

**Bachelor of Arts in Wellness and Health Promotion Practice**

**Main Campus Advising Worksheet – Academic Year 2021-2022**

The Bachelor of Arts degree with a major in Wellness and Health Promotion Practice offers students the opportunity to develop the knowledge, ethics, and skills to provide professional services and interventions. As such, students learn to work with diverse populations at different ages and stages of life in order to promote a healthy lifestyle and overall wellness. For the purposes of this degree, wellness means a state of being in optimal health. Students learn to promote optimal wellness within themselves, among individuals, families and communities. Their practicum and internships are in a variety of settings such as homes, communities, governmental organizations, businesses, health care centers, hospitals, schools, faith-based organizations and other non-governmental organizations.

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| Track Options:  | For students seeking careers in:  | Students learn about:  |
| Aging and Population Health | Human services, government agencies, retirement communities, nursing homes, health care and long-term institutional care facilities. | How to meet the needs of our aging society through a public health lens, long-term care management, wellbeing later in life, and gerontology. |
| Health and Wellness | Healthcare settings, community health agencies, implementing programs that use mindfulness, nutrition, and exercise to meet the needs of diverse populations. | Mindfulness practice, health coaching, public health nutrition, and population-level health challenges. |
| Health Education | Schools, workplaces, non-profit agencies, faith-based organizations, governmental agencies, and other wellness-related fields. | Principles of health education and health promotion, how to design and support programs that tackle health problems such as addiction, domestic violence, and behavioral issues through educational promotion and intervention |

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| **Student Name**:       | **SID**:       | **Edited**:       |
| Expected graduation date:       |
| Aspirations for after graduation:       |
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| **FOUNDATION COURSES** *(grades C or higher)* | Units | Notes | Semester/Year | Grade |
| **First Semester Composition** ENGL 101, 101A, 106 or 107 | 3-4 |       |       |       |
| **Second Semester Composition** ENGL 102, 108, or 109H | 3 |       |       |       |
| **Second Language** Fourth Semester Language Proficiency  | 0-16 |       |       |       |
| **College Algebra** MATH 112 or higher | 3 |       |       |       |
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| **MAJOR REQUIREMENTS** (*Grades C or higher)* | Units | Notes | Semester/Year | Grade |
| **Statistics Skills** BIOS 376: Introduction to Biostatistics | 3 | BIOS 376 pre-req: MATH 112 |       |       |
| **Communication Skills** *Choose one:* COMM 114: Introduction to Interpersonal CommunicationCOMM 117: Culture and Communication COMM 119: Public SpeakingCOMM 201: Introduction to Public RelationsCOMM 209: Introduction to Communication TechnologyCOMM 314: Creative Professional Communication | 3 | \*Most courses are offered Fall and Spring, and some have summer availability. Check schedule of classes. \*\* For enrollment in one of these courses, please reach out to your Advisor for assistance. |       |       |
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| **MAJOR CORE COURSES**  *(Grades C or higher)* | Units | Notes | Semester/Year | Grade |
| **HPS 178** Personal Health and Wellness | 3 |       |       |       |
| **HPS 200** Introduction to Public Health | 3 |       |       |       |
| **PHP 210** Diversity, Health, and Well-Being Later in Life | 3 | Spring |       |       |
| **PHP 322** Health Education and Ethical Leadership | 3 | Spring; pre-reqs: HPS 178 and HPS 200 |       |       |
| **HPS 403** Applications in Health Promotion: Behavioral Theories | 3 | Fall; pre-req: HPS 178 |       |       |
| **HPS 404** Fundamentals of Evaluation | 3 | Spring; check with Advisor |       |       |
| **HPS 4XX** Stress Management for Health and Wellness | 3 | Starting Spring 2022; check with your Advisor  |       |       |
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| *Please note: students are eligible to apply for advanced standing when remaining Foundation, Major Requirements, and Major Core coursework is 5 units or fewer.* |
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| **GENERAL EDUCATION COURSES** (*grades D or higher)* | Units | Notes | Semester/Year | Grade |
| **Individuals and Societies – Tier 1:** 150 numbered course | 3 |       |       |       |
| **Individuals and Societies – Tier 1:** 150 numbered course | 3 |       |       |       |
| **Traditions and Cultures – Tier 1:** 160 numbered course | 3 |       |       |       |
| **Traditions and Cultures – Tier 1:** 160 numbered course | 3 |       |       |       |
| **Natural Sciences – Tier 1:** 170 numbered course | 3 |       |       |       |
| **Natural Sciences – Tier 1:** 170 numbered course | 3 |       |       |       |
| **Arts –** Tier II  | 3 |       |       |       |
| **Humanities** – Tier II | 3 |       |       |       |
| **Natural Sciences** – Tier II | 3 |       |       |       |
| **\*Diversity Emphasis Course**  | - | Suggestion: HPS 387 |       |       |

