WELLNESS AND HEALTH EDUCATION

ReQUIRES THE FOLLOWING COURSES:

- GST 285 Perspectives in Personal and Global Health 4 sh
- HED 230 Health Promotion-Foundation to Function 4 sh
- HED 350 Program Assessment, Evaluation and Design 4 sh
- EDU 450 Diverse Learners Capstone 4 sh

**NOTE:** Students planning to pursue becoming a Certified Health Specialist (CHES) should take a research course related to the field.

Eight hours chosen from the following courses: a maximum of two, 2 semester hour courses listed below. 8 sh

- COR 324 Substance Abuse and Human Behavior
- COR 326 Human Sexuality
- COR 406 Perspectives in Women's Health
- EDU 211 School and Society
- HED 235 Inactivity: The Threat of a Modern Lifestyle
- PEH 324 Nutrition

Two semester hour course options:

- HED 111-116 (themed wellness courses)
- PEH 362 Healthy Living in the Elementary School
- PEH 211 Foundations of Physical Education and Health

**TOTAL** 24 sh