

Concord University
B.S. in Interdisciplinary Studies – Wellness
Registrar's Office Official Document

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

2024-2025 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.				
	ENGL 203 or 204	3		
	HIST 101, 102, 203, 204, PHIL 101, 308, 316, or 361	3		
Fine Arts– (3 credit hours) Select one (1) course from the following:				
	ART 101, 103, 105, 106, 204, 205, 216, 303, 304, 308, MUS 101, *451, *453A, or THEA 102	3		
Social and Behavioral Sciences (9 credit hours) Select one (1) course from three different categories.				
	Category 1 - Business and Professional Studies BGEN 105, ECON 203, ECON 204, FIN 200, HSP 100 or SOWK 161	3		
	Category 2 - Geography GEOG 101 or 221	3		
	Category 3 - Political Science POSC 101, 104, or 202			
	Category 4 - Psychology PSY 101 or 200			
	Category 5 – Sociology SOC 101, 201, or 301			
Natural Sciences (7-8 credit hours) Select one (1) course from two different categories.				
	Category 1-Biological Science BIOL 101, 102, 121, or 122	4		
	Category 2-Earth & Space Science GEOL 101, GEOL 140 or 150, GEOG 200, PHSC 104, or PHYS 105	3-4		
	Category 3-Physical Science 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.				
		3		
Physical Wellness (2 credit hours) Select one or more courses listed below for a total of at least two hours.				
	H ED 120, 304, P ED 101M, 117, or 118	2-3		See Major
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 (29 credit hours)				
H ED 120	Personal Health	3		
H ED 200	Foundations of Health Education	2		
EXSS 201	Functional Anatomy	3		
EXSS 202	Foundations of Sport	3		
P ED 101M	Personal Wellness	2		
P ED 117	Team Sports	3		
P ED 118	Individual Sports and Physical Activities	3		
P ED 239	Physical Education Pedagogy	3		
P ED 320	Special Topics: Coaching 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 27-28 hours of elective credits will be needed. Choose from two (2) options on the other side.

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Option 1 Physical Activity Promotion and Sport Studies (select at least 12 hours from below)				
P ED 307	Assessment in Health and Physical Education	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		
SPT 300	Sport and Public Policy	3		
SPT 325	Sport Fundraising	3		
SPT 425	Sport Facilities and Operations	3		

Option 3 Twelve credits of 300 or 400 level courses from other discipline.				
	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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Option 2 Health Promotion (Select at least 12 hours from below)				
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 330	Health Education Seminar	1-3		
H ED 400	Methods and Materials in Health Education	3		
H ED 415	Community Health and Health Promotion	2		
HS 301	Public Health Epidemiology	3		
HS 401	Research in the Health Sciences I	2		
HS 402	Research in the Health Sciences II	2		

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
PROGRAM REQUIREMENTS: 51-52
ELECTIVE CREDITS: 27-30