

B.S. in Health and Physical Education Wellness Promotion Concentration (Non-Teaching)

Department of Health, Physical and Secondary Education

Program Information

The Department of Health, Physical and Secondary Education offers a Bachelor of Science Degree in Health and Physical Education with a concentration in Wellness Promotion (Non-Teaching). The degree requires 120 credit hours.

A Bachelor of Science Degree in Health and Physical Education with a concentration in Wellness Promotion (Non-Teaching) prepares students to serve as leaders in fields that integrate health, wellness, and education, working with individuals, groups, and families in healthcare organizations and services, corporate health programs, education and at the local, state, federal or international level.

Student Learning Outcomes:

1. Students will be able to describe the behavioral (physical activity, nutrition), environmental and genetic risk factors for chronic disease.
2. Students will be able to apply health-related knowledge to create a health promoting lifestyle that will result in reduced risk of disease and improved quality of life.
3. Students will be able to exhibit effective oral, written, and critical thinking skills regarding subjects related to Wellness Promotion in an individual and group setting.
4. Students will be able to evaluate and integrate critical concepts and skills acquired in the Wellness Promotion program to common public health issues.
5. Students will be able to demonstrate knowledge of the fundamental concepts and features of project implementation, including planning, assessment, and evaluation.

Admission Requirements

To the Department

Students entering the Department of Health, Physical and Secondary Education must complete a [Declaration of Major Form](#) (access through the QR code below) to receive departmental advisement and be assigned an advisor in the major. All majors must choose a Bachelor of Science in Health and Physical Education with a concentration in Wellness Promotion. A GPA of 2.0 is required to declare the major unless you are a freshman or transfer student.

Once the Major has been declared students are required to complete the following steps:

- Meet with their Major Advisor prior to enrolling in courses
- Complete and sign a declared major new program of study



Graduation Requirements

Students in the Wellness Promotion Concentration must meet the following requirements to be **eligible for graduation**:

- Complete all courses in the University College Core Curriculum;
- Have a cumulative GPA of 2.0 or higher; and
- Earn a grade of C or higher in all COHE, HEED, HPE, PUHE, SPTM major core courses and Elective courses.

To apply for graduation, the candidate must:

- Apply for graduation
- Pay \$75 application fee
- Spring Candidates should apply for graduation by March 30 of the same year
- Fall candidates should apply for graduation by October 30 of the same year
- To apply for graduation, follow the [Banner Student Online Graduation Application Instructions](#)
- Transcripts will be updated with "Degree Awarded" and diplomas mailed 4-6 weeks after graduation.

Program Requirements

University College Core Curriculum

45 Credit Hours

HEED 300	Human Sexuality	3 credits
HEED 301	Drug Education	3 credits
HEED 310	Mental and Emotional Health	3 credits
HEED 320	Introduction to Health Education	3 credits
HEED 372	First Aid and Safety Education	3 credits
HEED 420	Nutrition	3 credits
PEDU 205	Net/Wall & Field/Striking Games	1 credit
PEDU 215	Target & Invasion Games	1 credit
PEDU 220	Rhythms and Movement Concepts for Physical Education	1 credit
PEDU 311	History and Principles	3 credits
PEDU 402	Motor Learning	3 credits
PEDU 421	Measurement and Evaluation	3 credits
PEDU 431	Adapted PE	3 credits
PEDU 450	Kinesiology/Physiology of Exercise	3 credits
PEDU 460	Introduction to Personal Training	3 credits
Approved Elective	HPE or EDUC Advisor Approved Elective	6 credits

Wellness Promotion Concentration Core Courses

30 Credit Hours

COHE 201	Community Health Experiences	3 credits
HEED 215	Women's Health	3 credits
PUHE 270	Digital and Consumer Health Literacy	3 credits
PUHE 290	Advancing Health Equity	3 credits
PUHE 330	Health and Behavior and Counseling	3 credits
PUHE 411	Public Health Problems	3 credits
SPTM 330	Sport Facility and Event Management	3 credits
SPTM 340	Sport Marketing and Communications	3 credits
SPTM 350	Aquatics and Facility Management	3 credits
HEED 480	Health & Wellness Promotion	3 credits

Elective Courses

6 Credit Hours

Approved Elective	Advisor Approved Elective	6 credits
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Note – Student must be classified as a Junior or Senior to enroll in 400 level courses or have instructor approval.

Contact Information

BACHELOR OF SCIENCE IN HEALTH AND PHYSICAL EDUCATION – WELLNESS PROMOTION CONCENTRATION (NON-TEACHING) - 120 Credits

Dr. Danielle Nesbitt

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Chairperson/Coordinator

College of Education

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