

PLANNING GUIDE: HEALTH & WELLNESS CONCENTRATION – 4 YEAR PLAN

Fall	Spring
ICON 100 I-Connect (3) (GE)	PHES 215 Nutrition (3) (GE)
ENGL 101 English Composition (3) (GE)	COM 121 Fundamentals of Public Communications (3) (GE)
MATH 122 Algebra (3) (GE)	BIOL 218 Human Anatomy (3)
PHES 356 Health & Safety OR SOHS 150 Topics & Term Med (3)	PSYC 121 Introduction to Psychology (3) (GE)
PHES 134 Introduction to Exercise Science (3)	Franciscan Tradition Distribution (3) (GE)
15 semester credit hours	15 semester credit hours
Fall	Spring
MATH 302 Statistics (3)	PHES 410 Kinesiology (3)
PHES 360 Exercise Physiology (3)	Directed Elective (3)
PSYC 232 Human Growth & Development (3)	Directed Elective (3)
Literature or Art Distribution (3) (GE)	History or Theology Distribution (3) (GE)
PHES 225 Health Communication (3)	Care for Creation Distribution (3) (GE)
15 credit hours	16 credit hours
Fall	Spring
Science Elective (3-4)	History or Theology Distribution (3) (GE)
Rhetoric and Research Distribution (3-4) (GE)	PHES 465 Exercise Prescription (3)
Literature or Art Distribution (3) (GE)	Directed Elective (3-4)
Directed Elective (3)	Elective (3)
Directed Elective (3)	Elective (2-3)
15-17 credit hours	14-16 credit hours
Fall	Spring
PHIL 323 Philosophy (3)	PHES 470 Health Promotion (3) (GE)
PHES 480 Internship (3)	Directed Elective (3-4)
Stress Management (3) (GE)	Directed Elective (2-3)
Directed Elective (3-4)	Elective (2-3)
Directed Elective (3)	Elective (3)
15-16 credit hours	12-16 credit hours (120 credit hours total)

(GE) = General Education courses

Please note: This schedule is subject to change based on course offerings and curriculum developments that may occur throughout the academic year.