

OAKLAND UNIVERSITY SCHOOL OF HEALTH SCIENCES
CURRICULUM CHECKLIST FOR B.S. DEGREE IN WELLNESS, HEALTH PROMOTION
AND INJURY PREVENTION: FALL 2016-2017 UPDATED JANUARY 2016.

Notes: Pre-WHP courses should be taken in the sequence as listed, except EXS 204 and EXS 215 (to be taken early in the degree). Pre-WHP courses should be completed before starting WHP major standing or focus courses. WHP major standing courses in the core curriculum must be taken as closely as possible to the listed sequence and should not be taken before declaring the major. Prerequisites are enforced in WHP. When prerequisite courses are required for a focus course then such prerequisite courses should be planned early in the major.

Lifestyle Expectations: WHP majors are expected to epitomize a complete wellness lifestyle and therefore the degree is not recommended for individuals who cannot fulfill the ethical expectation to be a good role model in the health promotion field. Read the Student Handbook and Student Regulations document.

Extremely important: Students must immediately: i) Read the Catalog; ii) Fully view all links on the WHP Webpage; iii) read: a) the Student Handbook in full; b) 4-year plan, semester-by-semester class schedule and registration procedures; plus, c) must sign the Student Regulations document before full entry into the WHP major.

WHP GRADE POINT POLICY

To major in WHP, students must complete all required general education courses with an overall GPA of 2.5 as follows: HS 201; HS 302; Western Civilization (PHL 103, MGT 235 or AN 300); PSY 100; Global Perspective (MGT 110, AN 102 or AN 200); STA 225; RHT 160; plus the general education courses in Arts, Language and Literature and Knowledge Applications (AN/SOC 331, LIB 250, PSY 225, ENV 354, HRD 307, HRD 351, NRS 304, WGS 300 or any other pre-approved course). Additionally, students must complete EXS 204, EXS 215 and WHP 350; plus HS 201 and HS 302; each with a minimum grade of 2.0.

Students must attain a grade of 2.5 in all School of Health Sciences coursework applied to the core curriculum of the major on the first page of the checklist below, including any substitute course/s used for WHP 402 (School of Health Sciences coursework includes courses in EXS, HS, EHS, MLS, and WHP). **The 2.5 grade requirement does not apply to courses in the focus.** Students in the major will be placed on probation if they earn a grade less than 2.5 in any School of Health Sciences core curriculum course or if their cumulative grade point average falls below 2.5. Students who earn a second grade below 2.5 must have their programs reviewed by the faculty to determine remediation or termination from the program. In order to remove probationary status students must raise their School of Health Sciences' course and overall grade point average to 2.5 or higher. **Before repeating any course students must consult with the WHP Program Director.** The 2.5 grade requirement for each course does not apply to courses taken outside of the school of health sciences. However, selected other schools also have grade requirements e.g. psychology requires a 2.0 for both PSY 100 and PSY 250 and HRD also has grade requirements. Entry to selected graduate programs may require grades above 3.0.

CRITICAL DECISIONS: CHOICE OF FOCUS, MINOR AND ELECTIVE COURSES

In order to effectively plan a course of study students are reminded to check the Catalog course requirements for minors in exercise science, anthropology, human resource development, psychology, sociology, and other programs.

Critical Student Decisions: Choice of both the focus and elective courses is an extremely important student decision. Students should decide carefully about the focus plus every single elective course, based upon interests, future career goals, and/or plans for graduate study. It is a student responsibility to research graduate study course prerequisites and to plan the undergraduate degree accordingly. The following URL is recommended to identify potential graduate schools: <http://www.petersons.com/>. Students are encouraged to choose natural science course electives such as anatomy and physiology, particularly if the chosen focus does not have a requirement to take natural science courses. **Focus courses should not be started until admission to the major, unless prior permission has been provided by the program director.**

PREFERRED AND GENERAL ELECTIVE LIST (also see the focus elective lists below)

If a course does not appear on any of the elective lists pre-approval is required to take the course. Students must E-mail a request to the WHP Program Director in advance of taking the course and copy the SHS advisor.

