

WELLNESS

PROGRAM REQUIREMENTS

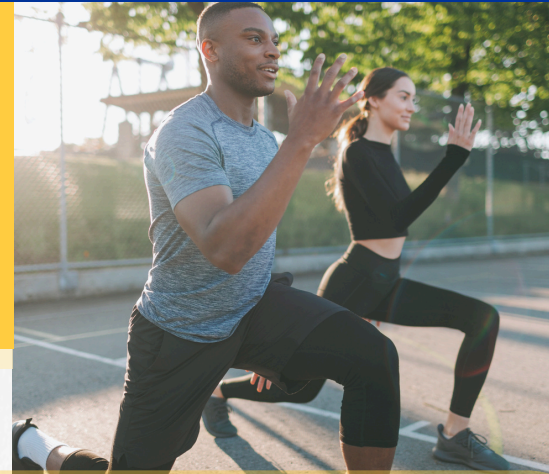
18 Credits Required Including

- Wellness
- Introduction to Nutrition
- Nutrition and Healthy Cooking
- Illness and Disease
- Stress Management
- Weight Management
- Human Sexuality
- Additional course options and requirements as outlined in the [University Catalog](#).

CAREER CONNECTIONS

Wellness fosters the knowledge and skills to promote holistic health and enhance quality of life. It allows for the development of a deeper understanding of the connection between physical, mental, and emotional well-being.

- Health Coach
- Wellness Coordinator
- Lifestyle Coach
- Recreation Coordinator



COMPLEMENTARY DISCIPLINES

- **Coaching:** Guides individuals in setting and achieving health-related goals through behavior change
- **Exercise Science:** Craft tailored fitness programs
- **Nutrition:** Optimize holistic dietary approaches
- **Public Health:** Implement community wellness initiatives

**SCAN HERE TO LEARN HOW
YOU CAN
CREATE YOUR OWN MAJOR?**

