Health and Well-Being, B.S.

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.

General Education Foundations

F1 - Composition & Rhetoric

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>ENGL 101</td>
<td>Introduction to Composition and Rhetoric</td>
<td>3</td>
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<tr>
<td>&amp; ENGL 102</td>
<td>and Composition, Rhetoric, and Research</td>
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</tr>
<tr>
<td>or ENGL 103</td>
<td>Accelerated Academic Writing</td>
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F2A/F2B - Science & Technology

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<tbody>
<tr>
<td>ENGL 101</td>
<td>Introduction to Composition and Rhetoric</td>
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F3 - Math & Quantitative Reasoning

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<tbody>
<tr>
<td>MATH 124</td>
<td>Algebra with Applications (GEF 3)</td>
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<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>CHEM 110</td>
<td>Introduction to Chemistry</td>
<td>3</td>
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<tr>
<td>&amp; CHEM 111</td>
<td>and Survey of Chemistry 1</td>
<td></td>
</tr>
<tr>
<td>&amp; CHEM 111L</td>
<td>and Survey of Chemistry 1 - Laboratory</td>
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OR

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<thead>
<tr>
<th>Course</th>
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<tr>
<td>CHEM 115</td>
<td>Fundamentals of Chemistry</td>
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<td>&amp; 115L</td>
<td>and Fundamentals of Chemistry 1 - Laboratory</td>
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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

University Requirements

<table>
<thead>
<tr>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>General Education Foundations (GEF) 1, 2, 3, 4, 5, 6, 7, and 8 (31-37 Credits)</td>
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<td>Outstanding GEF Requirements 1, 5, 6, and 7</td>
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<tr>
<td>PASS 191</td>
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Total Hours: 45

Health and Well-Being Major Requirements

Pre-Health Professions

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<tbody>
<tr>
<td>PSYC 101</td>
<td>Introduction to Psychology (GEF 4)</td>
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<tr>
<td>BIOL 101</td>
<td>General Biology</td>
<td>4</td>
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<tr>
<td>&amp; BIOL 103</td>
<td>and General Biology Laboratory (GEF 2)</td>
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<tr>
<td>BIOL 102</td>
<td>General Biology</td>
<td>4</td>
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<tr>
<td>&amp; BIOL 104</td>
<td>and General Biology Laboratory (GEF 8)</td>
<td></td>
</tr>
<tr>
<td>MATH 124</td>
<td>Algebra with Applications (GEF 3)</td>
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<tbody>
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<td>Introduction to Chemistry</td>
<td>3</td>
</tr>
<tr>
<td>&amp; CHEM 111</td>
<td>and Survey of Chemistry 1</td>
<td></td>
</tr>
<tr>
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<td>and Survey of Chemistry 1 - Laboratory</td>
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OR

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<thead>
<tr>
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<tbody>
<tr>
<td>CHEM 115</td>
<td>Fundamentals of Chemistry</td>
<td>3</td>
</tr>
<tr>
<td>&amp; 115L</td>
<td>and Fundamentals of Chemistry 1 - Laboratory</td>
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PALM 200    Medical Terminology

Total Hours: 75
<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
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<tbody>
<tr>
<td>PSYC 241</td>
<td>Introduction to Human Development (GEF 8)</td>
<td>3</td>
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<tr>
<td>PSIO 241</td>
<td>Elementary Physiology</td>
<td>4</td>
</tr>
<tr>
<td>PSIO 441</td>
<td>Mechanisms of Body Function</td>
<td></td>
</tr>
<tr>
<td>BIOL 235 &amp; BIOL 236</td>
<td>Human Physiology and Human Physiology: Quantitative Laboratory</td>
<td></td>
</tr>
<tr>
<td>PALM 300</td>
<td>Introduction to Pathology</td>
<td>3</td>
</tr>
<tr>
<td>PASS 319</td>
<td>Basic Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>PASS 339</td>
<td>Professional Immersion in Health and Well-being</td>
<td>3</td>
</tr>
<tr>
<td>EXPH 364</td>
<td>Kinesiology</td>
<td>3</td>
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**Health and Well-being**

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<th>Course</th>
<th>Description</th>
<th>Hours</th>
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<tbody>
<tr>
<td>PASS 110</td>
<td>Introduction to Health and Well-being Professions</td>
<td>2</td>
</tr>
<tr>
<td>HN&amp;F 171</td>
<td>Introduction to Human Nutrition (GEF 8)</td>
<td>3</td>
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<tr>
<td>PE 224</td>
<td>Enhancing Health and Well-being</td>
<td>2</td>
</tr>
<tr>
<td>PASS 300</td>
<td>Career Exploration in Physical Activity and Sport Sciences</td>
<td>3</td>
</tr>
<tr>
<td>COUN 303</td>
<td>Introduction to Helping Professions</td>
<td>3</td>
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<tr>
<td>SEP 425</td>
<td>Psychological Aspects of Sport Injury</td>
<td>3</td>
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<tr>
<td>EXPH 365</td>
<td>Exercise Physiology 1</td>
<td>3</td>
</tr>
<tr>
<td>SEP 383</td>
<td>Exercise Psychology</td>
<td>3</td>
</tr>
<tr>
<td>SEP 415</td>
<td>Physical Activity Promotion</td>
<td>3</td>
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<tr>
<td>PASS 401</td>
<td>Foundations of Health Education</td>
<td>3</td>
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<tr>
<td>PASS 402</td>
<td>Core Concepts in Health Education</td>
<td>3</td>
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<tr>
<td>PASS 403</td>
<td>Program Design, Implementation, and Evaluation for Health Educators</td>
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</tr>
<tr>
<td>PASS 489</td>
<td>Capstone Experience in PASS</td>
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Total Hours: 75

* Students who do not directly place into CHEM 111 and CHEM 111L must complete CHEM 110.

