

# Concord University

## B.S. in Interdisciplinary Studies - Wellness

Name \_\_\_\_\_  
 120 Semester hours minimum for graduation with a 2.00 average overall  
 56 hours from a four-year institution

2021-2022 Catalog

Course	Title	HRS	GR	QP
Written and Oral Communications (9 credit hours) Select one course from BGEN 205 or COMM 101				
ENGL 101	Composition & Rhetoric I	3		
ENGL 102	Composition & Rhetoric II	3		
BGEN 205 or COMM 101	Fundamentals of Business Communications or Fundamentals of Speech	3		
Literature and Humanities (6 credit hours) Select one (1) course from Literature and one (1) course from History and Philosophy. *May be repeated for 3 credit hours.				
	<b>ENGL</b> 203 or 204	3		
	<b>HIST</b> 101, 102, 203, 204, <b>PHIL</b> 101, 308, 316, or 361	3		
Fine Arts– (3 credit hours) Select one (1) course from the following:				
	<b>ART</b> 101, 103, 105, 106, 204, 205, 216, 303, 304, 308, <b>MUS</b> 101, *451, *453A, or <b>THEA</b> 102	3		
Social and Behavioral Sciences (9 credit hours) Select one (1) course from three different categories.				
	<b>Category 1 - Business and Professional Studies</b> BGEN 105, ECON 203, ECON 204, FIN 200, HSP 100 or SOWK 161	3	See Major	
	<b>Category 2 - Geography</b> GEOG 101, 255 or 321	3	See Major	
	<b>Category 3 - Political Science</b> POSC 101, 104, or 202	3	See Major	
	<b>Category 4 - Psychology</b> PSY 101 or 200			
	<b>Category 5 – Sociology</b> SOC 101, 201, or 301			
Natural Sciences (7-8 credit hours) Select one (1) course from two different categories.				
	<b>Category 1-Biological Science</b> BIOL 101, 102, 121, or 122	4		
	<b>Category 2-Earth &amp; Space Science</b> GEO 101, GEOL 140 or 150, GEOG 200, PHSC 104, or PHYS 105	3-4		
	<b>Category 3-Physical Science</b> CHEM 100, CHEM 101/111, PHSC 103, PHYS 101, or PHYS 201			
Mathematics (3 credit hours) Select one (1) Mathematics course numbered 100 or higher.				
	College Algebra or Elementary Statistics	3		
Physical Wellness (2 credit hours) Select one or more courses listed below for a total of at least two hours.				
	<b>H ED</b> 120, 304, <b>P ED</b> 101M, 117, or 118	2-3		
Modern/Classical Language – (Optional 6 credit hours) Select two courses within the same Modern/Classical Language for substitution purposes.				
	May not substitute Modern Language for ENGL 101, ENGL 102, the 3 hour Mathematics requirement or the 4-hour lab science requirement.			

Wellness Core (26 credit hours)				
H ED 120	Personal Health	3		
H ED 200	Foundations of Health Education	2		
EXSS 202	Foundations of Sport	3		
P ED 101M	Personal Wellness	2		
P ED 238	Lifetime Physical Education	3		
P ED 239	Physical Education Pedagogy	3		
P ED 241	Team Sports in Physical Education	3		
P ED 242	Individual Sports in Physical Education	3		
HS 101	Introduction to Health Science	3		
HS 201	Emergency Care	1		

**Note:** Completion of this degree program requires a minimum of 120 semester hours. Students are encouraged to take electives that meet their career professional goals. Required GPA: Overall 2.0 with a minimum of 2.5 in each selected discipline.

**Electives Hours: An additional 30 hours of elective credits will be needed. Choose two (2) additional disciplines from the options below.**

Option 1 Physical Activity Promotion (select at least 12 hours from below)				
P ED 307	Assessment in Health and Physical Education	3		
P ED 320	Special Topics	3		
P ED 402	Curriculum and Instruction for Elementary Physical Education	3		
P ED 403	Curriculum and Instruction for Middle and Adolescent Physical Education	3		
EXSS 315	Kinesiology and Biomechanics	3		
EXSS 329	Motor Learning and Development	2		
EXSS 410	Strength and Conditioning	3		

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<b>Option 2 Health Promotion (Select at least 12 hours from below)</b>				
H ED 303	Principles of Mental and Emotional Health	2		
H ED 304	Principles of Nutrition and Weight Management	2		
H ED 305	Human Disease and Prevention	2		
H ED 306	Principles of Human Sexuality	3		
H ED 415	Community Health and Health Promotion	1		
HS 301	Public Health Epidemiology	3		
HS 401	Research in the Health Sciences I	2		
HS 402	Research in the Health Sciences II	2		

<b>ELECTIVES</b>				

<b>Option 3 Sport Studies (select at least 12 hours from below)</b>				
EXSS 314	Exercise Physiology	3		
EXSS 315	Kinesiology and Biomechanics	3		
EXSS 329	Motor Learning and Development	2		
P ED 320	Special Topics	3		
SPT 300	Sport and Public Policy	3		
SPT 325	Sport Fundraising	3		

<b>Option 4 Twelve credits of 300 or 400 level courses from other discipline.</b>				
	Students may work with their advisor to develop an option that meets their specific career goals. It must have a minimum of 12 credit hours of 300 or 400 level courses from the discipline chosen.	2-3		
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**RESIDENCE CREDIT:**

36 hours at Concord

16 of last 32 hours at Concord

Note: In some degree programs, this is prior to entering professional training.

9 hours in Major, Teaching Fields

**TOTAL MINIMUM REQUIRED CREDITS: 120**

**GENERAL EDUCATION CREDITS: 39-41**

**ELECTIVE CREDITS: 1-28**