

Integrative Studies: Health Promotion and Wellness Concentration

| SAMPLE SCHEDULE | HOURS | MILESTONES |
|--|-------|---------------|
| TERM 1 | | TERM 1 |
| NFSS 160: Intro to Nutrition and Fitness | 3 | |
| ENG 111: English Comp | 3 | |
| Math 112: Excursions | 3 | |
| INQ 100: Seminar | 3 | |
| Social and Behavioral Gen Ed | 3 | |
| | 15 | |
| TOTAL HOURS | | |
| TERM 2 | | TERM 2 |
| NFSS 320: Health Promotion | 3 | |
| NFSS 111: Health Education | 2 | |
| Arts and Humanities Gen Ed | 3 | |
| Social and Behavioral Gen Ed | 3 | |
| Personal Performance | 1 | |
| AH 101: Medical Terminology | 3 | |
| TOTAL HOURS | 15 | |
| TERM 3 | | TERM 3 |
| NFSS 333: Fitness for Wellness | 3 | |
| AH 201: Introduction to Health Care | 3 | |
| REHB 250: Human Relations Skills | 3 | |
| Arts and Humanities Gen Ed | 3 | |
| Physical and Biological Sciences Gen Ed | 3 | |
| TOTAL HOURS | 15 | |
| TERM 4 | | TERM 4 |
| NFSS 314: CPR | 1 | |
| NFSS 317: First Aid and Safety | 2 | |
| Social and Behavioral Gen Ed | 3 | |
| Physical and Biological Sciences Gen Ed | 3 | |
| Free Elective | 3 | |
| 300 Level Elective | 3 | |
| TOTAL HOURS | 15 | |
| TERM 5 | | TERM 5 |
| NFSS 334: Food Fitness & Weight MGMT | 3 | |
| PHIL 212: Ethics | 3 | |
| Arts and Humanities Gen Ed | 3 | |
| Physical and Biological Sciences Gen Ed | 3 | |
| Free Elective | 3 | |

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| TOTAL HOURS | 15 | |
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| TERM 6 | | TERM 6 |
| NFSS 406: Athletic Injuries Pre Rec & Eval | 4 | |
| 300 Level Elective | 3 | |
| Free Elective | 3 | |
| Free Elective | 3 | |
| Free Elective | 2 | |
| TOTAL HOURS | 15 | |
| TERM 7 | | TERM 7 |
| COOP 441: Intern-Health & Safety | 3 | |
| 300 Level Elective | 3 | |
| Free Elective | 3 | |
| Free Elective | 3 | |
| Free Elective | 3 | |
| TOTAL HOURS | 15 | |
| TERM 8 | | TERM 8 |
| Free Elective | 3 | |
| Free Elective | 3 | |
| Free Elective | 3 | |
| Free Elective | 3 | |
| Free Elective | 3 | |
| TOTAL HOURS | 15 | |