

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.