**Suggested Plan of Study**

**First Year**

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Hours</th>
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<tbody>
<tr>
<td>ENGL 101 (GEF 1)</td>
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<tr>
<td>PSYC 101 (GEF 4)</td>
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<tr>
<td>BIOL 102 &amp; BIOL 104 (GEF 8)</td>
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<tr>
<td>PASS 110</td>
<td></td>
<td></td>
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<tr>
<td>PASS 191</td>
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**Second Year**

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<thead>
<tr>
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<td>CHEM 115 &amp; 115L</td>
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<tr>
<td>GEF 5</td>
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**Third Year**

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<tr>
<th>Course</th>
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<th>Hours</th>
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<tbody>
<tr>
<td>PASS 300</td>
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<tr>
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<tbody>
<tr>
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<td>Elementary Physiology</td>
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**Health and Well-being**

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<td>2</td>
</tr>
<tr>
<td>HN&amp;F 171</td>
<td>Introduction to Human Nutrition (GEF 8)</td>
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<tr>
<td>PE 224</td>
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<td>PASS 402</td>
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<tr>
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<tr>
<td>PASS 489</td>
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Total Hours: 75

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### Fourth Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Hours</th>
<th>Spring</th>
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<tbody>
<tr>
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<td>PASS 403</td>
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<tr>
<td>PASS 402</td>
<td>3</td>
<td>SEP 425 or COUN 303</td>
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<td>SEP 415</td>
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<td>PASS 489</td>
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<td>GEF 6</td>
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<td>GEF 7</td>
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<td><strong>Total</strong></td>
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Total credit hours: 120

### Area of Emphasis Offered:
- Therapeutic Exercise and Rehabilitation

### Therapeutic Exercise and Rehabilitation Area of Emphasis

A minimum grade of C- is required in AoE coursework.

- ATTR 121 Sport Injury Control and Management 3
- ACE 469 Basic Strength/Conditioning 3
- ACE 473 Strength and Conditioning Coaching Techniques 3
- ACE 487 Sport Specific Strength/Conditioning 3

Total Hours 12

### Suggested Plan of Study

#### First Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Hours</th>
<th>Spring</th>
<th>Hours</th>
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<tbody>
<tr>
<td>ENGL 101 (GEF 1)</td>
<td></td>
<td>3 BIOL 101 &amp; BIOL 103 (GEF 2)</td>
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<tr>
<td>PSYC 101 (GEF 4)</td>
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<td>3 MATH 124 (GEF 3)</td>
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<tr>
<td>PASS 110</td>
<td>2</td>
<td>2 PE 224</td>
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<td>PASS 191</td>
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<td>Elective</td>
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#### Second Year

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<th>Hours</th>
<th>Spring</th>
<th>Hours</th>
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<tbody>
<tr>
<td>ENGL 102 (GEF 1)</td>
<td></td>
<td>3 PALM 200</td>
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<td>CHEM 115 &amp; 115L</td>
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<td>4 PSIO 241</td>
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<td>ATTR 121</td>
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<td>3 PSYC 241 (GEF 8)</td>
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<td><strong>Total</strong></td>
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<th>Spring</th>
<th>Hours</th>
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<tbody>
<tr>
<td>PASS 300</td>
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<td>PASS 319</td>
<td>4</td>
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<td>PASS 339</td>
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<tr>
<td>SEP 383</td>
<td>3</td>
<td>EXPH 364</td>
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### Health and Well-Being, B.S.

<table>
<thead>
<tr>
<th>Course</th>
<th>Fall Hours</th>
<th>Spring Hours</th>
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<tbody>
<tr>
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<td>GEF 7</td>
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<td>ACE 469</td>
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#### Fourth Year

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<td>3</td>
<td>COUN 303</td>
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<td>SEP 415</td>
<td>3</td>
<td>SEP 425</td>
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<tr>
<td>ACE 473</td>
<td>3</td>
<td>PASS 403</td>
<td>3</td>
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<td>ACE 487</td>
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<td>PASS 489</td>
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<td>Elective</td>
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<tr>
<td><strong>15</strong></td>
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<td><strong>15</strong></td>
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</table>

Total credit hours: 120

### Major Learning Outcomes

#### HEALTH AND WELL-BEING

1. Each student will demonstrate appropriate knowledge and competence in science and math based coursework.
2. Each student will communicate scientific information effectively through writing and speaking.
3. Each student will develop the professional attitudes, behaviors and skills needed to enroll in professional or graduate level degree granting programs.
4. Each student will recognize the requirements and criteria for being a competitive applicant for their health-related profession interest of choice, and reflect on their own level of competitiveness.