

BACHELOR OF SCIENCE, MAJOR IN WELLNESS MANAGEMENT

This degree option prepares students for employment as managers of wellness and health promotion programs that include corporate wellness programs, private health clubs, senior living facilities, and community and private health/wellness programs.

Bachelor of Science in Wellness Management

Core Curriculum (catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum)

Component Area I (Communication)	6
Component Area II (Mathematics)	3
Component Area III (Life and Physical Science)	8
Component Area IV (Language, Philosophy, and Culture)	3
Component Area V (Creative Arts)	3
Component Area VI (U.S. History)	6
Component Area VII (Political Science/Government)	6
Component Area VIII (Social and Behavioral Sciences)	3
Component Area IX (Component Area Option)	4

Degree Specific Requirements

BIOL 2401	Human Anatomy ¹	4
BIOL 2402	Human Physiology	4
CHEM 1406	Inorganic & Envir Chemistry ¹	4
CHEM 1407	Intro Organic and Biochemistry	4
MATH 1369	Elementary Statistics	3
or MATH 1370	Intro to Biomedical Statistics	
or MATH 3379	Statistical Mthods In Practice	
FACS 2362	Nutrition	3
or FACS 1367	Basic Nutrition	
CSTE 1330	Introduction To Computers	3
or BUAD 1305	Electronic Communications Tech	

Major

Wellness Management Health Courses

HLTH 2381	Consumer Health Education	3
HLTH 2383	Multicultural Health Issues ¹	3
HLTH 3219	Group Exercise Instruction	2
HLTH 3361	Health Planning & Evaluation	3
HLTH 3380	Drug Use and Abuse	3
HLTH 3391	Study Of Human Diseases	3
HLTH 3392	Health Comm & Literacy	3
HLTH 4363	Interventions for Wellness	3
HLTH 4364	Directing Wellness Programs	3
HLTH 4384	Internship Preparation	3
HLTH 4387	Community Health	3
HLTH 4394	Internship Program ²	6

Wellness Management Interdisciplinary Courses

ATTR 3370	Prevention & Care of Injuries	3
KINE 2114	Wgt Train & Phy Conditioning	1
KINE 2115	Lifetime Health and Wellness ¹	1
KINE 2119	Kinesiology Activities	1
KINE 2330	First Aid - Red Cross Instr Cr	3
KINE 3373	Physiology Of Exercise	3
KINE 4377	Prin Exer Testing/Prescription	3
BUAD 3355	Business Law	3
MGMT 3310	Principles Of Management	3

MGMT 3330	Human Resource Management	3
MKTG 3310	Principles Of Marketing	3
Total Hours		120

¹ Satisfies Core Curriculum and does NOT count toward total hours in degree.

² Students must enroll for two sections of HLTH 4394, for a total of 6 semester credit hours.

Notes

Degree must have 120 hours with at least 42 advanced hours (3000 and 4000) taken at a four year institution. 18 hours must be writing enhanced (WE).

Consult current University catalog for questions concerning transfer courses and residency requirements.

Students must earn a grade of "C" or better in HLTH 4394.

HLTH 4384 must be completed prior to enrollment in HLTH 4394 (internship).

HLTH 4394 (internship) is the Wellness Management Internship that requires 400 hours of work in the internship location. Internships are performed during the final semester prior to students anticipated graduation date.

BIOL 2402 requires a grade of "C" or higher in BIOL 2401 and CHEM 1406.

CHEM 1407 requires a prerequisite of CHEM 1406 or the Health Sciences Chemistry. CHEM 1406 satisfies the 4 hours of Chemistry in Core Competency Area III.

FACS 2362 requires a prerequisite of BIOL 2401.

HLTH 3361, HLTH 4363, HLTH 4364, HLTH 4387, KINE 3373 and MKTG 3310 require Junior Standing.

ATTR 3370 requires Junior Standing or permission of the instructor.

MGMT 3310 requires 50 hours of course work completed.

MGMT 3330 requires a prerequisite of MGMT 3310.

First Year

Fall	Hours Spring	Hours
ENGL 1301 ¹	3 ENGL 1302 ¹	3
Component Area II (catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaii)	3 HIST 1302 ³	3
CHEM 1406 ²	4 MATH 1369, 1370, or 3379	3
HIST 1301 ³	3 CHEM 1407 ²	4
KINE 2115 ⁴	1 Component Area IV (catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaii)	3
	14	16

Second Year

Fall	Hours Spring	Hours
POLS 2305	3 POLS 2306	3
FACS 1367 or 2362	3 BIOL 2402	4
BUAD 1305 or CSTE 1330	3 HLTH 2381	3
BIOL 2401	4 KINE 2330	3
KINE 2114	1 HLTH 2383 ⁵	3
KINE 2119	1	
	15	16

Third Year

Fall	Hours Spring	Hours
HLTH 3219	2 HLTH 4363	3
HLTH 3361	3 HLTH 4387	3

HLTH 3391	3 MKTG 3310	3
KINE 3373	3 HLTH 3392	3
MGMT 3310	3 Component Area IX (catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaix)	3
Component Area V (catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareav)	3	
17		15

Fourth Year

Fall	Hours Spring	Hours
HLTH 4364	3 HLTH 3380	3
HLTH 4384	3 HLTH 4394	3
BUAD 3355	3 HLTH 4394	3
KINE 4377	3 MGMT 3330	3
ATTR 3370	3	
15		12

Total Hours: 120

- 1 Satisfies Component Area I.
- 2 Satisfies Component Area III.
- 3 Satisfies Component Area VI.
- 4 Satisfies one hour of Component Area IX.
- 5 Satisfies Component Area VIII.