

WELLNESS AND HEALTH PROMOTION, Associate in Applied Science Degree - 3610

Science Department

The Wellness and Health Promotion AAS degree program prepares students for a rewarding career helping individuals, employers, communities, healthcare systems, and government agencies realize the power and potential of promoting healthy lifestyles, preventing disease, and supporting wellness for all individuals. This program allows students to select from two tracks: Workplace Wellness or Community Health. Students in both tracks gain a foundation of the various dimensions of wellness, health promotion, and health coaching. The curriculum provides students with the skills for promoting healthy choices, facilitating behavior change, assessing individuals, groups, and programs, and for designing and evaluating wellness-based programs. Students prepare for employment in the field by participating in a field and capstone experience, completing an electronic portfolio for professional use, and submitting a post-graduation plan. The Workplace Wellness track prepares graduates to design and implement wellness programs for both employers and employees using effective communication and program marketing skills. The Community Health option prepares graduates to be health advocates within health agencies and healthcare systems, as they connect individuals to available services and resources within their respective communities. Program graduates are prepared for and are highly encouraged to complete the *Health Coach Certification* from the *American Council on Exercise (ACE)* or a similar professional certification. Although this is not specifically designed as a transfer program, opportunities do exist for students to apply for admission to certain on-campus or online Bachelor's Programs once they have completed this degree, or more, along with specific prerequisites. The complete program is available through Virtual Learning. Students may complete the program at the Harrisburg Campus by taking some courses through Virtual Learning.

Career or Transfer Opportunities

The Wellness and Health Promotion Program prepares students to work in this emerging field within the healthcare system, non-profits organizations, corporations, and government agencies as: Health Educators or Advocates, Wellness or Health Coaches, Workplace Wellness Coordinators. Community Health Workers or Specialists, Behavior Modification Specialists, Community Engagement Specialists, Health Promotion Specialists or Coordinators, or Prevention Specialists

Competency Profile:

This curriculum is designed to prepare the students to:

- Use current technologies, tools, and applications for academic and career settings
- Critique scientific literature and health-related information
- Assess individuals, programs, populations, or communities for wellness program planning
- Demonstrate health coaching and motivational interviewing skills
- Facilitate behavior change for lifestyle modification
- Design, implement, and evaluate wellness and health promotion programming
- Demonstrate critical thinking, problem-solving, organizational, and prioritization skills
- Connect resources and services to individuals and communities that serve to optimize health and wellness
- Model professional conduct and recognize scope-of-practice
- Pass and receive a national Health Coach or other Health or Wellness related certification upon graduation

PROGRAM REQUIREMENTS (TOTAL CREDITS = 60)

General Education	Major Requirements	Other Required Courses
ENGL 101 English Composition I	3	WHP 101 Intro to Wellness & Health Promotion 3
ENGL 102 English Composition II (or)	3	WHP 102 Approaches to Weight Management 3
ENGL 104 Technical Writing (or)	(3)	WHP 103 Approaches to Stress Management 3
ENGL 106 Business Writing	(3)	WHP 201 Health Behavior Change & Interventions 3
COMM 101 Effective Speaking* (or)	3	WHP 202 Foundations of Health Coaching 3
COMM 203 Interpersonal Communication*	(3)	WHP 205 Assessment, Programming & Evaluation 3
Humanities & Arts Elective**	3	WHP 206 Wellness & Health Promotion Capstone 3
Mathematics or Science Elective - MATH 202	4	***Workplace Wellness Track (or) 6
Social & Behavioral Science Elective – PSYC 101	3	***Community Health Track (6)
First-Year Seminar Elective	1	27
Wellness	1	
	21	

*Students are to select the appropriate Communication course for the track selected. COMM 101 should be selected for students in the Workplace Wellness Track; COMM 203 is to be selected for students in the Community Health Track.

**Students select from the following courses: ART 181, 182; ENGL 206; HUM 101, 115, 201; MUS 104; PHIL 200; THR 101; or a foreign language course.

***Choose one of the following tracks:

Workplace Wellness Track

MKTG 201 Principles of Marketing	3
WHP 204 Concepts of Workplace Wellness	<u>3</u>
	6

Community Health Track

HUMS 108 Drugs & Alcohol: Use & Abuse	3
WHP 203 Concepts of Community Health	<u>3</u>
	6

****Choose any three of GERT 100, 101, 102, or 103; or PSYC 229.

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

RECOMMENDED SEQUENCE FOR FULL-TIME STUDENTS

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

Workplace Wellness Track

Fall Semester I		Spring Semester I		Fall Semester II		Spring Semester II	
BIOL 111 or 121	3 or 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
Humanities/Arts Elective	3	WHP 103	3	WHP 202	3	WHP 205	3
PSYC 101	3			WHP 204	3	WHP 206	3
WHP 101	3			Wellness	1		

Community Health Track

Fall Semester I		Spring Semester I		Fall Semester II		Spring Semester II	
BIOL 111 or 121	3 or 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
Humanities/Arts Elective	3	WHP 103	3	WHP 202	3	WHP 205	3
PSYC 101	3			WHP 203	3	WHP 206	3
WHP 101	3			Wellness	1		