

WELLNESS AND HEALTH PROMOTION PROGRAM (120-122 HOURS)

Area V Requirements

IS 2241	(3)	Computer Concepts and Applications
TROY 1101	(1)	University Orientation

Select two hours of physical activity courses.

Select twelve hours of adviser-approved electives or courses to meet prerequisites not already taken in Area IV such as SOC 2275.

Major requirements (41 hours)

HSTM 3301	(3)	Social Psychology of Leisure
HSTM 3340	(3)	Principles of Recreation
KHP 2201	(2)	Camping and Outdoor Education
KHP 2202	(2)	First Aid and Safety and CPRO
KHP 2211	(3)	Human Nutrition
KHP 2240	(3)	Personal and Community Health
KHP 2251	(3)	Foundations of Physical Education and Health
KHP 2252	(3)	Methods of Teaching Dance
KHP 3310	(3)	Introduction to Food Science
KHP L310	(1)	Introduction to Food Science Lab
KHP 3350	(3)	Psychology of Wellness
KHP 3391	(3)	Testing and Statistical Interpretation
KHP 4400	(3)	Sports Officiating and Programs in Intramurals
KHP 4427	(3)	Health Behavior
SOC 3365	(3)	Sociology of Sport

Choose One of the following Concentrations:

Wellness Concentration (20 hours)

Select at least 20 hours of additional 3000/4000-level courses as approved by your faculty adviser.

Health Promotion Concentration (20 hours)

HSTM 3345	(3)	Recreation Programming
KHP 2260	(2)	Applied Fitness Concepts
KHP 3311	(3)	Nutritional Assessment
PSY 3304	(3)	Abnormal Psychology
PSY 3330	(3)	Health Psychology
SOC 2280	(3)	Social Problems in Contemporary Society
SOC 3360	(3)	Introduction to Qualitative Research Methods