

## **WELLNESS AND HEALTH PROMOTION PROGRAM (120-122 HOURS)**

### ***Area V Requirements***

|           |     |                                    |
|-----------|-----|------------------------------------|
| IS 2241   | (3) | Computer Concepts and Applications |
| TROY 1101 | (1) | University Orientation             |

*Select two hours of physical activity courses.*

*Select twelve hours of adviser-approved electives or courses to meet prerequisites not already taken in Area IV such as SOC 2275.*

### **Major requirements (41 hours)**

|           |     |                                                |
|-----------|-----|------------------------------------------------|
| HSTM 3301 | (3) | Social Psychology of Leisure                   |
| HSTM 3340 | (3) | Principles of Recreation                       |
| KHP 2201  | (2) | Camping and Outdoor Education                  |
| KHP 2202  | (2) | First Aid and Safety and CPRO                  |
| KHP 2211  | (3) | Human Nutrition                                |
| KHP 2240  | (3) | Personal and Community Health                  |
| KHP 2251  | (3) | Foundations of Physical Education and Health   |
| KHP 2252  | (3) | Methods of Teaching Dance                      |
| KHP 3310  | (3) | Introduction to Food Science                   |
| KHP L310  | (1) | Introduction to Food Science Lab               |
| KHP 3350  | (3) | Psychology of Wellness                         |
| KHP 3391  | (3) | Testing and Statistical Interpretation         |
| KHP 4400  | (3) | Sports Officiating and Programs in Intramurals |
| KHP 4427  | (3) | Health Behavior                                |
| SOC 3365  | (3) | Sociology of Sport                             |

***Choose One of the following Concentrations:***

### **Wellness Concentration (20 hours)**

*Select at least 20 hours of additional 3000/4000-level courses as approved by your faculty adviser.*

### **Health Promotion Concentration (20 hours)**

|           |     |                                              |
|-----------|-----|----------------------------------------------|
| HSTM 3345 | (3) | Recreation Programming                       |
| KHP 2260  | (2) | Applied Fitness Concepts                     |
| KHP 3311  | (3) | Nutritional Assessment                       |
| PSY 3304  | (3) | Abnormal Psychology                          |
| PSY 3330  | (3) | Health Psychology                            |
| SOC 2280  | (3) | Social Problems in Contemporary Society      |
| SOC 3360  | (3) | Introduction to Qualitative Research Methods |

!