Preferred Elective list: WHP 208, 315, 325, 340, 370, 405, 410, 420, 431, 432, 461, 462, 493; then EXS 105, 203, 205, 303, 304, 350, 403, 405, 406, 411, 421, 426, 436, 445, 450; then any course on the general, complementary medicine, health promotion interventions, injury prevention, exercise science, or pre-professional focus group lists below. **General elective list:** AN/SOC 331*, BIO 104, 111, 300, 351, 423, ENV 308, ENV 354*, 355, 356, 364, HRD 304, 306, HRD 307*, 308, 323, HRD 351*, HRD 363, 364, 372, 401; HS 311, 331, 401, 450, MLS 423, NRS 304*, PHY 131, 318, PSY 225* and WGS 300.* * These courses can be used to satisfy the Knowledge Applications general education requirement which is credited in the focus. Other elective options in biology, business, anthropology, health sciences, psychology, sociology, human resource development or from the College of Arts and Sciences may be taken with the prior written approval of the program director. **Note:** No course may be credited both in the core of the curriculum and the focus; and, courses cannot be used to satisfy both a focus requirement and a focus elective i.e. double credit.

Approved Substitute courses in place of WHP 402: Rationale and Petitions of Exception not required for WHP 405, 410, 420, 431, 432, 493; **A written Rationale and a Petition of Exception is required for any of the following courses:** HS 441, HS 450; EXS 403, 405, 406, 411, 415, 416, 426, 436, 445, 450, 470, 475, 483 or any other 400-level course when well justified by the student. [HS 441 only if both WHP 311(2) and EXS 103(2) are offered in the core curriculum. HS 441 cannot be used in both the WHP core and Complementary Medicine focus].

**CORE CURRICULUM CHECKLIST FOR B.S. DEGREE IN WELLNESS, HEALTH PROMOTION
AND INJURY PREVENTION: FALL 2017-2018**

Three extremely important notes:

- 1) Students are required to save an electronic copy of this checklist and to type updated course grades and the semester-by-semester study plan as progress is made through the degree. For all advising, meetings, communication or registration requests to the advisors; or the WHP program director, an updated copy of the checklist must be submitted, preferably electronically via e-mail.
- 2) Choose GENED courses to correspond with the focus e.g. PSY 225 as Knowledge Applications course for the PSY major or minor.
- 3) Courses in red * below generally require program director signature and cannot be registered for on-line without the prerequisites.

NAME: _____ **G-number:** _____ **SHS Advisor:** _____ **Date:** _____

<i>General Education Courses (44 hours)</i>	COURSES/ HOURS	COURSES	GRADE
Required General Education Courses (12 credits, open options); overall GPA of 2.5 required.			
Arts (Any approved GE course)	OPEN (4)		
Foreign Language and Culture (Any approved GE course)	OPEN (4)		
Literature (Any approved GE course)	OPEN (4)		
Required courses (32 credits) that satisfy the remaining general education requirements			
Note: Only SHS courses on this page require a minimum grade of 2.5, not rubrics such as PHL, STA, MGT. The 2.5 grade does not apply to courses in the focus. PSY courses generally require a 2.0 grade.			
Natural Science and Technology	HS 201 (4)		
US Diversity (formerly HS 202)	HS 302 (4)		
Western Civilization: PHL 103; MGT 235; or AN 300	(4)		
Social Science (Only <u>equivalent</u> transfer courses accepted)	PSY 100 (4)		
Formal Reasoning	STA 225 (4) or equivalent		
Global Perspective: MGT 110; AN 102; or AN 200	(4)		
Writing Foundations	RHT/WRT 160 (4)		
Knowledge Applications (KA): Can be satisfied by AN/SOC 331, LIB 250, PSY 225, ENV 354, HRD 307, HRD 351, NRS 304, WGS 300 or any other pre-approved course.	(4)		
Writing intensive in the major: Satisfied by WHP 310			
Writing intensive in General Education: Satisfied by MGT 110, PSY 345			
Capstone: Satisfied by WHP 401			
Additional Pre-WHP required courses (14 hours) (SHS courses require a minimum grade of 2.5)			
Weight control, nutrition & exercise	EXS 204 (4)		
Stress management	EXS 215 (2)		
Introduction to research design	PSY 250 (4)		
Health program implementation	WHP 350 (4) *		

