



AAS 3610 WELLNESS and HEALTH PROMOTION
Effective Fall 2018

60 credits

This is an overview of the program. Any suggested course sequencing is meant to serve as a guideline for your semester planning. Students are expected to see your assigned advisor to develop and review their individual educational plans. The scheduling of courses, program sequencing and curriculum are subject to change.

Developmental Courses (as determined through College Placement Testing)* and Prerequisites:

* Zero level courses must be completed with a C grade or higher.

<input type="checkbox"/>	ESL classes	<input type="checkbox"/>	Engl 050	<input type="checkbox"/>	Math 006	<input type="checkbox"/>	Math 033		
<input type="checkbox"/>	Engl 002	<input type="checkbox"/>	Engl 051	<input type="checkbox"/>	Math 090	<input type="checkbox"/>	Math 044		
<input type="checkbox"/>	Engl 003	<input type="checkbox"/>	Engl 057	<input type="checkbox"/>	Math 008	<input type="checkbox"/>	Math 045		
<input type="checkbox"/>	Engl 007			<input type="checkbox"/>	Math 022	<input type="checkbox"/>	Math 055		

*See counselor/advisor to discuss this course or options to self-remediate and successfully place into higher- or college-level course.

General Education Courses		Prerequisites
ENGL 101	3cr	Eligibility for enrollment into ENGL 101
ENGL 102 or ENGL 104 or ENGL 106	3cr	Completion of ENGL 101 w/grade of C or higher
HUM & ARTS ELECTIVE	3cr	ART 181; ART 182; ENGL 206; Foreign Language; HUM 101; HUM 115; HUM 201; MUS 104; PHIL 200; THTR 101 (Select one from this list)
PE/WELLNESS	1cr	See HACC catalog for a list of Wellness courses
FIRST YEAR SEMINAR (FYS)	1cr	One credit hour in FYS coursework unless exempted by examination. See HACC catalog for a list of approved courses.

Required Program Courses		Prerequisites
BIOL 111 OR BIOL 121	3-4cr	Introduction to Human Biology (OR) Anatomy & Physiology I
		Completion of ENGL 003, 007, or 057 w/a grade of C or higher ENGL 003, 007, or 057 w/a grade of C or higher; High school biology and chemistry or HACC equivalents
MATH 202	4cr	Introduction to Statistics
		Placement through the College Testing and Placement Program or completion of Math 051 or Math 055 w/ a grade of C or higher; eligibility for enrollment into ENGL 101
MGMT 227	3cr	Project Management
		Eligibility for enrollment into ENGL 003
PSYC 101	3cr	General Psychology
		Completion of ENGL 003, 007, or 057 w/a grade of C or higher
PSYC 209	3cr	Life Cycle Development
		PSYC 101 w/a grade of C or higher
WHP 101	3cr	Introduction to Wellness and Health Promotion
		n/a
WHP 102	3cr	Approaches to Weight Management
		n/a
WHP 103	3cr	Approaches to Stress Management
		n/a
WHP 201	3cr	Health Behavior Change and Interventions
		This course is restricted to students enrolled in the Wellness and Health Promotion program. Prereq: WHP 101, 102, and 103 w/grades of C or higher. Co-requisite: WHP 202
WHP 202	3cr	Foundations of Health Coaching
		This course is restricted to students enrolled in the Wellness and Health Promotion program. Prereq: WHP 101, 102, and 103 w/grades of C or higher. Co-requisite: WHP 201
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WHP 205	3cr	Assessment, Programming, and Evaluation	This course is restricted to students enrolled in the Wellness and Health Promotion program. Prereq: WHP 201, 202, and MATH 202 w/grades of C or higher. Co-requisite: WHP 206 and MGMT 227
WHP 206	3cr	Wellness and Health Promotion Capstone	This course is restricted to students enrolled in the Wellness and Health Promotion program. Prereq: WHP 201, 202, 203, or 204, and MATH 202 w/grades of C or higher. Co-requisite: WHP 205 and MGMT 227
Program Specific Elective	3cr	Choose any 3 cr of GERT 100, 101, 102, or 103; or PSYC 229	Choose any 3 cr of GERT 100, 101, 102, or 103; or PSYC 229 (Offered Fall semester only)
*WORKPLACE WELLNESS TRACK (Option #1)	9cr	COMM 101 – Effective Speaking MKTG 201 – Principles of Marketing WHP 204 – Concepts of Workplace Wellness	Prereq: Eligibility for enrollment into ENGL 101 Prereq: Eligibility for enrollment into ENGL 003 Prereq: WHP 101 w/a grade of C or higher
*COMMUNITY HEALTH TRACK (Option #2)	9cr	COMM 203 – Interpersonal Communication HUMS 108 – Drugs and Alcohol: Use and Abuse WHP 203 – Concepts of Community Health	Prereq: Eligibility for enrollment into ENGL 101 Prereq: None Prereq: WHP 101 w/a grade of C or higher

Recommended Sequence For Full-Time Students – WORKPLACE WELLNESS TRACK

Part-time students can complete this program by taking one or more courses each semester.

Semester 1		Semester 2		Semester 3		Semester 4	
BIOL 111 or 121	3-4	ENGL 102 or 104 or 106	3	COMM 101	3	MGMT 227	3
ENGL 101	3	MATH 202	4	GERT or PSYC 229	3	MKTG 201	3
FYS Elective	1	WHP 102	3	WHP 201	3	PSYC 209	3
Hum/Arts Elective	3	WHP 103	3	WHP 202	3	WHP 205	3
PSYC 101	3			WHP 204	3	WHP 206	3
WHP 101	3			PE/Wellness	1		

Recommended Sequence For Full-Time Students – COMMUNITY HEALTH TRACK

Part-time students can complete this program by taking one or more courses each semester.

Semester 1		Semester 2		Semester 3		Semester 4	
BIOL 111 or 121	3-4	ENGL 102 or 104 or 106	3	COMM 203	3	HUMS 108	3
ENGL 101	3	MATH 202	4	GERT or PSYC 229	3	MGMT 227	3
FYS Elective	1	WHP 102	3	WHP 201	3	PSYC 209	3
Hum/Arts Elective	3	WHP 103	3	WHP 202	3	WHP 205	3
PSYC 101	3			WHP 203	3	WHP 206	3
WHP 101	3			PE/Wellness	1		

****NOTE:** A grade of C or higher is required in all WHP courses, MATH 202, and BIOL 111 or 121.**

Counselor/Advisor Contact Information by Campus:

<u>Gettysburg</u>	<u>Harrisburg</u>	<u>Lancaster</u>	<u>Lebanon</u>	<u>York</u>
Student Services	Counseling and Advising	Counseling and Advising	Receptionist Desk	Counseling and Advising
Lobby	Cooper 219	221 Main	Lobby	Leader Suite 104
717-337-3855	717-780-2498	717-358-2988	717-270-4222	717-801-3213