

HEALTH AND WELLNESS (B.S.)

The Bachelor of Science in Health and Wellness focuses on preparing students for opportunities to help people lead healthier lifestyles. The curriculum provides foundational principles related to health coaching, health education, and wellness planning to optimize individual and population health. The program can be paired with a variety of minors to further customize skills and prepare for post-graduate work.

Students will have the opportunity to:

1. Identify and use evidence-based practice to guide planning and decision-making for individual and population health.
2. Communicate in multiple modalities to express wellness and prevention strategies, concepts, and messages.
3. Integrate knowledge of cultural frameworks and inter-professional collaboration to improve individual and population health.
4. Apply scientific reasoning and evidence-based knowledge to determine health education, health promotion, and disease prevention best practices.
5. Develop, implement, and evaluate wellness and prevention interventions.

Degree Requirements

Minimum Credit Requirement: 120 credits

Minimum Residency Requirement: 30 credits must be taken at Granite State College

A minimum GPA of 2.0 is required for conferral

Requirements	Credit Hours
General Education Requirements (p. 1)	40
Major Requirements (p. 1)	52
Open Electives (p. 2)	28
Total	120

General Education Requirements

A minimum grade of C is required in all General Education coursework. Students are allowed a maximum of two course overlaps. Overlaps can be used between Major, Minor and General Education requirements with only one overlap being utilized between the Major and Minor.

All General Education requirements, including CRIT 602 Advanced Critical Analysis and Strategic Thinking (4 s.h.) and IDIS 601 Interdisciplinary Seminar (4 s.h.), must be taken prior to the capstone.

Code	Title	Credits
ENG 500	The Writing Process	4
COMM 542	Interpersonal Communication and Group Dynamics	4
COMM 543	Visual Communication	4
CRIT 501	Introduction to Critical Inquiry	4
Select one of the following:		4
MATH 502	Math for Our World	
MATH 504	Statistics	
MATH 510	Pre-Calculus	

Knowledge of Human Behavior & Social Systems (https://catalog.granite.edu/undergraduate/degrees-programs-study/general-education-requirements/#human-behavior)		4
Knowledge of the Physical & Natural World (https://catalog.granite.edu/undergraduate/degrees-programs-study/general-education-requirements/#physical-natural-world)		4
Knowledge of Human Thought & Expression (https://catalog.granite.edu/undergraduate/degrees-programs-study/general-education-requirements/#human-thought)		4
CRIT 602	Advanced Critical Analysis and Strategic Thinking	4
IDIS 601	Interdisciplinary Seminar	4
Total Credits		40

Major Requirements

A minimum grade of C is required in all Major coursework. Students are allowed a maximum of two course overlaps. Overlaps can be used between Major, Minor and General Education requirements with only one overlap being utilized between the Major and Minor.

CRIT 602 Advanced Critical Analysis and Strategic Thinking (4 s.h.), IDIS 601 Interdisciplinary Seminar (4 s.h.) and all major requirements must be completed prior to enrollment in the integrative Capstone. Academic Advisor approval is required for registration to be processed.

Code	Title	Credits
Major in Health and Wellness		
<i>Foundation Courses</i>		
HLTC 550	The Emerging U.S. Health Care System	4
SCI 502	Nutrition and Health	4
SCI 505	Human Biology	4
PSY 501	Introduction to Psychology	4
<i>Intermediate Courses</i>		
COMM 605	Professional Communication	4
MATH 504	Statistics	4
HLTC 560	Health Behaviors: Theoretical Foundations for Health Education	4
<i>Health and Wellness Elective</i>		
Select one of the following:		4
SCI 508	Issues in Women's Health	
SCI 509	Diseases of the 21st Century	
SCI 610	Contemporary Issues in Personal and Global Health	
SCI 615	Fitness and Health	
HLTC 540	Practicum in Health Care	
<i>Advanced Courses</i>		
HLTC 612	Population Health	4
HLTC 620	Health Program Planning and Evaluation	4
SCI 603	Advanced Human Physiology & Wellness	4
SCI 604	Principles of Exercise Science	4
or SCI 615	Fitness and Health	
<i>Integrative Capstone:</i>		
HLTC 651	Integrative Capstone: Internship in Health and Wellness	4

or HLTC 652 Integrative: Project in Health and Wellness

Total Credits **52**

Electives

Open electives are courses students will need to take in addition to their general education and major requirements in order to satisfy the remaining credit totals for their programs. Open electives are defined as any credit course offered by the College not already included in the student's general education, major, concentration or minor. Students will need 120 credits total to graduate with a bachelor's degree.