WHP MAJOR STANDING (46 additional hours for the core curriculum) – Declare major first

Approved to Enter Major: Click here to enter text. **S.C. Rorke, Program Director**

Required Health Science courses (46 hours) (All SHS courses require a minimum grade of 2.5). Courses listed below **must** be done in sequence (see 4-year plan) – especially the last 8 WHP courses (460/401 may be taken in the same semester but 460 is taken before, or concurrent to 402 if research is done).

	COURSES/ HOURS	COURSES	GRADE
Training design	HRD 310 (4)		
Health psychology (writing intensive outside the major)	PSY 345 (4)		
WHP 311(2); plus EXS 103(2)	(4)		
Safety and first aid in exercise settings	EXS 207 (2)		
Wellness facilitation	WHP 360 (4)*		
Injury prevention, control and safety promotion	WHP 310 (4) *		
Persuasion and marketing in health (Prereq. WHP 360)	WHP 380 (4)*		
Assessment/interventions in wellness with lab; co-reqs. Note: Previously WHP 300/305. Taken in the semester immediately prior to WHP 401.	WHP 400 (4) * WHP 403 (4) *		
Evaluation of health and wellness programs	WHP 460 (4) *		
Internship. Note: Done in last semester of degree	WHP 401 (4) *		
Senior culminating experience; or WHP 405; 410; 420; 431; 493; or other approved 400-level, 4-credit course.	WHP 402 (4) * or other WHP 4XX (4)		

Total Core Curriculum required hours = 104 credits

Health Risk Appraisal: HRA is required for all majors – satisfied during WHP 403.

PLUS AN ADDITIONAL 24 CREDITS CHOSEN FROM ONE OF THE EIGHT FOCUS AREAS

ADDITIONAL MAJOR IN PSYCHOLOGY FOCUS (28 HOURS):

NOTE THAT TO EARN THE ADDITIONAL MAJOR IN PSY THIS FOCUS REQUIRES 4 ADDITIONAL HOURS ABOVE THE WHP DEGREE REQUIREMENTS

ADDITIONAL MAJOR IN PSYCHOLOGY: Students intending to earn a psychology major must consult with a Department of Psychology faculty adviser and complete the required **44 PSY** credits for the psychology major. *Note that courses in bold italics below are satisfied in the WHP core curriculum above, namely 4 credits in Pre-WHP and 12 credits common to PSY and WHP.* Therefore, in this focus students must complete an additional *minimum 28 credit hours of psychology*. Students must declare the additional major in psychology by completing an additional major form, and must attain a minimum GPA of 2.00 over all psychology courses.

ADDITIONAL PSY FOCUS GROUP HOURS ABOVE THE WHP CORE CURRICULUM THAT MUST TOTAL 28 PSY HOURS

Course(s)

Grade

REQUIRED COURSES [The PSY 251 (4) focus hours are needed in this cell]:

The following 3 courses must be attained with a minimum of 2.0

PSY 100: Foundations of contemporary psychology (4) *(Credited in WHP core)*

PSY 250: Introduction to research design (4) *(Credited in WHP core)*

PSY 251: Statistics and research design **(4)**

Plus: 4 credits from (4 additional focus hours needed in this cell):

PSY 215: Introduction to basic psychological processes (4)

PSY 225: Introduction to lifespan developmental psychology (4) *(Take in core as KA course)*

PSY 235: Introduction to social psychology (4)

PSY 236: Introduction to Individual Differences and Personality Psychology

PSY 240: Introduction to Positive Psychology

PSY 241 Introduction to Clinical Psychology

Plus: One course from 4 of the following 5 groups (16 hours) (12 additional focus hours needed in this cell):

1. PSY 301, 302, 303, 304

2. PSY 310, 311, 312, 316, 318, 415, 416

3. PSY 321, 322, 323, 421, 423, 424, 425

4. PSY 330, 333, 334, 337, 339, 435, 436

5. PSY 341, 343, 344, **345**, 346, 399, 445, *(PSY 345 credited in WHP core)*

Plus additional 4 credits of PSY at 400-level

May not also count as 400-level elective or from one of the groups above.

