# 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
See [catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum](catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum)

<table>
<thead>
<tr>
<th>Component Area</th>
<th>Requirement</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>Area I (Communication)</td>
<td>Human Anatomy</td>
<td>4</td>
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<tr>
<td>Area II (Mathematics)</td>
<td>Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>Area III (Life and Physical Science)</td>
<td>Inorganic &amp; Envir Chemistry</td>
<td>4</td>
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<tr>
<td>Area IV (Language, Philosophy, and Culture)</td>
<td>Intro Organic and Biochemistry</td>
<td>4</td>
</tr>
<tr>
<td>Area V (Creative Arts)</td>
<td>Introduction To Computers</td>
<td>3</td>
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<tr>
<td>Area VI (U.S. History)</td>
<td>Electronic Communications Tech</td>
<td>3</td>
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<tr>
<td>Area VII (Political Science/Government)</td>
<td>Nutrition</td>
<td>3</td>
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<tr>
<td>Area VIII (Social and Behavioral Sciences)</td>
<td>Basic Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>Area IX (Component Area Option)</td>
<td>Intro to Biomedical Statistics</td>
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### Degree Specific Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>BIOL 2401</td>
<td>Human Anatomy</td>
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<tr>
<td>BIOL 2402</td>
<td>Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 1406</td>
<td>Inorganic &amp; Envir Chemistry</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 1407</td>
<td>Intro Organic and Biochemistry</td>
<td>4</td>
</tr>
<tr>
<td>CSTE 1330</td>
<td>Introduction To Computers</td>
<td>3</td>
</tr>
<tr>
<td>or BUAD 1305</td>
<td>Electronic Communications Tech</td>
<td>3</td>
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<tr>
<td>FACS 2362</td>
<td>Nutrition</td>
<td>3</td>
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<tr>
<td>or FACS 1367</td>
<td>Basic Nutrition</td>
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<tr>
<td>MATH 1369</td>
<td>Elementary Statistics</td>
<td>3</td>
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<tr>
<td>or MATH 1370</td>
<td>Intro to Biomedical Statistics</td>
<td>3</td>
</tr>
<tr>
<td>or MATH 3379</td>
<td>Statistical Methods In Practice</td>
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### Major

#### Wellness Management Health Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>HLTH 2381</td>
<td>Consumer Health Education</td>
<td>3</td>
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<tr>
<td>or HLTH 1360</td>
<td>Fund Hlth Promo &amp; Hlth Careers</td>
<td>3</td>
</tr>
<tr>
<td>or HLTH 1366</td>
<td>Lifestyle And Wellness</td>
<td>3</td>
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<tr>
<td>HLTH 2383</td>
<td>Multicultural Health Issues</td>
<td>3</td>
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<tr>
<td>HLTH 3219</td>
<td>Group Exercise Instruction</td>
<td>2</td>
</tr>
<tr>
<td>HLTH 3361</td>
<td>Health Planning &amp; Evaluation</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 3380</td>
<td>Drug Use and Abuse</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 3391</td>
<td>Study Of Human Diseases</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 3392</td>
<td>Health Comm &amp; Literacy</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 4363</td>
<td>Interventions for Wellness</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 4364</td>
<td>Directing Wellness Programs</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 4384</td>
<td>Internship Preparation</td>
<td>3</td>
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<tr>
<td>or HLTH 4393</td>
<td>Prof Prep Health Careers</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 4387</td>
<td>Community Health</td>
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<tr>
<td>HLTH 4394</td>
<td>Internship Program</td>
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<tr>
<td>or HLTH 4394</td>
<td>Internship Program</td>
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#### Wellness Management Interdisciplinary Courses

