



## Program Pathway – Health and Wellness Concentrations in Exercise Science (Personal Fitness Training) and Community Health & Wellness Coaching

A degree in health and wellness is a broad degree that will help graduates fill roles in many different areas, including the pharmaceutical industry, medical centers, clinics, community health centers, government health departments, fitness and wellness centers, and the health insurance industry. Students can enroll in the program beginning fall semester.

### *career opportunities*

- Public health educator
- Corporate wellness coordinator
- Community health worker
- Health services manager
- Health coach
- Fitness manager
- Community health
- Pharmaceutical sales representative

## Program Pathway – Health and Wellness

This map is a term-by-term sample course schedule. Highlighted courses have been identified as "key courses." It is strongly advised that students make every effort to pass these courses on the first attempt with a "C" or higher in order to be successful in this program. The milestones listed below each year are designed to keep you on course to graduate in four years. Missing milestones could prevent you from being eligible for a particular program or could result in a delay in graduation. The Program Pathway serves as a general guideline to help you build a full schedule each term.

<b>First Year – Term 1</b>			
<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Pre-requisites</b>
ENGL 1101 *	English Composition I	3	Minimum SAT/ACT/Accuplacer scores/HS GPA
Area A Math	MATH 1001, 1101, 1111, or 1113	3	Minimum SAT/ACT/Accuplacer scores/HS GPA
BIOL 1107K	Principles of Biology I	4	
PSYC 1101	Introduction to Psychology	3	
PRSP	Perspectives	1	
<b>Semester Total</b>		<b>14</b>	

<b>First Year – Term 2</b>			
<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Pre-requisites</b>
ENGL 1102 *	English Composition II	3	ENGL 1101 ('C' or higher)
BIOL 1108K	Principles of Biology II	4	BIOL 1107K
COMM 1110*	Fundamentals of Speech	3	
HLTH 2500	Interpersonal Health and Relations	3	
MATH 1401	Elementary Statistics	3	
<b>Semester Total</b>		<b>16</b>	

<b>First Year Milestones</b>
<ul style="list-style-type: none"> <li>• Complete ENGL 1101 &amp; ENGL 1102</li> <li>• Complete Area A Math, PSYC 1101, &amp; HLTH 2500</li> <li>• Meet with your advisor</li> </ul>

<b>Second Year – Term 1</b>			
<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Pre-requisites</b>
BIOL 2251K	Anatomy and Physiology I	4	BIOL 1107K
HUMN elective	ARTS or THEA 1100, HUMN 1201 or 1202, MUSC 1100, 1110, or 1120	3	HUMN 1201 & 1202 = C or better in ENGL 1101
HIST 2111 or 2112	United States History	3	
ENGL lit elective	ENGL 2111, 2112, 2120, 2121, 2130, 2131, or 2201	3	ENGL 1102 with a grade of C or better
HLTH 3001*	Personal Health and Wellness	3	
<b>Semester Total</b>		<b>16</b>	

Notes: \* denotes grade of 'C' or higher required

<b>Second Year – Term 2</b>			
<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Pre-requisites</b>
BIOL 2252K	Anatomy and Physiology II	4	BIOL 2212K
PSYC 2103	Human Development	3	PSYC 1101 with a grade of C or better
POLS 1101	American Government	3	
SOCI 1101	Intro to Sociology	3	
<b>Semester Total</b>		<b>13</b>	

<b>Second Year Milestones</b>
<ul style="list-style-type: none"> <li>• Meet with your advisor</li> <li>• Research career pathways to determine the best open elective choices.</li> </ul>

<b>Third Year – Term 1 (Fall)</b>			
<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Pre-requisites</b>
ENGL 3000*	Writing for Educ/Soc Sciences	3	ENGL 1102 with C or better
HLTH 4001	Coping, Stress Mgt. & Life Satis	3	HLTH 2500
HLTH 3250*	Careers in Health and Wellness	3	*Fall Odd Years, HLTH 2500
HLTH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
BIOL 2210K	Microbiology	4	BIOL 1107K or BIOL 2212K
<b>Semester Total</b>		<b>16</b>	

