

Use this checklist if started program between Fall 2019 - current



SCHOOL OF EDUCATION

BS in Wellness – Health Promotion CORE 42 (revised 1/21)

Name: _____ **ID#:** _____

Successful completion of the courses listed below will entitle a person to receive a Bachelor of Science degree in Wellness with a major emphasis in Health Promotion.

The following courses are the General Education CORE 42 requirements of Lincoln University. Those marked with an *, indicate that students must have a grade of “C” or better.

*For courses listed in this section with an **E**, students can choose an elective from the approved CORE 42 course list for that specific area or category (please see the CORE 42 General Education Advisement Worksheet). The courses listed in areas with an **E** are recommended based on preparing students for the state teacher certification assessments. See your advisor for more information on selecting a CORE 42 Elective.*

_____ ENG 101	Composition and Rhetoric I *	(1. Written Comm.)	3
_____ ENG 102	Composition and Rhetoric II *	(1. Written Comm.)	3
_____ SPT 206	Fundamentals of Speech *	(2. Oral Comm.)	3
_____ MAT _____	E: MAT 113/115/117/121	(3. Math Sciences)	3
_____ _____	E: ENV 103/104L, BIO 208/209L, PHY 103	(4. Natural Sciences)	3
_____ BIO 103	Biological Science *	(4. Natural Sciences)	3
_____ BIO 104L	Biological Science Lab *	(4. Natural Sciences Lab)	1
_____ PSY 101	General Psychology *	(5. Soc./Behv. Sciences)	3
_____ PSY 308	Developmental Psychology *	(5. Soc./Behv. Sciences)	3
_____ _____	Civics: HIS 205/206/PSC 203	(5. Soc./Behv. Sciences)	3
_____ _____	Economics: ECO 201/202 *	(5. Soc./Behv. Sciences)	3
_____ _____	Sociology: SA 201/202 *	(5. Soc./Behv. Sciences)	3
_____ _____	History: HIS 101/102	(6. Hum/Fine Arts)	3
_____ _____	E: ART 100, PHI 101/102/201/203, SPT 209	(6. Hum/Fine Arts)	3
_____ _____	E: MUS 200/205, PHI 101/102/201/203	(6. Hum/Fine Arts)	<u>3</u>
Total			43

The following courses are General Education Institutional Requirements of Lincoln University:

_____ _____	E: EDU 260, HIS 101/102, BAD 215, SA 202, PHI 201 (7. Institutional)		3
_____ GE 101	University Seminar	(8. Gen Ed Skills)	<u>1</u>
Total			4

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Required Major Courses for BS in Wellness (minimum grade of C required). You must have a 3.0 GPA in the following required major courses.

WELLNESS REQUIREMENTS:

_____	PED 111	Personal and Community Health	(FA/SP)	2
_____	PED 303	Healthcare Ethics	(SP)	3
_____	PEP 200	Foundations of Physical Education & Wellness	(FA/SP)	3
_____	PEP 201	Nutrition, Fitness, and Conditioning	(FA/SP)	3
_____	PEP 205	CPR, Safety and First Aid	(FA/SP)	2
_____	_____	PEP 301 Kinesiology (SP) or PEP 360 Exercise Physiology (FA)		3
_____	_____	PEP 307: Psy/Soc Aspects PA (FA) or PSY 407: Sport Psych (SP)		3
_____	PSY 303	Social Psychology	(FA)	3
_____	WEL 499	Internship in Wellness	(SP/SU)	<u>3-12</u>
			Total	25-34

HEALTH PROMOTIONS EMPHASIS REQUIREMENTS:

_____	EDU 417-H	M/M/O of Health Education (<i>or PEP 417</i>)	(SP)	3
_____	PED 411	School and Community Health	(TBA)	3
_____	PED 418	Stress, Mental, Emotional, & Spiritual Wellness	(TBA)	3
_____	PED 420	Exercise Prescription	(SP)	3
_____	PED 422	Drug and Sex Education	(TBA)	3
_____	SW 150	Intro to Social Work	(FA/SP)	3
_____	SOC 301	The Family	(FA/SP)	3
_____	WEL 407	Program and Delivery in Wellness	(FA)	<u>3</u>
			Total	27

ELECTIVES: **12-21**

TOTAL NUMBER OF HOURS: **120**

Suggested Department Electives

- PEP 301: Kinesiology
- PEP 312: Motor Learning
- PEP 320: Assessments in Physical Education
- PEP 360: Exercise Physiology
- PEP 372: I & A of Movements and Rhythms
- PEP 378: I & A of Lifetime Activities
- PEP 379: I & A of Individual & Team Sports
- PEP 380: Care of Injuries – Upper Body
- PEP 381: Care of Injuries - Lower Body
- WEL 485: Wellness Facility Management
- PEP 422: Drug & Sex Education
- WEL 485: Wellness Facility Management

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BS WELLNESS: HEALTH PROMOTION DEGREE PATHWAYS CORE 42 (FALL 2019-CURRENT)

Semester 1		Hrs.	Semester 2		Hrs.
GE 101	University Seminar	1	ENG 102	Composition & Rhetoric II (1)	3
ENG 101	Composition & Rhetoric I	3-4	PEP 200	Foundations of PE & Wellness	3
PSY 101	General Psychology	3	SA 201/202	Area 5: Sociology	3
HIS 101/102	History	3	Area 4: Elective	Science (ENV 103/104L)	3-4
Area 6: Elective	ART 100, PHI 101/102/201/203, SPT 209	3	Area 7: Elective	HIS 101/102, BAD 215, SA 202, PHI 201	3
PED 111	Personal & Comm. Health	2			
TOTAL:		15	TOTAL:		15

Semester 3		Hrs.	Semester 4		Hrs.
SPT 206	Fundamentals of Speech	3	BIO 103	Biology	3
Area 3: Math	MAT 113, 115, 117, 121	3-5	BIO 104 L	Biology Lab	1
Area 5: Civics	HIS 205/206 or PSC 203	3	PSY 308	Develop. Psych	3
PSY 303	Social Psychology	3	PEP 205	CPR, Safety, & First Aid	2
PEP 201	Nutrition, Fitness & Cond.	3	Area 6 Elective	MUS 200/205, PHI 101/102/201/203	3
			Elective	Departmental Elective	3
TOTAL:		15	TOTAL:		15

Semester 5		Hrs.	Semester 6		Hrs.
PEP 307	Psy/Soc of Phys Activity OR (PSY 407-Spring)	3	PED 303	Healthcare Ethics	3
SW 175	Intro to Social Work	3	PEP 420	Exercise Prescription	3
ECO 201/202	Area 5: Economics	3	PEP 301	Kinesiology	3
Elective	Departmental Elective	3	EDU 417H	M/M/O of Health	3
PED 411	School & Community Health *	3	PED 418	Stress, M/E/S Wellness *	3
TOTAL:		15	TOTAL:		15

Semester 7		Hrs.	Semester 8		Hrs.
SOC 301	The Family	3	WEL 499	Internship in Wellness	3-12
PEP 320	Assessment in PE	3	Elective(s)	Departmental Elective (s)	3 +
PEP 360	Exercise Physiology	3			
Elective	Departmental Elective	3			
PED 422	Drug & Sex Education *	3			
TOTAL:		15	TOTAL:		15

* TBA (on a 3 semester cycle: choose either PED 411, 418, or 422 based on offerings)