

BACHELOR OF SCIENCE IN HEALTH AND WELLNESS

Description and Outcomes

The Bachelor of Science in Health and Wellness program is designed to prepare you to pursue a variety of career opportunities in health care and health and wellness-related industries. Additionally, it provides you with a solid undergraduate foundation to pursue further graduate study or first professional programs. The program's curriculum focuses on building content knowledge and skills in the broad areas of health care and health and wellness. It also highlights overall concepts, values, research methods, and applications that could prepare you to pursue a career in health care or health and wellness.

A defining feature of the curriculum is the exploration of diverse approaches to health and wellness including the integration of mind, body, and spirit. Courses teach you to critically evaluate the current scientific literature and research in wellness, prevention, and complementary health care practices. The program is designed to help you apply principles of healthy living to the education of individuals and communities, and focuses on foundational knowledge and skills upon which to build additional competencies. It also encourages the development of administrative, ethical, and professional skills that may enable you to pursue leadership positions in the increasingly diverse health care field.

Accelerated Master's Degree Options

If you are interested in earning both a bachelor's and master's degree in the health sciences, consider an accelerated master's degree option. Refer to the general Progression Requirements (<https://catalog.purdueglobal.edu/undergraduate/health-sciences/>) section for details.

Program Length

The Bachelor of Science in Health and Wellness program consists of a minimum of 180 quarter credit hours. Upon successful completion of the program, you will be awarded a bachelor of science degree.

Program Outcomes

Discipline-Specific Outcomes

1. Knowledge Base: Demonstrate familiarity with the major concepts, theoretical perspectives, and historical trends in nutrition, exercise science, health psychology, stress management, and complementary and alternative medicine.
2. Application: Apply the concepts, principles, and methods of nutrition, exercise science, health psychology, stress management, and complementary and alternative medicine to designing health and wellness promotion programs.
3. Research Methods: Critically evaluate current research in nutrition, exercise science, health psychology, stress management, and complementary and alternative medicine.
4. Standards and Values: Employ professional standards, ethical practices, and legal standards in the health care field.
5. Global Awareness: Demonstrate an understanding of multicultural literacy in the fields of health care and wellness promotion.

General Education Literacies and Professional Competencies

In addition to the discipline-specific outcomes, general education literacies and professional competencies are integrated throughout your academic program. You can review the general education literacies and professional competencies associated with your academic program in the General Education and Professional Competency Requirements (<https://catalog.purdueglobal.edu/undergraduate/general-education-professional-competency-requirements/>) section of this Catalog.

Program Availability

For program availability, please refer to the U.S. State and Other Approvals (<https://catalog.purdueglobal.edu/policy-information/university-information/accreditation-approvals-memberships/>) section and Program Availability Information (<https://www.purdueglobal.edu/catalog-program-availability-info.pdf>).

Policies

Please refer to school-specific policies (<https://catalog.purdueglobal.edu/undergraduate/health-sciences/>) and the Policy Information (<https://catalog.purdueglobal.edu/policy-information/>) section for general Purdue Global policies.


Certification, State Board, and National Board Exams

Certain state certification and licensure boards have specific educational requirements for programs to lead to a license or nongovernmental certification that is a precondition for employment in a recognized occupation.




Unless otherwise specified, Purdue Global's programs are not designed to meet any specific state's licensure or certification requirements. If certain licensed occupations, vocations, or professions are not explicitly listed, Purdue Global has not reviewed the licensure or certification requirements of those occupations, vocations, or professions, nor intended the program to meet such requirements. Licensure-track programs may limit enrollment to students in certain states; please see Purdue Global's Program Availability Information (<https://www.purdueglobal.edu/catalog-program-availability-info.pdf>) to determine enrollment eligibility.

You are responsible for understanding the requirements of optional certification exams. Such requirements may change during the course of your program. You are not automatically certified in any way upon program completion. Although certain programs are designed to prepare you to take various optional certification exams, Purdue Global cannot guarantee you will be eligible to take these exams or become certified. Your eligibility may depend on your work experience, completion of education and/or degree requirements, not having a criminal record, meeting other certification requirements, or the program or the University itself having appropriate accreditation or licensure.

Degree Plan

The  icon appears in the title of traditional courses that are also available as a set of module courses. Module course availability may be limited to certain academic calendars. See Course Types (<https://catalog.purdueglobal.edu/policy-information/university-information/approach-to-learning/>) for information about module courses.

Program Requirements

Code	Title	Credits
Core Requirements		
CM107	 College Composition I	5
CM220	 College Composition II	5
CS212	 Communicating Professionalism	5
100/200 Level	Mathematics Requirement ¹	5
100/200 Level	Arts and Humanities Requirement ¹	5
100/200 Level	Science Requirement ¹	5
100/200 Level	Social Science Requirement ¹	5
100/200 Level	General Education Electives	10
Total Core Requirements		45
Major Requirements		
EF310	Current Trends in Exercise and Fitness - Aging Well Across the Life Span	6
HW310	Complementary and Integrative Medicine	6
HW315	Models for Health and Wellness	6
HW320	Contemporary Diet and Nutrition	6
HW410	Stress - Critical Issues in Management and Prevention	6
HW420	Creating Wellness - Psychological and Spiritual Aspects of Healing	6
HW425	Health and Wellness Programming - Design and Administration	6
100/200/300/400 Level	Major Electives	12
HW499	Bachelor's Capstone in Health and Wellness	6
Total Major Requirements		60
Open Elective Requirements		
Open Electives ²		75
Total Open Elective Requirements		75
TOTAL CREDITS		180

¹ For options to fulfill this requirement, see the corresponding literacy in General Education and Professional Competency Requirements (<https://catalog.purdueglobal.edu/undergraduate/general-education-professional-competency-requirements/>).

² Eligible students who choose to complete the accelerated master's degree option will take up to five graduate-level courses in addition to selected undergraduate electives.