## **Community Health & Wellness Coaching Concentration**

<b>Third Year – Term 2 (Spring)</b>			
<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Pre-requisites</b>
COMM 3301*	Communication for Prof Setting	3	ENGL 1102 WITH C OR BETTER / COMM 1110 WITH C OR BETTER / 30 HOURS
HLTH 3750*	Nutrition, Hlthy Eat & Wt Maint	3	HLTH 3001
HLTH 4300	Community Health	3	HLTH 3750 & HLTH 4001
HLTH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
HTLH open elective	HLTH 4500, 4750, 4900, SOWK 3503 and/ or additional approved electives	3	
<b>Semester Total</b>		<b>15</b>	

<b>Third Year Milestones</b>
<ul style="list-style-type: none"> <li>• Meet with Advisor to discuss potential of Internship</li> <li>• Review potential graduate school requirements for choosing open electives.</li> </ul>

Notes: \* denotes grade of 'C' or higher required

<b>Fourth Year – Term 1 (Fall)</b>			
<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Pre-requisites</b>
NURS 3100*	Perspectives on USA Health Sys	3	SPECIAL PERMISSION FROM CHAIR
HLTH 4100*	Motivation Health Behavior Change	3	HLTH 3750 & HLTH 4001
HTLH open elective	HLTH 4500, 4750, 4900, SOWK 3503 and/ or additional approved electives	3	
HLTH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
HTLH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
<b>Semester Total</b>		<b>15</b>	

<b>Fourth Year – Term 2 (Spring)</b>			
<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Pre-requisites</b>
HLTH 4700	Health Promotion & Prog Mngt	3	HLTH 4100
HLTH 4400	Coaching for Health Behav	3	HLTH 4100
HLTH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
HLTH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
HLTH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
<b>Semester Total</b>		<b>15</b>	

**HLTH 4900\*** Practicum/Internship in Health and Wellness – Will take the place of 1-2 other HLTH electives.

<b>Fourth Year Milestones</b>
<ul style="list-style-type: none"> <li>• Submit Graduation Application to Office of Enrollment Services</li> <li>• Meet with Academic Advisor</li> </ul>

*The Program Pathway is not a contract, neither expressed or implied, between the student and Dalton State College, but represents a flexible program of the current catalog's curriculum which may be altered at any time to carry out the academic objectives of the College.*

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## Exercise Science (Personal Fitness Training) Concentration

<b>Third Year – Term 2 (Spring)</b>			
<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Pre-requisites</b>
COMM 3301*	Communication for Prof Setting	3	ENGL 1102 WITH C OR BETTER / COMM 1110 WITH C OR BETTER / 30 HOURS
HLTH 3750*	Nutrition, Hlthy Eat & Wt Maint	3	HLTH 3001
HTLH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
HTLH open elective	HLTH 4500, 4750, 4900, SOWK 3503 and/ or additional approved electives	3	
HTLH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
	<b>Semester Total</b>	<b>15</b>	

<b>Third Year Milestones</b>
<ul style="list-style-type: none"> <li>• Meet with Advisor to discuss potential of Internship</li> <li>• Review potential graduate school requirements for choosing open electives.</li> </ul>

<b>Fourth Year – Term 1 (Fall)</b>			
<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Pre-requisites</b>
HLTH 4150*	Exercise Physiology	3	HLTH 3001
HLTH 4100*	Motivation Health Behavior Change	3	HLTH 3750 & HLTH 4001
HLTH 4250*	Core Concepts & Issues in Fitness	3	HLTH 3001
HLTH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
HTLH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
	<b>Semester Total</b>	<b>15</b>	

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<b>Fourth Year – Term 2 (Spring)</b>			
<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Pre-requisites</b>
HLTH 4350	Personal Fitness Training	3	HLTH 4250
HLTH 4400	Coaching for Health Behav	3	HLTH 4100
HLTH open elective	HLTH 4500, 4750, 4900, SOWK 3503 and/ or additional approved electives	3	
HLTH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
HLTH open elective	Any 1000, 2000, 3000, 4000-degree level class	3	
<b>Semester Total</b>		<b>15</b>	

**HLTH 4900\*** Practicum/Internship in Health and Wellness – Will take the place of 1-2 HLTH open electives.

<b>Fourth Year Milestones</b>
<ul style="list-style-type: none"> <li>• Submit Graduation Application to Office of Enrollment Services</li> <li>• Meet with Academic Advisor</li> </ul>

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