

**HEALTH AND WELLNESS**

**(This SAC not available to Health Education or Physical Education Teacher Education Majors)**

- I. **General Education:** Up to 6 sh of General Education may be used for the SAC by Elementary Education majors. Non-Elementary Education majors may take up to 9 sh of any of the General Education courses listed below.
  - BIO 1211\* or BIO 1202\* with BIO 1203\* (Satisfies 4 SH of Science Inquiry: Biology & Society);
  - HED 1000\*\* or HP 1105\*\* or NUT 2202\*\* (Satisfies 2 SH of Well Literacy);
  - NUT 2351\*\*\* (Satisfies 3 SH of Local to Global: Global Resources)
  
- II. **Health and Wellness Second Academic Concentration Requirements..... 18 SH**  
 (Unless so noted below, courses cannot be interchanged between Section A and Section B)
  - A. **Select 11 SH from the following: .....11 SH**
    - HED 1000 Personal and Family Health\*\* .....2 SH (F;S)
    - HED 2100 Introduction to Health Education.....3 SH (F)
    - NUT 2202 Nutrition and Health\*\* .....3 SH (F;S)
    - HED 3120 Consumer Health Education .....3 SH (S)
    - HED 3450 School Health Programs .....3 SH (F;S)
    - HED 4650 Drug Education and Prevention.....3 SH (F;S)
    - HED/HPC 4710 Teaching Sex Education within a Family Context .3 SH (F;S)
    - HP 2200 Lifestyle Diseases and Risk Reduction .....3 SH (F;S)
  
  - B. **Select minimum of 7 SH from the following courses:.....7 SH**
    - HED 3645 Health Education in the Elementary School.....3 SH (F;S)  
 (HED 3645 open only to and required for Elementary Education majors)
  
    - BIO 1201 Biology in Society I\*     **OR**
    - BIO 1202 Biology in Society II\* .....3 SH (F;S)
    - AND**
    - BIO 1203 Biology in Society Laboratory.....2 SH (F;S)
  
    - HP 1105 Health and Fitness \*\* .....2 SH (F;S)
    - NUT 2351 Global Nutrition: Emerging Health Challenges\*\*\* .....3 SH (F;S)
    - NUT 2202 Nutrition and Health\*\* (may be taken as part of the  
 7 SH required in Part B, if not taken above for Part A)... 3 SH (F;S)

Contact Persons:

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