



**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>  <i>Join a Student Organization like Green Toppers</i>	Fall Semester		Spring Semester	
	ENG 100 - Intro to College Writing	3	General Education Course B-I	3
	General Education Course A-III	3	PSY 100 - Intro to Psychology	3
	HIST 119 - Western Civ. to 1648 <b>OR</b> HIST 120 – Western Civ. since 1648	3	General Education Elective Category B-II	3
	SOCL 100 - Intro Sociology	3	General Education Elective Category A-II	3
	AH 190 – Intro to Allied Health Prof	2	BIOL 131 - Anatomy and Physiology	4
	<b>TOTAL CREDIT HOURS</b>	<b>14</b>	<b>TOTAL CREDIT HOURS</b>	<b>16</b>

<b>SECOND YEAR</b>  <i>Visit the Math Lab for free tutoring!</i>	Fall Semester		Spring Semester	
	ENG 300 - Writing in the Disciplines (ENG 100/200 or equivalent)	3	General Education Course E (300+)	3
	General Education Course B-II	3	Electives (2 hours as upper-division)	11
	MATH 109 - General Mathematics <b>OR</b> MATH 116 - College Algebra	3	AH 290 Medical Terminology	2
	HMD 211 - Human Nutrition	3		
	BIOL 120/121- Biological Concepts: Cells Metabolism/Genetics and Lab	4		
	<b>TOTAL CREDIT HOURS</b>	<b>16</b>	<b>TOTAL CREDIT HOURS</b>	<b>16</b>

<b>SUMMER TERM</b>  <i>Study Abroad or find an internship!</i>	Summer Term	
	<b>TOTAL CREDIT HOURS</b>	

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
	PSY 199 - Intro to Developmental Psychology	3	PE 221 - Health Related Fitness	2
	PHY 231/232 - Intro to Physics and Biophysics and Lab	4	PH 383 - Biostatistics in the Health Sciences <b>OR</b> SOCL 300 - Using Statistics in Sociology ( <i>MATH 109 or higher</i> )	3
	Open Elective	2	HCA 340 - Health Care Organization and Management	3
			CHEM 109 – Chemistry for the Health Sciences	4
	<b>TOTAL CREDIT HOURS</b>	<b>15</b>	<b>TOTAL CREDIT HOURS</b>	<b>16</b>

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> )	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
			PE 312 – Basic Athlete Training ( <i>PE 311 or EXS 311 and jr status</i> )	3
	<b>TOTAL CREDIT HOURS</b>	<b>12</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/>