

## Pathway: Interdisciplinary Pathway in Health, Wellness, and Fitness Management

### *Purpose*

The Health, Wellness, and Fitness Management pathway is designed to equip students with the knowledge and skills needed to promote and manage health and wellness programs. This interdisciplinary pathway integrates courses from nutrition, psychology, and fitness to provide a comprehensive understanding of health and wellness from multiple perspectives. Graduates will be prepared to work in various settings including corporate wellness, community health organizations, fitness centers, and healthcare facilities.

### *Career Outcomes*

- Wellness Program Coordinator
- Fitness Manager
- Health Coach
- Corporate Wellness Specialist
- Community Health Educator
- Nutrition Consultant
- Health Promotion Specialist
- Personal Trainer
- Rehabilitation Specialist
- Public Health Administrator

### *10-Course Academic Pathway*

1. **HPER 170 - Health and Wellness**
  - a. This course is designed to help participants establish lifestyles that can lead to better health, encompassing all aspects of an individual's well-being including physical, mental, and social health.
2. **DIET 210 - Introduction to Human Nutrition**
  - a. An introductory course providing the basic principles of human nutrition covering topics of macro/micro-nutrient interactions, metabolism, and energy balance. This course requires a technology-based nutrient analysis project.
  - b. **Prerequisite:** BIOL 120 w/lab or equivalent
3. **DIET 311 - Nutrition Through the Lifecycle**
  - a. A study of the nutritional requirements at different stages of the life span and the factors which influence eating patterns. Emphasis is placed on life cycle nutritional assessment and nutritional planning.
  - b. **Prerequisite:** DIET 210
4. **PHED 224 - Fitness Program Management**
  - a. Focuses on the economic and administration of programs within the fitness industry. Principles include administrative and theoretical aspects of designing, managing, marketing, and promoting a health-fitness facility.
5. **PHED 226 - Principles of Fitness Instruction**
  - a. This course focuses on developing knowledge to plan and implement group fitness classes as well as personal training sessions. Topics include risk management, exercise plans, and training special populations.
6. **PSYC 214 - Social Psychology**

- a. An introduction to the current concepts and theories that attempt to explain the behavior of the individual in society. Major topics include culture and personality, social roles, leadership, prejudice, and propaganda.
7. **HLTH 340 - Community Health**
  - a. This course explores resources existing in governmental and voluntary organizations for working with nutrition problems. It includes the study of the legislative process and historic and current nutrition legislation.
8. **HLTH 343 - Cultural Diversity in Health Counseling**
  - a. Focuses on the importance of understanding cultural diversity in health counseling, addressing the unique health needs and challenges of diverse populations.
9. **PHED 403 - Physiology of Exercise (3 semester hours)**
  - a. Provides an understanding of the physiological aspects of physical activity and fitness. Includes fitness assessments and the application of exercise physiology.
10. **PHED 407 - Sport Psychology (3 semester hours)**
  - a. Covers the theoretical and empirical foundations of sport psychology, including personality, motivation, anxiety, and the psychological aspects of sports and physical activity.
11. **HLTH 450 - Instructional Strategies for Health Education (3 semester hours)**
  - a. Focuses on innovative strategies for teaching health education at different educational levels. Topics include personal health, fitness, mental health, and disease prevention.

These courses create a well-rounded interdisciplinary pathway that prepares students for various roles in health, wellness, and fitness management.