



BS in Wellness – Health Promotions CORE 42 (revised 10/19)

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 Kinesiology.

The following courses are the General Education CORE 42 requirements of Lincoln University. Those marked with an *, students must have a grade of “C” or better. Courses may not count in more than one area, see CORE 42 guide for additional course options

_____	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 117	Elementary Statistics	(3. Math Sciences)	3
_____	_____	E: ENV 103/104L, BIO 208/209L, PHY 103	(4. Natural Sciences)	3
_____	BIO 103	Biological Science *	(4 A. Natural Sciences)	3
_____	BIO 104L	Biological Science Lab *	(4 B. Natural Sciences)	1
_____	_____	HIS 205/206 or PSC 203	(5 A. Soc./Behv. Sciences)	3
_____	PSY 101	General Psychology *	(5 B. Soc./Behv. Sciences)	3
_____	SA 201	Intro to Sociology *	(5 B. Soc./Behv. Sciences)	3
_____	ECO 201	Macro-Economics (SP)	(5 B. Soc./Behv. Sciences)	3
_____	HIS101/102	International History	(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, ENG 200	(6. Hum/Fine Arts)	3
_____	_____	HIS 101/102, SA 202, or PHI 201	(7. Int. Cultural Diversity)	<u>3</u>
Total				43

The following course is a General Education Institutional Requirement of Lincoln University:

_____	GE 101	University Seminar	(8. Gen Ed Skills)	<u>1</u>
Total				1

The courses with an E and blanks in this section allow for an elective. The elective for each section must be from the approved CORE 42 course list for that specific section and be a transferrable CORE 42 course. Please see advisor for more information.

Use this checklist F 19-Current

Required Major Courses for BS in Wellness (minimum grade of C required). You must have a 3.00 GPA in the following required Wellness & Health Promotion 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 307/PSY 407	Psy/Soc Aspects Phys Act (FA) or Sport Psych (SP)	(SP)	3
_____ PEP 360	Exercise Physiology	(FA)	3
_____ PSY 303	Social Psychology	(FA)	3
_____ WEL 499	Internship in Wellness	(SP)	<u>12</u>
		Total	34

HEALTH PROMOTIONS EMPHASIS REQUIREMENTS:

_____ EDU 417-H	M/M/O of Health Education	(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
_____ PSY 308/SW201	Developmental Psych or 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	24

ELECTIVES **18**

TOTAL NUMBER OF HOURS: **120**

Suggested Department Electives

- PEP 301: Kinesiology
- PEP 312: Motor Learning
- PEP 320: Assessments in Physical Education
- 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

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

Semester 1		Hrs.	Semester 2		Hrs.
GE 101	University Seminar (8)	1	ENG 102	Composition & Rhetoric II (1)	3
ENG 101	Composition & Rhetoric I (1)	3-4	MAT 117	Elementary Statistics (3)	3-5
PSY 101	General Psychology (5)	3	HIS 205/206 or PSC 203	American/National History (5)	3
HIS 101/102	International History (6)	3	Elective	Humanities & Fine Arts (6)	3
Elective	Humanities & Fine Arts (6)	3	Elective	Inter. Cultural Diversity (7)	3
PED 111	Personal & Comm. Health	2			
TOTAL:		15	TOTAL:		15

Semester 3		Hrs.	Semester 4		Hrs.
SPT 206	Fundamentals of Speech (2)	3	BIO 103	Biology (4)	3
Elective	Natural Sciences (4)	3	BIO 104 L	Biology Lab (4)	1
PEP 200	Foundations of PE & Wellness	3	ECO 201	Macro-Economics (5)	3
PSY 303	Social Psychology	3	PEP 201	Nutrition, Fitness & Cond.	3
SA 201	Intro. to Sociology (5)	3	PEP 205	CPR, Safety, & First Aid	2
			PSY 308/ SW 201	Developmental Psych OR Intro to Social Work	3
TOTAL:		15	TOTAL:		15

Semester 5		Hrs.	Semester 6		Hrs.
SOC 301	The Family	3	PED 303	Healthcare Ethics	3
PED 4XX	PED 411/418/422 *	3	PED 420	Exercise Prescription	3
PEP 307	Psy/Soc of Phys Activity	3	PED 4XX	PED 411/418/422 *	3
Elective	Departmental Elective	3	EDU 417-H	M/M/O of Health	3
Elective	Departmental Elective	3	Elective	Departmental Elective	3
TOTAL:		15	TOTAL:		15

Semester 7		Hrs.	Semester 8		Hrs.
PED 4XX	PED 411/418/422 *	3	WEL 499	Internship in Wellness	12
PEP 360	Exercise Physiology	3	Elective	Departmental Elective	3
WEL 407	Program Delivery in Wellness	3			
Elective	Departmental Elective	3			
Elective	Departmental Elective	3			
TOTAL:		15	TOTAL:		15

* Courses not offered on an annual rotation, please schedule in your pathway when offered (See Advisor)