



**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

FIRST YEAR <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	3
	TOTAL CREDIT HOURS	14	TOTAL CREDIT HOURS	16

SECOND YEAR <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		
TOTAL CREDIT HOURS	13	TOTAL CREDIT HOURS	16	

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/.

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

THIRD YEAR <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 (<i>MATH 109 or 116 or higher</i>) OR 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
	TOTAL CREDIT HOURS	15	TOTAL CREDIT HOURS	16

FOURTH YEAR <i>Apply for Graduation</i> <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>) OR CIS 243 Principles of MIS (<i>CIS 141 or CSCI 145C</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>) OR PHIL 322 - Biomedical Ethics	3
	Open Electives	3	PE 312 – Basic Athlete Training (<i>PE 311 or EXS 311 and jr status</i>)	3
	TOTAL CREDIT HOURS	15	TOTAL CREDIT HOURS	15

Total Credit Hours: 120

* Prerequisites, Course Numbers, and Course Titles are subject to change. Consult your advisor each semester.

** Note that if CIS 243 (3 credit hours) is taken in place of HCA 446/447, an addition elective hour may be needed to earn 120 total degree credit hours.

Course prerequisites shown in parentheses and italics after a course listing.

For more Information:

Department: Allied Health Academic Complex 236G

Website: <http://www.wku.edu/allied health/>

Phone: (270) 745-2427

Email: allied.health@wku.edu

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