HWIH Coursework

Students complete the following coursework requirements, which provide a broad educational base:

- 9 credit hours of quantitative and logical skills
- 6 credit hours of social sciences
- 3 credit hours of public health
- 12 credit hours of arts and humanities
- 3 credit hours of history
- 30 credit hours in health promotion
- 3 credit hours writing
- 10 credit hours practicum
- 15 credit hours of electives

There are 38 required credit hours of HWIH coursework designed to allow students to obtain knowledge needed to design effective health promotion activities and programs for clients, patients and participants of all ages and diverse cultures. The study of HWIH includes classroom and laboratory instruction on the art and science of health promotion for a variety of professional settings.

The baccalaureate degree in health and wellness innovation in healthcare requires a minimum of 120 semester hours and can be completed in four academic years. The first year of study includes pre-professional course work that is prerequisite to applying to the major.

Pre-HWIH student take prerequisite courses and the HWH survey course, during their first year. College of Nursing professional advisors provide support to pre-HWIH students for scheduling classes and to foster academic success.

Curriculum Sample

Below is a sample list of classes a student will take to pursue the Bachelor of Science in Health and Wellness Innovation in Healthcare. Since university students need more than specific education to narrow the field, they also will take classes to complete General Education (GE) requirements. Because GE courses come from a variety of academic areas of study, this course work helps students develop fundamental skills essential to collegiate success and allows them to tailor these courses toward their interest. Note: this sample represents one of several paths to a degree in HWIH. Click here for additional curricular information.

**Freshman Year**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Chemistry</td>
<td>5</td>
</tr>
<tr>
<td>Introductory Sociology</td>
<td>3</td>
</tr>
<tr>
<td>General Biology</td>
<td>4</td>
</tr>
<tr>
<td>English Composition</td>
<td>3</td>
</tr>
<tr>
<td>General Psychology</td>
<td>3</td>
</tr>
<tr>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>Human Physiology</td>
<td>3</td>
</tr>
<tr>
<td>Survey Course</td>
<td>1</td>
</tr>
<tr>
<td><strong>TOTAL HOURS</strong></td>
<td><strong>26</strong></td>
</tr>
</tbody>
</table>

For additional curricular information, see the Undergraduate Program Overview (sections/academic-programs/undergraduate-program-overview/bs-hwih/hwih-coursework.html).
Sophomore Year

"5 for Thrive" 3
Introduction to Health Literacy 3
Dimensions of Wellness and Resilience 3
Wellness in Chronic Conditions I 3
Role of Behavior in Public Health 3
Math and Logical Analysis 3
Sociology of Poverty 3
Business Management 3
Statistics 3
Scholarship for Evidence-based Practice 3
TOTAL HOURS 30

Junior Year

Coaching for Health Improvement 3
Integrating Culture in Healthcare 3
Health Program Planning and Evaluation 3
Wellness in Chronic Conditions II 3
Technology-based Health Promotion Strategies 3
Writing 3
Electives 12
TOTAL HOURS 30

Senior Year

Health Disparities 3
Visual and Performing Arts 3
Literature GE 3
History GE 3
Culture and Ideas 3
Elective 3
Practicum 10
TOTAL HOURS 28

General Education List and Instructions

General Education Courses (assets/attachments/Undergraduate_programs/Final GE List.pdf)

Continuing Education in the Field of Health Promotion

Upon completion of the program, students are eligible to sit for certifications in the field of health promotion. Certifications can include health/wellness coaching, certified personal training, and certified health education specialist (CHES). Students will learn the knowledge in their academic career necessary to take and pass certifications in their area of interest.

Career Prospects

Employment opportunities will vary, and may include settings such as a worksite, hospital/clinical, insurance company, or community based setting. A graduate of the HIMH major will be considered a health promotion professional.

Beginning salaries for new graduates in the field of health promotion range from $35,000-45,000 per year. Salary ranges will vary depending upon the region of the country.