# COMMUNITY HEALTH AND WELLNESS, BS

The Bachelor of Science in Community Health and Wellness prepares students to pursue careers in a variety of community, health, and wellness settings. The students are trained to promote lifestyle behavior changes that enhance overall health and reduce the burden of preventable, chronic, and infectious diseases in the communities. The courses, internship, and service-learning experiences prepare students to solve complex community health problems with the goal of improving the health and wellbeing of the population at local, state, and national levels. The program aims to prepare high quality professionals for employment in worksites such as communities, schools, healthcare organizations, colleges/universities, health insurance organizations, and businesses.

**Program Learning Outcomes**

1. Apply culturally relevant and evidence-based practices to educate the public about health and wellness.
2. Analyze data to determine the needs of the population with the goal of planning, implementing, and evaluating evidence-based health promotion programs in the communities.
3. Create and disseminate culturally relevant health promotion messages by effectively using a variety of media platforms and strategies.
4. Utilize inclusive communication methods and technology to promote health and wellness within communities.
5. Develop health and wellness initiatives in collaboration with community partners and stakeholders.
6. Apply ethical principles while developing and implementing health and wellness programs in community or workplace settings.
7. Identify emerging health threats and engage stakeholders in addressing health issues and planning advocacy efforts.

## Requirements

| Code | Title | Credits |
|---|---|---|
| **Major-Related Courses** | | |
| CH-101 | Introduction to Community Health and Wellness | 3 |
| CH-200 | Communication and Technology in Community Health | 3 |
| CH-250 | Health and Aging | 3 |
| CH-300 | Health Education and Promotion | 3 |
| CH-310 | Health and Social Policy | 3 |
| CH-420 | Community Health Program Planning And Evaluation | 3 |
| CH-450 | Field Experience in Community Health | 3 |
| CH-490 | Community Health Capstone | 3 |
| HA-301 | Management in Healthcare I | 3 |
| HA-315 | Cultural Competency in Health Care | 3 |
| HA-470 | Research Methodologies in Health Care | 3 |
| IT-115 | Electronic Spreadsheet Applications | 3 |
| SC-102 | Introduction to Nutrition and Wellness | 3 |
| Major Area Electives | | 12 |
| Open Electives | | 9 |
| Major-Related Courses Subtotal | | 60 |
| **General Education and Related Courses** | | |
| EN-111 | College Writing and Critical Analysis | 3 |
| EN-121 | Analytical Thinking, Writing & Research | 3 |
| EN-206 | Professional Writing and Presentation | 3 |
| EN-325 | Advanced Writing for the Social Sciences | 3 |
| HC-108 | Anatomy and Physiology | 3 |
| or SC-114/114L | Human Anatomy and Physiology I | |
| HS-101 | Introduction to Human Services | 3 |
| HS-111 | The Science of Addiction: Drug Use and Abuse | 3 |
| LA-101 | Introduction to Psychology | 3 |
| LA-102 | Introduction to Sociology | 3 |
| LA-122 | Fundamentals of Communication | 3 |
| LA-245 | Introduction to Counseling Theory | 3 |
| LA-255 | Psychology Across the Lifespan | 3 |
| LA-345 | Group Dynamics | 3 |
| MA-115 | Quantitative Reasoning | 3 |
| MA-135 | Statistical Applications | 3 |
| Liberal Arts Elective(s) | | 15 |
| General Education and Related Courses Subtotal | | 60 |
| **Total Credits** | | **120** |

## 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 | Anatomy and Physiology [1] | 3 |
| LA-101 | Introduction to Psychology | 3 |
| MA-115 | Quantitative Reasoning | 3 |
| | **Credits** | **15** |
| **Semester 2** | | |
| EN-121 | Analytical Thinking, Writing & Research | 3 |
| IT-115 | Electronic Spreadsheet Applications | 3 |
| HS-101 | Introduction to Human Services | 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 |
| EN-206 | Professional Writing and Presentation | 3 |
| HS-111 | The Science of Addiction: Drug Use and Abuse | 3 |
| MA-135 | Statistical Applications | 3 |
| | **Credits** | **15** |
| **Semester 4** | | |
| EN-325 | Advanced Writing for the Social Sciences | 3 |
| LA-102 | Introduction to Sociology | 3 |
| LA-255 | Psychology Across the Lifespan | 3 |
| Major Area Elective | | 3 |
| Major Area Elective | | 3 |
| | **Credits** | **15** |
| **Semester 5** | | |
| CH-300 | Health Education and Promotion | 3 |
| CH-310 | Health and Social Policy | 3 |
| HA-315 | Cultural Competency in Health Care | 3 |
| Major Area Elective | | 3 |

| | | |
|---|---|---|
| Open Elective | | 3 |
| | **Credits** | **15** |
| **Semester 6** | | |
| HA-301 | Management in Healthcare I | 3 |
| HA-470 | Research Methodologies in Health Care | 3 |
| LA-245 | Introduction to Counseling Theory | 3 |
| Liberal Arts Elective(s) | | 3 |
| Open Elective | | 3 |
| | **Credits** | **15** |
| **Semester 7** | | |
| CH-420 | Community Health Program Planning And Evaluation | 3 |
| CH-450 | Field Experience in Community Health | 3 |
| LA-345 | Group Dynamics | 3 |
| Liberal Arts Elective(s) | | 3 |
| Major Area Elective | | 3 |
| | **Credits** | **15** |
| **Semester 8** | | |
| CH-490 | Community Health Capstone | 3 |
| Liberal Arts Elective(s) | | 9 |
| Open Elective | | 3 |
| | **Credits** | **15** |
| | **Total Credits** | **120** |

[1] This requirement can be satisfied with HC-108 Anatomy and Physiology or
SC-114 Human Anatomy and Physiology I and SC-114L Human Anatomy and Physiology I Lab.