



Health Promotion Major  
Bachelor of Science Curriculum Plan  
36-39 Hours

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Student

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ID#

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Advisor

**Program Core (33-36 Hours)**

	Required Courses	Hours	Transfer/Substitution/Notes	Final Grade
	WELL 178: Life Choices	3		
	WELL 131: First Aid and Safety Education	3		
	WELL 252: Mental Health *Only offered in the fall	3		
	WELL 272: Drugs & Society *Only offered in the spring	3		
	WELL 275: Foundations of Health Science *Only offered in January and spring terms	3		
	WELL 311: Health Education – K-12 *Only offered in the fall	3		
	WELL 340: Anatomy and Physiology *Only offered in the fall	3		
	WELL 350: Administration of Public Health *Only offered in the spring	3		
	WELL 361: Principles of Nutrition (offered in fall) <b>OR</b> WELL 461: Nutrition for Special Needs (offered in spring)	3		
	WELL 485: Health Promotion Internship *Offered in fall and summer sessions	3-6		

**Elective Courses (6 Hours)**

	Course	Hours	Transfer/Substitution/Notes	Final Grade
Students will complete 6 hours from the list that follows:				
	PHED 351: Tests and Measurements in Health and PE	3		
	WELL 451: School and Community Health Workshop	3		
	WELL 461: Nutrition for Special Needs	3		
	WELL 475: Critical Areas in Health	3		
	WELL 495: Independent Study in Health	1-3		

## Health Promotion Freshmen Year

Course	Hrs	Course	Hrs
ENGL 111 or 100 – Freshmen Comp I	3	ENGL 112 – Freshmen Comp II	3
HIST 110, 113, or 213	3	GNST 105 – Igniting Higher Order Think	3
Fine Arts core	3	Math core	3
WELL 131 – First Aid & Safety	3	WELL 178 – Life Choices	3
Social/Behavioral Science elective	3	Elective course	3
UCE 101 – Union College Experience	1	UCE 102 – Union College Experience	1
<b>Total Hours</b>	<b>16</b>	<b>Total Hours</b>	<b>16</b>

## Sophomore Year

Course	Hrs	Course	Hrs
Literature core	3	History core	3
Science core (if spring athlete) or elective	3-4	Science core (if fall athlete) or elective	3-4
Social/Behavioral Science core	3	WELL 272 – Drugs & Society	3
WELL 252 – Mental Health	3	Elective courses	6
Elective course	3		
<b>Total Hours</b>	<b>15-16</b>	<b>Total Hours</b>	<b>15-16</b>

## Junior Year

Course	Hrs	Course	Hrs
WELL 311 – Health Education K-12	3	WELL 275 – Foundations of Health Sci	3
WELL 340 – Anatomy & Physiology	3	WELL 350 – Admin of Public Health	3
WELL 361 – Principles of Nutrition or elective	3	WELL 461 – Nutrition for Special Needs or elective	3
Elective courses	6	Elective courses	6
<b>Total Hours</b>	<b>15</b>	<b>Total Hours</b>	<b>15</b>

## Senior Year

Course	Hrs	Course	Hrs
WELL 475 – Critical Areas in Health	3	WELL 485 – Health Promotion Internship	3-6
Elective courses	12	Elective courses	6
<b>Total Hours</b>	<b>15</b>	<b>Total Hours</b>	<b>12</b>

WELL 485 can be taken in the summer before the senior year in order to have more opportunities for internships.

This major has 21-24 300+ hours – you will need an additional 15-18 hours of 300+ hours for graduation

The Elective course blocks can be used to pick up another major or minor.

A minor in Business Management would be beneficial for students majoring in Health Promotion.