



Bachelor of Science

Wellness & Health Promotion • CIP code 510001

120 credits

Program Description

The Bachelor of Science in Wellness & Health Promotion prepares students with the knowledge and skills necessary to educate, coach and support individuals, institutions and communities in promoting and maintaining healthy lifestyles. Through an investigation into the science of human health and the history, philosophical, and theoretical foundations of health and wellness initiatives, students gain a practical understanding of issues affecting individual and population health. Coursework emphasizes a holistic approach to health and includes elements such as nutrition, physical activity, stress, alcohol and substance abuse, and the influence of socio-economic and environmental factors on all aspects of health and well-being.

Program Outcomes

Upon completion, students will be able to work effectively with individuals, organizations, corporations and communities in efforts to enhance health, prevent disease and increase quality of life. Students will:

- Gain content knowledge in the science, history and theoretical foundations of wellness and health.
- Assess health and wellness needs; plan, implement, direct and evaluate health education and wellness programs.
- Gain communication and marketing skills in assessing, organizing and implementing health and wellness promotion programs and materials.
- Understand theories and strategies that facilitate positive lifestyle change.
- Utilize evidence-based strategies to improve health and well-being.
- Maximize the well-being of specific target populations by collaborative planning and implementation of wellness programs.
- Apply their learning through direct field experience.
- Effectively advocate for policies and practices that empower individuals and communities and sustain and reinforce health promotion efforts.

Careers and Further Study

Successful graduates will be well-positioned to work as health/wellness coaches and educators in community health initiatives, corporate wellness programs, public and private educational settings, and in fitness and wellness facilities. Graduates are further prepared for advanced studies in a wide range of health related fields such as public and community health, nursing, health education, health care management and administration, addiction studies, psychology, and human services.

Online courses: No more than 49% of your Cambridge College courses may be fully-online. International students may take only one fully-online course in any term.

Degree completion: General education requirements may be satisfied by an associate's degree or 60 credits of prior courses that meet all general criteria for transfer; up to 90 credits may be accepted.

General Education 42 credits

LRN175	Principles & Processes of Adult Learning	3
WRT101	College Writing I	3
CTH225	Foundations of Critical Thinking	3
MAT101	College Math I	3
CMP130	Introduction to Computer Applications	3
CMP230	Information Literacy	3
WRT102	College Writing II	3
MAT102	College Math II	3

WRT101-102 and MAT101-102 may be waived if equivalent courses have been accepted in transfer. Credits will be replaced with open electives. WRT201 required if both WRT101-102 are waived; not required for students completing WRT101-102 at Cambridge. WRT090 and MAT100 required if assessment indicates need.

Arts & Humanities 6

Natural & Physical Sciences 6

SCI230 Anatomy & Physiology - required

Social Sciences 6

PSY110 Systems Thinking in Psychology - required

Open Electives 33 credits

Choose electives and/or concentrations to support your academic interests and professional goals.

Wellness & Health Promotion Major 45 credits

PHW300	Introduction to Wellness & Health Promotion	3
SCI235	Science of Wellness & Health	3
SCI339	Epidemiology & Public Health	3
PHW303	Nutrition & Health Promotion	3
SCI311	Science of Exercise	3
PSY426	Self Care for Helping Professionals	3
(new)	Leadership in Health Promotion	3
PHW302	Research in Health & Wellness Promotion	3
BHS378	Program Planning, Implementation & Evaluation	3
PHW402	Lifestyle Change to Promote Health	3
PHW470	Field Education: Wellness & Health	3
PHW490	Capstone: Wellness & Health Promotion	3

Wellness & Health Promotion Electives 9