Health and Well-Being, B.A.

General Education Foundations

Please use this link to view a list of courses that meet each GEF requirement. **(**http://registrar.wvu.edu/gef/**)**

NOTE: Some major requirements will fulfill specific GEF requirements. Please see the curriculum requirements listed below for details on which GEFs you will need to select.

Code	Title	Hours
General Education Foundations		
F1 - Composition & Rhetoric		3-6
ENGL 101	Introduction to Composition and Rhetoric	
& ENGL 102	and Composition, Rhetoric, and Research	
or ENGL 103	Accelerated Academic Writing	
F2A/F2B - Science & Technology		4-6
F3 - Math & Quantitative Reasoning		3-4
F4 - Society & Connections		3
F5 - Human Inquiry & the Past		3
F6 - The Arts & Creativity		3
F7 - Global Studies & Diversity		3
F8 - Focus (may be satisfied by completion of a minor, double major, or dual degree)		9
Total Hours		31-37

Please note that not all of the GEF courses are offered at all campuses. Students should consult with their advisor or academic department regarding the GEF course offerings available at their campus.

Degree Requirements

Code	Title	Hours
University Requirements		58
Career and Professional Development Common Core		
Health and Well-Being Major Requirements		62
Total Hours		120

University Requirements

Code	Title	Hours
General Education Foundations (GEF) 1, 2, 3, 4, 5, 6, 7, and 8 (31-37 Credits)		
Outstanding GEF Requirements 1, 2, 3, 5, 6, 7 & 8		30
PASS 191	First-Year Seminar	2
General Electives		26
Total Hours		58

Career and Professional Development Common Core

Code	Title	Hours
Common Core:		
PASS 191	First-Year Seminar	
PASS 300	Career Exploration in Physical Activity and Sport Sciences	
PASS 489	Capstone Experience in PASS	

Health and Well-Being Major Requirements

Code	Title	Hours
Community Well-being		
PSYC 101	Introduction to Psychology (GEF 4)	3

PET 124	Human Body: Structure and Function	2
PET 125	Principles of Human Movement	2
PET 175	Motor Development	2
PET 244	Motor Learning and Performance	2
Complete one of the following courses:		3
COMM 304	Argumentation	
COMM 306	Organizational Communication	
COMM 308	Nonverbal Communication	
COMM 317	Communication and Aging	
COMM 342	Interpersonal Relationships & Technology	
COMM 404	Persuasion	
Health and Well-being		
HN&F 171	Introduction to Human Nutrition (GEF 2)	3
PASS 224	Enhancing Health and Well-being	3
Complete one of the following		3
COUN 303	Introduction to Helping Professions	
PASS 359	Mindfulness for Health and Well-being	
EXPH 365	Exercise Physiology 1	3
SEP 383	Exercise Psychology	3
SEP 415	Physical Activity Promotion in Diverse Settings	3
PASS 300	Career Exploration in Physical Activity and Sport Sciences	3
PASS 375	Methods of Health Coaching	3
PET 401	Foundations of Health Education	3
PET 402	Core Concepts in Health Education	3
PET 403	Program Design, Implementation, and Evaluation for Health Educators	3
PASS 404	Enhancing Community Well-being	3
PASS 489	Capstone Experience in PASS	3
Dimensions of Health and Well-being Electives		**9**
Optional Area of Emphasis		
Fitness		
Recreational Sport		
Total Hours		62

DIMENSIONS OF HEALTH AND WELL-BEING ELECTIVES

Code	Title	Hours
Physical Health and Well-Being		
HN&F 126	Society and Food	3
RPTR 145	Recreation Services for Special Populations	3
FDST 200	Food Science and Technology	3
HN&F 200	Nutrition/Activity/Health	3
PE 229	Fitness and Wellness	2
PET 349	Health-Optimizing Physical Education	3
HN&F 350 & 350L	Cross-Cultural Cuisine and Cross-Cultural Cuisine Laboratory	3
ACE 374	Fitness Field Testing	3
PASS 472	Methods of Personal Training	3
No more than two of the following:		
PE 124	Fitness Walking	
PE 125	Group Fitness	
PE 164	Weight Training	
PE 165	Conditioning	
PE 202	Intermediate Yoga	

PE 203	Yoga for Health and Wellness	
Emotional/Mental Health and Well-Being		
CDFS 110	Families Across the Life Span	3
CDFS 112	Introduction to Family Processes and Dynamics	3
BIOL 122	Human Sexuality	3
SOWK 147	Human Diversity	3
SOWK 151	Introduction to Social Work	3
SOC 207	Social Problems in Contemporary America	3
GERO 212	Introduction to Gerontology	3
SOC 221	Families and Society	3
COUN 240	Introduction to Addiction Studies	3
COUN 350	Families & Addiction	3
DISB 380	Disability and the Family	3
CDFS 413	Stress in Families	3
CDFS 414	Adolescent Problems and Disorders	3
CDFS 432	Early Socio-Emotional Development	3
Health Policy and Healthy Environment		
MDIA 101	Media and Society	3
LARC 105	Introduction to Landscape Architecture, Environmental Design and Planning	3
PHIL 130	Current Moral Problems	3
DSGN 140	Sustainable Living	3
ESWS 155	Elements of Environmental Protection	3
ECON 201	Principles of Microeconomics	3
POLS 210	Law and the Legal System	3
ADV 215	Principles of Advertising	3
POLS 220	State and Local Government	3
POLS 230	Introduction to Policy Analysis	3
DSGN 280	Sustainable Design and Development	3
DISB 381	Lifespan Disability Policy	3
DISB 385	Disability and Society	3
JRL 450	Writing for Health Promotion	3
ECON 465	Health Economics	3
DISB 482	Disability in the Community	2

