

COMMUNITY HEALTH AND WELLNESS, AS

The Associate of Science in Community Health and Wellness prepares students to work in a variety of community, health, and wellness settings. The students are prepared to promote lifestyle behavior changes that enhance overall health and reduce the burden of preventable, chronic, and infectious diseases in the communities. The courses and service-learning experiences prepare students for employment in communities such as schools, non-profit, and healthcare organizations.

Program Learning Outcomes

1. Apply culturally relevant and evidence-based practice to educate the public about health and wellness.
2. Create and disseminate culturally relevant health promotion messages by effectively using a variety of media platforms and strategies.
3. Develop a capstone project targeted toward addressing a health problem within an underserved community.

Requirements

Code	Title	Credits
Major-Related Courses		
CH-101	Introduction to Community Health and Wellness	3
CH-250	Health and Aging	3
CH-200	Communication and Technology in Community Health	3
CH-290	Community Health Practicum	3
HC-108 or SC-114/114L	Anatomy and Physiology or Human Anatomy and Physiology I	3
SC-102	Introduction to Nutrition and Wellness	3
Major Area Electives		9
Major-Related Courses Subtotal		27
General Education and Related Courses		
EN-111	College Writing and Critical Analysis	3
EN-121	Analytical Thinking, Writing & Research	3
HS-101	Introduction to Human Services	3
LA-101	Introduction to Psychology	3
LA-102	Introduction to Sociology	3
LA-122	Fundamentals of Communication	3
LA-255	Psychology Across the Lifespan	3
MA-115	Quantitative Reasoning	3
MA-135	Statistical Applications	3
Open Elective		6
General Education and Related Courses Subtotal		33

Total Credits

60

Recommended Sequence

Course	Title	Credits
Semester 1		
CH-101	Introduction to Community Health and Wellness	3
EN-111	College Writing and Critical Analysis	3

HC-108 or SC-114/114L	Anatomy and Physiology or Human Anatomy and Physiology I	3
LA-102	Introduction to Sociology	3
MA-115	Quantitative Reasoning	3
Credits		15
Semester 2		
EN-121	Analytical Thinking, Writing & Research	3
HS-101	Introduction to Human Services	3
LA-101	Introduction to Psychology	3
LA-122	Fundamentals of Communication	3
SC-102	Introduction to Nutrition and Wellness	3
Credits		15
Semester 3		
CH-200	Communication and Technology in Community Health	3
CH-250	Health and Aging	3
MA-135	Statistical Applications	3
Open Elective		3
Major Area Elective		3
Credits		15
Semester 4		
CH-290	Community Health Practicum	3
LA-255	Psychology Across the Lifespan	3
Major Area Electives		6
Open Elective		3
Credits		15
Total Credits		60