

**Bachelor of Arts in Wellness and Health Promotion Practice**

**Arizona Online Campus Advising Worksheet – Academic Year 2023-2024**

The Bachelor of Arts degree with a major in Wellness and Health Promotion Practice offers students the opportunity to develop the knowledge, ethics, and skills to provide professional services and interventions. As such, students learn to work with diverse populations at different ages and stages of life to promote a healthy lifestyle and overall wellness. For the purposes of this degree, wellness means a state of being in optimal health. Students learn to promote optimal wellness within themselves, among individuals, families, and communities. Their practicum and internships are in a variety of settings such as homes, communities, governmental organizations, businesses, health care centers, hospitals, schools, faith-based organizations, and other non-governmental organizations.

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| Track Options: | For students seeking careers in: | Students learn about: |
| Aging and Population Health | Human services, government agencies, retirement communities, nursing homes, health care and long-term institutional care facilities. | How to meet the needs of our aging society through a public health lens, long-term care management, wellbeing later in life, and gerontology. |
| Health and Wellness | Healthcare settings, community health agencies, implementing programs that use mindfulness, nutrition, and exercise to meet the needs of diverse populations. | Mindfulness practice, health coaching, public health nutrition, and population-level health challenges. |
| Health Education | Schools, workplaces, non-profit agencies, faith-based organizations, governmental agencies, and other wellness-related fields. | Principles of health education and health promotion, how to design and support programs that tackle health problems such as addiction, domestic violence, and behavioral issues through educational promotion and intervention |

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| **Student Name:** | | | | | **SID**: | **Edited**: | | |
| Admit Term: | | Expected Graduation Date: | | | | | | |
| Total Units Towards Degree (120 min. to graduate): | | Total Upper-Division Units (42 min. to graduate): | | | | | | |
| Aspirations for after graduation: | | | | | | | | |
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| **FOUNDATION COURSES** *(Grades C or higher)* | Units | | Notes | | | | Semester/Year | Grade |
| **First Semester Composition** ENGL 101 | 3 | |  | | | |  |  |
| **Second Semester Composition** ENGL 102 | 3 | |  | | | |  |  |
| **Second Language** Fourth Semester Language Proficiency | 0-16 | |  | | | |  |  |
| **College Algebra** MATH 112 or higher | 3 | |  | | | |  |  |
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| **MAJOR REQUIREMENTS** (*Grades C or higher)* | Units | | Notes | | | | Semester/Year | Grade |
| **Statistics Skills** BIOS 376: Introduction to Biostatistics | 3 | | Offered Spring; pre-req: MATH 112 | | | |  |  |
| **Communication Skills** *Choose one:*  COMM 201: Introduction to Public Relations  COMM 209: Introduction to Communication Technology  GHI 414: Intercultural Communication for Health Sciences | 3 | | Both COMM courses offered Fall, Spring, and Summer terms. For help enrolling in COMM courses, reachout to advisor.  GHI 414 is offered in Fall semester. | | | |  |  |
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| **MAJOR CORE COURSES**  *(Grades C or higher)* | Units | | Notes | | | | Semester/Year | Grade |
| **HPS 178** Personal Health and Wellness | 3 | |  | | | |  |  |
| **HPS 200** Introduction to Public Health | 3 | |  | | | |  |  |
| **PHP 210** Diversity, Health, and Well-Being Later in Life | 3 | | Spring | | | |  |  |
| **PHP 322** Health Education and Ethical Leadership | 3 | | Spring; pre-reqs: HPS 178 and HPS 200 | | | |  |  |
| **HPS 403** Applications in Health Promotion: Behavioral Theories | 3 | | Starting Fall 2022; check with Advisor | | | |  |  |
| **HPS 404** Fundamentals of Evaluation | 3 | | Spring; check with Advisor | | | |  |  |
| **HPS 405** Biology in Public Health | 3 | |  | | | |  |  |
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| *Note: students are eligible to apply for advanced standing when remaining Foundation, Major Requirements, and Major Core coursework is 10 units or fewer.* | | | | | | | | |
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| **GENERAL EDUCATION COURSES** (*all courses required before graduation*; *grades D or higher)* | | | | | | | | |
| **Course** | **Units** | |  | | | | **Semester/Year** | **Grade** |
| **Individuals and Societies – Tier 1:** 150 numbered course | 3 | |  | | | |  |  |
| **Individuals and Societies – Tier 1:** 150 numbered course | 3 | |  | | | |  |  |
| **Traditions and Cultures – Tier 1:** 160 numbered course | 3 | |  | | | |  |  |
| **Traditions and Cultures – Tier 1:** 160 numbered course | 3 | |  | | | |  |  |
| **Natural Sciences – Tier 1:** 170 numbered course | 3 | |  | | | |  |  |
| **Natural Sciences – Tier 1:** 170 numbered course | 3 | |  | | | |  |  |
| **Arts –** Tier II | 3 | |  | | | |  |  |
| **Humanities** – Tier II | 3 | |  | | | |  |  |
| **Natural Sciences** – Tier II | 3 | |  | | | |  |  |
| **\*Diversity Emphasis Course** | - | |  | | | |  |  |

