

# HEALTH AND WELLNESS CONCENTRATION

The health and wellness industries continue to grow in response to some prominent challenges such as the rising incidence of many chronic diseases, soaring healthcare costs, and the mental health crisis. In this concentration of study, students will develop information literacy skills by locating and analyzing scholarly literature related to health and wellness. Students will develop critical thinking and problem-solving skills as they work collaboratively to consider solutions to some of the biggest problems in today's health arena. Depending which courses are chosen from the approved list for this minor, students may also have the opportunity to: 1) utilize equipment in the analytical science lab and the EMS lab, 2) explore global impacts of health issues, 3) understand preventative health promotion strategies in the area of nutrition, 4) utilize strength and conditioning to promote health and wellness, and/or 5) analyze and understand healthcare from a business/industry standpoint. This concentration of study provides students with a broad-based understanding of the contemporary issues surrounding health and wellness from a healthcare and industry standpoint and aims to provide a practical skill set to support any career involving the industries of health and wellness.

## Health and Wellness Concentration Requirements:

### Required Courses:

SCI 251	Biology I Principles of Biology	3
SCI 383	Human Health and Disease	3
<b>Students must pick 4 courses from the list below:</b>		
PSY 355	Introduction to Psychopathology	3
or PSY 375	Health Psychology	
SCI 275	Introduction to Healthcare: Clinical and Business Perspectives	3
SCI 352	Exercise Physiology	3
SCI 353	Human Muscles and Movement	3
SCI 354	Fundamentals of Nutrition	3
or SCI 386	Sports Nutrition	
SCI 401 & SCI L401	Fundamentals of Strength and Conditioning and Fundamentals of Strength and Conditioning Laboratory	4
SCI 402 & SCI L402	Applied Nutrition in Health and Disease and Applied Nutrition in Health and Disease Laboratory	4
SCI 466	Global Health Challenges	3

A minimum of 18 credit hours is required for the concentration.

\*\*In total, the concentration requires six 3-credit lecture courses.

However, if students elect to take SCI 402: Applied Nutrition in Health and Disease, and/or SCI 401: Fundamentals of Strength and Conditioning as optional courses for this concentration, they will also be required to complete the 1-credit lab that complements each course.