Plus 8 elective hours of psychology at any level, except PSY 399.

GENERAL HEALTH PROMOTION FOCUS (24 HOURS)

Note: To earn the PSY minor, in addition to PSY 100, PSY 250 and PSY 338 in the core curriculum above, PSY 225 must be taken for the Knowledge Applications course in Pre-WHP

REQUIRED COURSES (8 CREDIT HOURS)

Plus: A minimum of 4 hours from:

PSY 215: Introduction to basic psychological processes (4)

PSY 235: Introduction to social psychology (4)

PSY 236: Introduction to Individual Differences and Personality Psychology

PSY 240: Introduction to Positive Psychology

PSY 241: Introduction to Clinical Psychology

Plus: 4 hours from one of the following groups

PSY 301, 302, 303, 304

PSY 310, 311, 312, 316, 318, 319, 415, 416

PSY 321, 322, 323, 421, 423, 424, 425

PSY 330, 333, 334, 337, 339, 435, 436

PSY 341, 343, 344, **345**, 346, 399, 445 (**PSY 345 credited in WHP core**)

A MINIMUM OF AN ADDITIONAL 16 CREDIT HOURS: With the prior permission of the WHP Program Director, any course offered in the School of Health Sciences (preferably a WHP course elective); or, any health-related or social science course offered within the College of Arts and Sciences; or from other Schools in the University, preferably leading to the attainment of a complementary minor.

HEALTH PROMOTION INTERVENTIONS FOCUS

REQUIRED AND ELECTIVE COURSES TO TOTAL 24 CREDIT HOURS

Note: Together with HRD 310 and HRD 307 as a Knowledge Applications course in the WHP core, courses marked * satisfy the HRD minor in Training and Development.

REQUIRED COURSES (16 CREDIT HOURS):

HRD 306: Introduction to human resource development (4)*

HRD 307: Presentation and facilitation (4)* (In core as KA course)

HRD 402: Program planning and evaluation (4)*

HRD 423: Instructional methods (4)*

HRD 472: Technology-based instruction (4)*

A MINIMUM OF 8 CREDIT HOURS FROM: ACC 200; COM 303; COM 304; ECN 367; HRD 303; HRD 351; HRD 363; HRD 365; HRD 367; HRD 440; ORG 330; PS 359; any of the following courses: BIO 104; BIO 205; BIO 206; BIO 207; BIO 300; BIO 351; BIO 423; ENV 308; ENV 355; EXS 103; EXS105; EXS 304; EXS 306; EXS 350; EXS 405; EXS 406; EXS 410; EXS 421; EXS 426; EXS 436; EXS 445; EXS 450; HS 205/301; MLS 423; MLS 430; PHL 102; PHL 318; PHY131; WHP 208; WHP 210; WHP 325; WHP 340; WHP 370; WHP 405; WHP 410; WHP 420; WHP 431; WHP 432; WHP 440; WHP 461; WHP 462; WHP 493; or any other course pre-approved by the program director.

COMPLEMENTARY MEDICINE AND WELLNESS FOCUS (24 HOURS)

REQUIRED COURSES (20 CREDIT HOURS):

Course(s)

Grade

HS 441 Integrative Holistic Medicine Principle and Practice (4)

WHP 315: Laughter as therapeutic modality (4)

WHP 440: Mindfulness (4) (cannot also be used as WHP 402 substitute)*

WHP 461: Modalities for healing (4)*

WHP 462: Healing traditions (4)*

PLUS A MINIMUM OF 4 CREDIT HOURS FROM: AN 310; HRD 351; PSY 316; PSY 333; PSY 337; PSY 339; PSY 344, SOC 328; SOC 337; SOC 402. Or any course from the preferred or general elective list.