**Arizona transfer students: AGEC Complete?**  YES  NO IN PROGRESS

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| **ELECTIVE TRACKS** Choose one and complete 15 units; grades C or higher |  |  |  |  |  |
| **Health and Wellness Track:** | | | | | |
| *Choose 15 units* | Units | Semester Offered | Notes | Semester/Year | Grade |
| **GHI 325** Dietary Assessment in Public Health Practice | 3 | Spring |  |  |  |
| **HPS 402** Corporate Wellness | 3 | Summer |  |  |  |
| **HPS 488** Adolescent Health | 3 | Spring |  |  |  |
| **HPS 478** Public Health Nutrition | 3 | Spring | Pre-reqs: HPS 350 and EPID 309 |  |  |
| **PHPM 458** Health Care Marketing | 3 | Spring |  |  |  |
| **EHS 425** A Public Health Lens to Climate Change | 3 | Spring |  |  |  |
| **NSC 311** A Systems Approach to Obesity Prevention | 3 | Fall, Spring, Summer | Pre-req: NSC 101 or NSC 170C1 |  |  |
| **NSC 320** Nutrition, Physical Activity and Health Promotion | 3 | Spring, Summer |  |  |  |
| **NSC 332** Health Coaching | 3 | Summer, Fall | Pre-req: NSC 101 or NSC 170C1 |  |  |
| **SBS 301A** Foundations of Mindfulness | 1 | Fall |  |  |  |
| **SBS 301B** Mindful Semester: Mindfulness-based Study Tools | 1 | Fall |  |  |  |
| **SBS 301C** Mindful Semester: Mindfulness-based Movement | 1 | Fall |  |  |  |
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| **Aging and Population Health Track:** | | | | | |
| *Choose 15 units* | Units | Semester Offered | Notes | Semester/Year | Grade |
| **PHP 301** Introduction to Gerontology | 3 | Spring |  |  |  |
| **PHP 305** Public Health in the Digital Age | 3 | Spring, Summer |  |  |  |
| **PHP 312** Health Promotion and Well-being in Later Life | 3 | Fall |  |  |  |
| **PHP 419** Alzheimer's Disease, Other Dementias and the Role of Public Health | 3 | Fall |  |  |  |
| **PHP 424** Optimizing Well-being and Resilience in Older Adults | 3 | Fall |  |  |  |
| **PHP 436** Aging, Environment and Wellbeing | 3 | Fall, Spring |  |  |  |
| **PHP 437** Management and Leadership in Long-term Care | 3 | Fall |  |  |  |
| **EHS 425** A Public Health Lens to Climate Change | 3 | Spring |  |  |  |
| **PHPM 458** Health Care Marketing | 3 | Spring |  |  |  |
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| **Health Education Track:** | | | | | |
| *Complete HPS 350 (3 units) and 12 additional units (check with advisor to determine recommended* [*CHES*](https://www.nchec.org/responsibilities-and-competencies) *courses)* | Units | Semester Offered | Notes | Semester/Year | Grade |
| Required – 3 units: | | | | | |
| **HPS 350** Principles of Health Education and Health Promotion | 3 | Fall, Spring | Pre-reqs: HPS 178 and HPS 200 |  |  |
| Complete all 12 units from below list: | | | | | |
| **HPS 330** Human Sexuality | 3 | Summer |  |  |  |
| **PHP 305** Public Health in the Digital Age | 3 | Spring, Summer |  |  |  |
| **PHPM 458** Health Care Marketing | 3 | Spring |  |  |  |
| **EHS 425** A Public Health Lens to Climate Change | 3 | Spring |  |  |  |

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| **APPLIED PRACTICE REQUIREMENTS** Must have advanced standing to enroll in any below courses | | | | | | | | |
| **Practicum** *Complete 6 units; grades C/P or higher* \*This practicum reflects *faculty supervised* group or individual field-based experiential learning. Choose from this list or talk with your advisor about additional options. | | | | | | | | |
| Course Number and Title | | Units | Semester Offered | Notes | Semester/Year | | Grade | |
| **HPS 394** Practicum | | 6 | Fall, Spring, Summer | Need faculty approval |  | |  | |
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| **Internship** *Complete 3 units; must earn grade of P or S*  \*The required internship reflects preceptor-led (preceptor can be a faculty member, community organization, healthcare or behavioral health setting government organization, business, etc.), faculty-assessed, experiential learning experiences.  \*\*Required: three (3) units of practicum (see above) must be completed before enrolling in internship units. | | | | | | | | |
| **HPS 493X** Internship | | 3 | Fall, Spring, Summer | Pre-req: 3 units of practicum completed |  | |  | |
| **GENERAL ELECTIVES**  (C*onsult with your advisor about how many units you need to reach the University minimum of 120 total units. Grades D or higher.) Some students will add a minor or certificate for general elective units.* | | | | | | | | |
| **Estimated general electives needed to get to 120 units (based on in-progress, completed, and remaining required units):**  120 units required -       completed units\* -       in-progress units -       remaining required units =       general electives units needed  **Estimated upper division (UD) units needed to get to 42 (most students will need an additional 3-6 UD units):**  42 UD units required -       completed UD units\* -       UD units in-progress =       UD units needed  *\*completed units includes posted transfer units and test credits.*  **IMPORTANT**: Check with your Academic Advisor at each advising appointment if you have questions about the above calculations.  ----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------  Notes: | | | | | | | | |
| Course | Units | Notes (upper division/lower division) | | | | Semester/Year | | Grade |
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