

## Health And Wellness Major

Assistant Professor: A. Gowin (Chair)

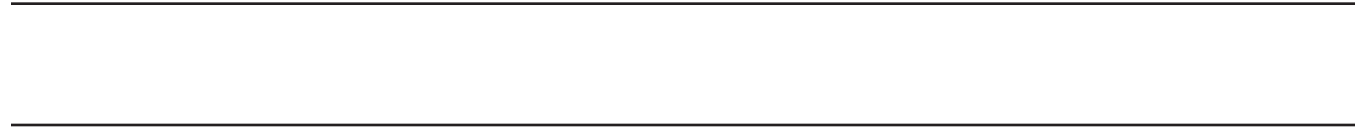
Instructor: T. Hanrahan, H. Hensel, J. Kent, R. Novatny, T. Washington

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The Health and Wellness major emphasizes knowledge and learning experiences aimed at the promotion of lifetime wellness. Students will know principles of nutrition, holistic health and exercise training. Also, students will learn how to test health and activity status, prescribe safe exercise, prevent exercise injury, and assess client progress toward their wellness and fitness goals. The courses in this major will prepare graduating students for jobs that apply principles of health education and exercise training. More specifically, students may pursue careers in worksite wellness, hospital-based wellness programs, community health centers, retirement and nursing home wellness programs, commercial and non-profit health, fitness, and recreation centers, and other related areas.

A grade of C- or better is needed for all courses needed to satisfy the major requirements.



Course Code	Title	Hours	Semester	Grade
HES 357	Community Nutrition	3		
PSY 301	Human Sexual Behavior	3		
PSY 330	Addictive Disorders	3		
Total Hours For Major		45		

If any substitutions or waivers of requirements are allowed, please list below and initial.

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 Advisor Signature

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 Department Chair Signature