Or any other course pre-approved by the program director. Courses cannot double count as required and elective courses.

PRE-HEALTH PROFESSIONAL FOCUS (24 HOURS)

Students must complete a further **24 credit hours of pre-approved** coursework in preparation for entry into a recognized health profession program (to be interpreted as one of the allied health professions such as physician assistant, medical school, nursing, dentistry, OSH, public health or any other graduate program). NOTE: Before designing this focus course of study pre-health profession students should contact the professional school that they are interested in attending to obtain program admission information. For a useful graduate school search engine see: <http://www.petersons.com/>

Students must also consult with the WHP program director for approval of transfer courses for this focus, and/or pre-approval of other coursework for this focus.

Note: OSH minor is possible in this focus in preparation for entry to OSH graduate study program. Check Catalog.

APPROVED COURSES (24 HOURS):

Course

Grade

[illegible]

NUTRITION AND HEALTH FOCUS (24 HOURS)**Note: Check the required prerequisite sequences for this minor in the Catalog**

<i>REQUIRED COURSES (22 CREDIT HOURS):</i>	Course(s)	Grade
HS 205: Human Nutrition and Health (formerly HS/NH 301) (4)		
HS 311: Contemporary Topics in Nutrition (formerly NH 311) (2)		
HS 310: Nutrition and Lifecycles (formerly NH 340)(4)		
HS 312: Community Nutrition (formerly NH 402) (4)		
HS 313: Nutrition & culture (formerly NH 404) (4)		
<i>PLUS 4 CREDIT HOURS CHOSEN FROM</i> HS 320, HS 321, HS 322, HS 323, HS 324, HS 325, HS 460		
<i>PLUS A MINIMUM OF 2 CREDIT HOURS FROM THE GENERAL ELECTIVE LIST OR ANY OTHER COURSE PRE-APPROVED BY THE PROGRAM DIRECTOR.</i>		

EXERCISE SCIENCE FOCUS (24 HOURS)**Note: Check the required prerequisite sequences for this minor in the Catalog**

<i>REQUIRED COURSES (24 CREDIT HOURS):</i>	Course(s)	Grade
<i>EXS 105: Cardiovascular fitness (2)</i>		
<i>BIO 111: Biology I (4) or BIO 113 Biology II (4)</i>		
<i>BIO 205: Human anatomy (4)</i>		
<i>BIO 207: Human physiology (4)</i>		
<i>EXS 304 Exercise physiology (3) plus EXS 306 laboratory (1)</i>		
<i>EXS 350: Human motion analysis (4)</i>		
<i>PLUS A MINIMUM OF 2 CREDIT HOURS FROM THE GENERAL ELECTIVE LIST OR ANY OTHER COURSE PRE-APPROVED BY THE PROGRAM DIRECTOR.</i>		

INJURY PREVENTION <u>FOCUS</u> (Total 24 credit hours)	Course(s)	Grade
REQUIRED COURSES: 20 CREDIT HOURS		
WHP 208: Advanced first aid/CPR instructor (2). Infrequently offered.		
WHP 410: Advanced injury prevention (4) or WHP 405 (4) Special Topics or WHP 493 Directed Study.		
WHP 420: Injury prevention and the environment (4)		
WHP 431: Crisis intervention and prevention of self-harm (4)		
WHP 432 (2) or other suitable injury prevention course such as EXS 421.		
PSY 344: Behavior analysis; or HRD 336: Behavioral problems in employment (4), or any other pre-approved PSY course.		
PLUS A MINIMUM OF 4 CREDIT HOURS FROM: EXS 350(4), EXS 403(2), EXS 405(2) EXS 411(2), EXS 421(2). Or any other course pre-approved by the program director that has direct application to prevention of injury.		