Areas of Emphasis

- Fitness (p. 3)
- Recreational Sport (p. 4)

Fitness Area of Emphasis

Code	Title	Hours
A minimum grade of C- is required in AoE coursework.		
PASS 373	Fitness Management	3
PASS 374	Fitness Field Testing	3
PASS 470	Methods of Group Fitness	3
PASS 472	Methods of Personal Training	3
Total Hours		12

Suggested Plan of Study

First Year

Fall	Hours	Spring	Hours
ENGL 101 (GEF 1)	3	PSYC 101 (GEF 4)	3
PET 124	2	PET 125	2
PASS 191	2	HN&F 171 (GEF 2)	3
GEF 6	3	GEF 2	3
PASS 224	3	Dimension Hlth/WB Elective	3
Elective	2	Elective	1
	15		15

Second Year

Fall	Hours	Spring	Hours
ENGL 102 (GEF 1)	3	PET 244	2
MATH 121 (GEF 3)	3	Complete one of the following	3
PET 175	2	COUN 303	
GEF 5	3	PASS 359	
Dimension Hlt/WB Elective	3	GEF 7	3
Elective	2	GEF 8	3
		Elective	3
	16		14

Third Year

Fall	Hours	Spring	Hours
PASS 300	3	Complete one of the following	3
PASS 373	3	COMM 304	
PASS 375	3	COMM 306	
SEP 383	3	COMM 308	
Dimension Hlth/WB Elective	3	COMM 317	
		COMM 342	
		COMM 404	
		EXPH 365	3
		PASS 374	3
		PET 401	3
		Elective	3
	15		15

Fourth Year

Fall	Hours	Spring	Hours
PET 402	3	PET 403	3
PASS 404	3	PASS 470	3
PASS 472	3	PASS 489	3
SEP 415	3	GEF 8	3
GEF 8	3	Elective	3
	15		15

Total credit hours: 120

Recreational Sport Area of Emphasis

Code	Title	Hours
A minimum grade of C- is required in AOE coursework.		
ACE 256	Principles and Problems of Coaching	3
ACE 310	Coaching Pedagogy	3
ACE 430	Coaching Education Administration	3

SM 426	Liability in Sport	3
Total Hours		12

Suggested Plan of Study

First Year

Fall	Hours	Spring	Hours
ENGL 101 (GEF 1)	3	PSYC 101 (GEF 4)	3
PET 124	2	PET 125	2
PASS 191	2	HN&F 171 (GEF 2)	3
PASS 224	3	GEF 2	3
GEF 6	3	Dimension Hlt/WB Elective	3
Elective	2	Elective	1
	15		15

Second Year

Fall	Hours	Spring	Hours
ENGL 102 (GEF 1)	3	PET 244	2
MATH 121 (GEF 3)	3	Complete one of the following	3
PET 175	2	COUN 303	
GEF 5	3	PASS 359	
ACE 256	3	GEF 7	3
Elective	2	GEF 8	3
		Dimension Hlth/WB Elective	3
	16		14

Third Year

Fall	Hours	Spring	Hours
PASS 300	3	Complete one of the following	3
PASS 375	3	COMM 304	
SEP 383	3	COMM 306	
Dimension Hlth/WB Elective	3	COMM 308	
ACE 310	3	COMM 317	
		COMM 342	
		COMM 404	
		EXPH 365	3
		PET 401	3
		ACE 430	3
		Elective	3
	15		15

Fourth Year

Fall	Hours	Spring	Hours
PET 402	3	PET 403	3
PASS 404	3	Capstone	3
SEP 415	3	PASS 489	
GEF 8	3	GEF 8	3
Electives	3	Elective	3
		SM 426	3
	15		15

Total credit hours: 120

Program Learning Outcomes

1. Program graduates will integrate disciplinary knowledge, skills, and dispositions and apply them to complex professional issues for employment in health and wellness settings, including the pursuit of advanced degrees in health-related disciplines.

2. Program graduates will reflect on their professional readiness and think critically about the continued refinement of the disciplinary knowledge, skills, and dispositions learned across the curriculum for employment in health and wellness settings, including the pursuit of advanced degrees in health-related disciplines
3. Program graduates will model professional and ethical behaviors that are consistent with industry standards and the related recommendations for best practice learned across the curriculum for employment in health and wellness settings, including the pursuit of advanced degrees in health-related disciplines
4. Program graduates will demonstrate the ability to identify, locate, evaluate and effectively share health and wellness related information via written and oral communication