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| **ELECTIVE TRACKS** Choose one track and complete 15 units; grades C or higher | Units | Semester Typically Offered | Notes | Semester/Year | Grade |
| **Health and Wellness Track:** |
| *Choose 15 units* | Units | Semester Offered | Notes | Semester/Year | Grade |
| **HPS 402** Corporate Wellness | 3 | Summer |       |       |       |
| **HPS 405** Biology in Public Health  | 3 | Spring |       |       |       |
| **HPS 488** Adolescent Health  | 3 | Spring |       |       |       |
| **HPS 416** The World’s Food and Health | 3 | Fall | Pre-req: EPID 309 |       |       |
| **HPS 478** Public Health Nutrition | 3 | Fall, Spring | Pre-reqs: HPS 350 and EPID 309 |       |       |
| **PHPM 458** Health Care Marketing | 3 | Spring |       |       |       |
| **HPS 412** Public Health Approaches to Mental Health Disorders in the US | 3 | Spring |       |       |       |
| **EHS 425** A Public Health Lens to Climate Change | 3 | Fall |       |       |       |
| **NSC 311** A Systems Approach to Obesity Prevention | 3 | Spring, Summer | Pre-reqs: NSC 101 or NSC 170C1 |       |       |
| **NSC 320** Nutrition, Physical Activity and Health Promotion | 3 | Fall, Spring |       |       |       |
| **NSC 332** Health Coaching | 3 | Fall | Pre-reqs: NSC 101 or NSC 170C1 |       |       |
| **SBS 301A** Foundations of Mindfulness | 1  | Fall, Spring |       |       |       |
| **SBS 301B** Mindful Semester: Mindfulness-based Study Tools | 1 | Fall, Spring |       |       |       |
| **SBS 301C** Mindful Semester: Mindfulness-based Movement | 1 | Fall, Spring |       |       |       |
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| **Aging and Population Health Track:** |
| *Choose 15 units* | Units | Semester Offered | Notes | Semester/Year | Grade |
| **PHP 301** Introduction to Gerontology | 3 | Spring |       |       |       |
| **PHP 312** Health Promotion and Well-being in Later Life | 3 | Fall |       |       |       |
| **PHP 436** Aging, Environment and Wellbeing | 3 | Spring |       |       |       |
| **PHP 437** Management and Leadership in Long-term Care | 3 | Fall |       |       |       |
| **EHS 425** A Public Health Lens to Climate Change | 3 | Fall |       |       |       |
| **HPS 405** Biology in Public Health | 3 | Spring |       |       |       |
| **HPS 412** Public Health Approaches to Mental Health Disorders in the US | 3 | Spring |       |       |       |
| **PHPM 458** Health Care Marketing | 3 | Spring |       |       |       |
| **PHP 305** Public Health in the Digital Age | 3 | Spring, Summer |       |       |       |
| **FSHD 413** Issues in Aging | 3 | Fall, Spring |       |       |       |
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| **Health Education Track:** |
| *Complete 6 required units (HPS 350 and HPS 481) and 9 additional units (check with advisor to determine recommended* [*CHES*](https://www.nchec.org/responsibilities-and-competencies) *courses)* | Units | Semester Offered | Notes | Semester/Year | Grade |
| Required – 6 units:  |
| **HPS 350** Principles of Health Education and Health Promotion | 3 | Fall, Spring | Pre-reqs: HPS 178 and HPS 200 |       |       |
| **HPS 481** Health Education Intervention Methods | 3 | Spring | Pre-req: HPS 350 |       |       |
| Complete 9 additional units from below list:  |
| **HPS 306** Drugs and Society | 3 | Fall, Spring |       |       |       |
| **HPS 330** Human Sexuality | 3 | Fall, Spring, Summer |       |       |       |
| **HPS 488** Adolescent Health | 3 | Spring |       |       |       |
| **HPS 412** Public Health Approaches to Mental Health Disorders in the US | 3 | Spring |       |       |       |
| **HPS 449** Family Violence | 3 | Fall |       |       |       |
| **HPS 400** Contemporary Community Health Problems | 3 | Fall | Pre- or co-req: HPS 350 |       |       |
| **HPS 405** Biology in Public Health | 3 | Spring |       |       |       |
| **PHP 305** Public Health in the Digital Age | 3 | Spring, Summer |       |       |       |
| **PHPM 458** Health Care Marketing | 3 | Spring |       |       |       |
| **EHS 425** A Public Health Lens to Climate Change | 3 | Fall |       |       |       |
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| **APPLIED PRACTICE REQUIREMENTS** Must have advanced standing to enroll in below courses.  |
| **Practicum** *Complete 6 units; grades C/P or higher*\*This practicum reflects *faculty supervised* group or individual field-based experiential learning. Choose from this list or talk with your advisor about additional options. |
| Course Number and Title | Units | Semester Offered | Notes | Semester/Year | Grade |
| **HPS 394** Practicum | 1-3 | Fall, Spring, Summer | Need faculty approval |       |       |
| **HPS 497E** Public Health for Community Wellness | 2 | Fall, Spring | Pre-req: HPS 350 |       |       |
| **HPS 497F** Community and School Garden Workshop | 2-6 | Fall, Spring |       |       |       |
| **HPS 497L** Public Health for School and Community Based Childhood Obesity Prevention | 2 | Fall, Spring | Pre-req: HPS 350 |       |       |
| **EPID 497S** Skin Cancer Prevention in Community Settings | 1-2 | Fall, Spring |       |       |       |
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| **Internship** *Complete 3 units; must earn grade of P or S*\*The required internship reflects preceptor-led (preceptor can be a primary HPS faculty member, community organization, healthcare or behavioral health setting government organization, business, etc.), faculty-assessed, experiential learning experiences. |
| **HPS 493X** Internship  | 3 | Fall, Spring, Summer |       |       |       |

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| **GENERAL ELECTIVES**(C*onsult with your advisor about how many units you need to reach the University minimum of 120 total units. Grades D or higher.)*  |
| Course | Units | Notes | Semester/Year | Grade |
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