<table>
<thead>
<tr>
<th>Course</th>
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<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>ATTR 3370</td>
<td>Prevention &amp; Care of Injuries</td>
<td>3</td>
</tr>
<tr>
<td>BUAD 3355</td>
<td>Business Law</td>
<td>3</td>
</tr>
<tr>
<td>KINE 2114</td>
<td>Wgt Train &amp; Phy Conditioning</td>
<td>1</td>
</tr>
<tr>
<td>KINE 2115</td>
<td>Lifetime Health and Wellness</td>
<td>5</td>
</tr>
<tr>
<td>KINE 2119</td>
<td>Kinesiology Activities</td>
<td>1</td>
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</tbody>
</table>
Bachelor of Science, Major in Wellness Management

KINE 2330  First Aid & CPR - Am Red Cross  3
KINE 3373  Physiology Of Exercise  3
KINE 4377  Prin Exer Testing/Prescription  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 requirement for Component Area III (Life and Physical Science) and major requirement.
2 FACS 1367 accepted only as a transfer course.
3 Students must enroll for two sections of HLTH 4394, for a total of 6 semester credit hours.
4 Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).
5 Satisfies one semester credit hour of the of Core Curriculum requirement for Component Area IX (Component Area Option).

Notes
Degree must have 120 hours with at least 42 advanced hours (3000 and 4000) taken at a four year institution.

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 4 semester credit hours of the Core Curriculum requirement of Component Area III (Life and Physical Science).

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

<table>
<thead>
<tr>
<th></th>
<th>Fall Hours</th>
<th>Spring Hours</th>
<th>Total Hours</th>
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<tbody>
<tr>
<td>CHEM 1406</td>
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<td>4 CHEM 1407</td>
<td>4</td>
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<tr>
<td>ENGL 1301</td>
<td>3</td>
<td>3 ENGL 1302</td>
<td>3</td>
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<tr>
<td>HIST 1301</td>
<td>3</td>
<td>3 HIST 1302</td>
<td>3</td>
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<tr>
<td>KINE 2115</td>
<td>1</td>
<td>1 MATH 1369, 1370, or 3379</td>
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<td>Component Area IV (catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareav)</td>
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Second Year

<table>
<thead>
<tr>
<th></th>
<th>Fall Hours</th>
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<tbody>
<tr>
<td>BIOL 2401</td>
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<td>4 BIOL 2402</td>
<td>4</td>
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<tr>
<td>BUAD 1305 or CSTE 1330</td>
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<td>3 HLTH 2381, 1360, or 1366</td>
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<td>FACS 1367 or 2362</td>
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<td>3 HLTH 2383</td>
<td>3</td>
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<tr>
<td>KINE 2114</td>
<td>1</td>
<td>1 KINE 2330</td>
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<td>KINE 2119</td>
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<td>1 POLS 2306</td>
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<td>POLS 2305</td>
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### Third Year

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<tr>
<th>Fall</th>
<th>Hours Spring</th>
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<tr>
<td>HLTH 3219</td>
<td>2 HLTH 3392</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 3361</td>
<td>3 HLTH 4363</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 3391</td>
<td>3 HLTH 4387</td>
<td>3</td>
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<tr>
<td>KINE 3373</td>
<td>3 MKTG 3310</td>
<td>3</td>
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<tr>
<td>MGMT 3310</td>
<td>3 Component Area IX (<a href="catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaix">link</a>)</td>
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Component Area V ([link](catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareav))

Total Hours: 17

### Fourth Year

<table>
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<tr>
<th>Fall</th>
<th>Hours Spring</th>
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<tbody>
<tr>
<td>ATTR 3370</td>
<td>3 HLTH 3380</td>
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<tr>
<td>BUAD 3355</td>
<td>3 HLTH 4394</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 4364</td>
<td>3 HLTH 4394</td>
<td>3</td>
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<tr>
<td>HLTH 4384 or 4393</td>
<td>3 MGMT 3330</td>
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<tr>
<td>KINE 4377</td>
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Total Hours: 15

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1. Satisfies Core Curriculum requirement for Component Area III (Life and Physical Science).
2. Satisfies Core Curriculum requirement for Component Area I (Communications).
4. Satisfies one semester credit hour of the of Core Curriculum requirement for Component Area IX (Component Area Option).
5. Satisfies Core Curriculum requirement for Component Area VII (Political Science/Government).