



**BACHELOR of SCIENCE in HEALTH SCIENCES (#564)  
GENERAL WELLNESS STUDIES CONCENTRATION**

Department of Allied Health  
College of Health and Human Services  
Western Kentucky University

The suggested program of study shown below should be used in consultation with your advisor(s). Every student will finish with a unique plan of his/her own depending on the electives selected.

**Success Markers**

**SAMPLE - 4 year plan**

| <b>FIRST YEAR</b><br><br><i>Join a Student Organization like Green Toppers</i> | Fall Semester  |           | Spring Semester  |           |
|--|--|-----------|--|-----------|
|  | ENG 100 Intro to College Writing (F-W1)                      | 3         | BIOL 131 - Anatomy and Physiology (E-NS, LS)                 | 4         |
|  | AH 190 – Intro to Allied Health Prof                         | 2         | MATH 109 General Math OR MATH 116 College Algebra (F-QR)     | 3         |
|  | HIST 101 World History I OR HIST 102 World History II (F-SB) | 3         | HIST 101 World History I OR HIST 102 World History II (F-SB) | 3         |
|  | Arts and Humanities (E-AH)                                   | 3         | COMM 145 Fundamentals of Public Speaking (F-OC)              | 3         |
|  | PSY/PSYS 220 - Intro to Developmental Psychology (E-SB)      | 3         | World Language (if needed) or General Elective               | <b>3</b>  |
|  |  |           |  |           |
|  | <b>TOTAL CREDIT HOURS</b>                                    | <b>14</b> | <b>TOTAL CREDIT HOURS</b>                                    | <b>16</b> |

| <b>SECOND YEAR</b><br><br><i>Visit the Math Lab for free tutoring!</i> | Fall Semester  |                           | Spring Semester                  |    |
|--|--|---------------------------|----------------------------------|----|
|  | ENG 300 Writing in the Disciplines (F-W2)                            | 3                         | General Electives                | 12 |
|  | HMD 211 - Human Nutrition (K-SY)                                     | 3                         | Upper Division General Electives | 2  |
|  | BIOL 120/121- Biological Concepts: Cells Metabolism/Genetics and Lab | 4                         | AH 290 Medical Terminology       | 2  |
|  | Connections: Social and Cultural (K-SC)                              | 3                         |                                  |    |
|  |  |                           |                                  |    |
| <b>TOTAL CREDIT HOURS</b>  | <b>13</b>  | <b>TOTAL CREDIT HOURS</b> | <b>16</b>                        |    |

**World Language Proficiency:** All students entering in Fall 2014 or later must demonstrate proficiency in a world language at the Novice High level before completing 60 credit hours. Novice high is the ability to communicate in writing and speaking on familiar topics in simple sentences. To meet this requirement, students may take college language courses or take a proficiency test. For more information go to [www.wku.edu/modernlanguages/placement/](http://www.wku.edu/modernlanguages/placement/).

**Colonnade Program:** All students entering in fall 2014 or later must complete 39 hours in 13 specific Colonnade areas. Colonnade areas are listed in parentheses marked in blue after the corresponding classes. Some areas may have specific course requirements while others can be chosen from selected lists of options. For more details and to see lists of options, go to [http://www.wku.edu/colonnade/documents/approved\\_colonnade\\_courses\\_website.pdf](http://www.wku.edu/colonnade/documents/approved_colonnade_courses_website.pdf)

| THIRD YEAR<br><br><i>Visit Career Services</i> | Fall Semester   |           | Spring Semester   |           |
|--|---|-----------|---|-----------|
|  | PE 122 - Foundations of Kinesiology                                   | 3         | PE 211 - Net/Wall and Target Sports   | 2         |
|  | PH 381 - Community Health ( <i>PH 261 or appropriate background</i> ) | 3         | PE 212 - Striking/Fielding and Invasion Sports  | 2         |
|  | PHY 231/232 - Intro to Physics and Biophysics and Lab                 | 4         | PE 221 - Health Related Fitness   | 2         |
|  | Open Elective   | 2         | PH 383 - Biostatistics in the Health Sciences <b>OR</b> SOCL 300 - Using Statistics in Sociology) ( <i>MATH 109 or higher</i> ) | 3         |
|  | Connections: Local to Global Course (K-LG)                            | 3         | HCA 340 - Health Care Organization and Management   | 3         |
|  |   |           | CHEM 109 – Chemistry for the Health Sciences (E-NS)   | 4         |
|  | <b>TOTAL CREDIT HOURS</b>   | <b>15</b> | <b>TOTAL CREDIT HOURS</b>   | <b>16</b> |

| FOURTH YEAR<br><br><i>Apply for Graduation</i><br><br><i>Celebrate!!!</i> | Fall Semester   |           | Spring Semester   |           |
|---|---|-----------|---|-----------|
|   | PE 222 - Fitness/Wellness Applications                              | 2         | PE 313 - Motor Development  | 2         |
|   | PE 310 - Kinesiology  | 3         | PE 324 - Measurement and Eval in Kinesiology  | 3         |
|   | PE 311 - Exercise Physiology  | 3         | HCA 446/447 - Health Care Informatics/Information Systems Lab ( <i>HCA 340/permission of instructor</i> ) | 4         |
|   | CHEM 304 - Biochemistry for the Health Sciences ( <i>CHEM 109</i> ) | 4         | PH 447 - Human Values and the Health Sciences ( <i>PH 381</i> ) <b>OR</b> PHIL 322 - Biomedical Ethics    | 3         |
|   | Open Electives  | 3         | PE 312 – Basic Athlete Training ( <i>PE 311 or EXS 311 and jr status</i> )                                | 3         |
|   | <b>TOTAL CREDIT HOURS</b>   | <b>15</b> | <b>TOTAL CREDIT HOURS</b>   | <b>15</b> |

**Total Credit Hours: 120**

\* Prerequisites, Course Numbers, and Course Titles are subject to change. Consult your advisor each semester. Course prerequisites shown in parentheses and italics after a course listing.

**For more Information:**

**Department: Allied Health Academic Complex 235**

**Website: [http://www.wku.edu/allied health/](http://www.wku.edu/allied%20health/)**

**Phone: (270) 745-2427**

**Email: [allied.health@wku.edu](mailto:allied.health@wku.edu)**

Course Descriptions: <http://www.wku.edu/undergraduatecatalog/>