness who become employed in such areas as business, industry, service agencies, correctional institutions and hospitals.

Program components for the Bachelor of Science degree with a major in Health Science include:

1. **APPLICABLE GENERAL UNIVERSITY REQUIREMENTS:**

To graduate, each student must:

- complete a minimum of 33 semester hours of the last 39 semester hours at ASU.
- complete 60 to 64 semester hours of upper level college/university credit (300-400 level courses).
- complete a minimum of 15 semester hours of upper (300/400) level coursework in his or her major at Athens State University, not including courses taken by consortium arrangement. School or departmental regulations may require more than 15 semester hours of coursework in the major at Athens State University.
- complete all course requirements for major(s).
- complete all course requirements for minor (if applicable).
- complete all of the general education requirements for the degree.
- attain an overall grade point average of 2.0, a 2.0 on all coursework attempted at Athens State University and at least a 2.0 in the major field. School or departmental regulations may require more than a 2.0 grade point average (see major requirements in each discipline).
- complete the total hour requirement as specified by the degree.
- complete the teacher certification requirements (if applicable).

EACH STUDENT MUST ASSUME RESPONSIBILITY FOR KNOWING THE ACADEMIC REQUIREMENTS FOR THE DEGREE THAT IS BEING PURSUED.

2. **GENERAL EDUCATION REQUIREMENTS:**

Area I.	Written Composition	6 semester hours	___	___
Area II.	Humanities and Fine Arts (12 semester hours)			
	The Arts	3 semester hours	___	
	Speech (SPH 106 or SPH 107)	3 semester hours	___	
	Literature*	3 semester hours	___	or
	Humanities/Fine Arts Elective	3 semester hours	___	___
Area III.	Natural Sciences and Mathematics (11 semester hours)			
	Finite Math or higher	3 semester hours	___	
	Natural sciences (lab based required)	8 semester hours	___	___
Area IV.	History, Social and Behavioral Sciences (12 semester hours)			
	History*	3 semester hours	___	or
	General Psychology	3 semester hours	___	
	Behavioral Science or Social Science Elective	3 semester hours	___	

***Students must complete a 6 semester hour sequence either Area II Literature or in Area IV History.**

TOTAL GENERAL EDUCATION REQUIREMENTS 41 SEMESTER HOURS

3. **MAJOR PREREQUISITE COURSES (PRE-PROFESSIONAL):**
- | | | |
|---|------------------|-------------|
| Fundamentals of Fitness | 3 semester hours | ___ |
| Foundations of Physical Education | 3 semester hours | ___ |
| Personal Health | 3 semester hours | ___ |
| Safety & First Aid | 3 semester hours | ___ |
| Anatomy and Physiology | 4 semester hours | ___ |
| Physical Education Activity (At least 3 different activity courses) | 3 semester hours | ___ ___ ___ |

TOTAL MAJOR PREREQUISITE COURSES: 19-23 SEMESTER HOURS

TOTAL GEN. ED. REQ. AND MAJOR PREREQUISITE HOURS: 60-64 SEMESTER HOURS

4. **PROFESSIONAL COURSES:**
- | | | |
|---|------------------|-----|
| HPE 301 Coaching Theory and Officiating | 3 semester hours | ___ |
| HPE 325 Kinesiology | 3 semester hours | ___ |
| HPE 326 History and Principles of Physical Education | 3 semester hours | ___ |
| HPE 327 Physiology of Exercise | 3 semester hours | ___ |
| HPE 333 Care and Prevention of Athletic Injuries | 3 semester hours | ___ |
| HPE 354 Contemporary Health and Physical Education Activities | 3 semester hours | ___ |
| HPE 355 Health Related Fitness and Nutrition | 3 semester hours | ___ |
| HPE 400 Organization and Administration of Physical Education | 3 semester hours | ___ |
| HPE 401 Measurement and Evaluation of Physical Education | 3 semester hours | ___ |
| HPE 427 Principles of Exercise Prescription and Assessment | 3 semester hours | ___ |
| HPE 431 Motor Development and Physical Activity | 3 semester hours | ___ |
| PS 332 Child Psychology | 3 semester hours | ___ |
| PS 334 Adolescent Psychology | 3 semester hours | ___ |
| PS 335 Adult Psychology | 3 semester hours | ___ |
| SO 471 Aging in a Mass Society | 3 semester hours | ___ |
| PSHA 349 Human Resources Management | 3 semester hours | ___ |
| PSHA 446 Public Safety Concepts and Systems | 3 semester hours | ___ |
| PSHA 465 Senior Research Project | 4 semester hours | ___ |
| HPE 480 Internship in Physical Education | 9 semester hours | ___ |

TOTAL PROFESSIONAL HOURS: 64 SEMESTER HOURS

TOTAL HOURS FOR GRADUATION: 124-128 SEMESTER HOURS

5. A minor is **not** required.