

HEALTH AND WELLNESS (B.S.)

Bachelor of Science Program

Program Code: BS-SP

Major Code: HWP

Health, Nutrition and Dietetics Department

Caudell Hall 334

(716) 878-5913

hnd.buffalostate.edu/ (<https://hnd.buffalostate.edu/>)

The major prepares students with the knowledge and skills needed to assume roles as health and wellness professionals in a variety of settings, such as: not-for-profit community health agencies; college health promotion; government public health agencies; corporate or worksite wellness; private business or personal training consultant; and health care organizations. Students are eligible to become Certified Health Education Specialists (CHES).

Admission Requirements

Applicants must have a minimum cumulative GPA of 2.5.

Program Requirements

Code	Title	Credit Hours
General Education 23 Requirements (http://ecatalog.buffalostate.edu/undergraduate/collegewide-degree-requirements-baccalaureate-degrees/#IF_Courses)		
33 credit hours		33
Health and Wellness Major Requirements (51 credit hours)		
<i>Required Courses (42 credit hours)</i>		
BIO 100	PRINCIPLES OF BIOLOGY	3
or BIO 101	HUMAN BIOLOGY	
Or		
BIO 101	HUMAN BIOLOGY	
or BIO 111	FOUNDATIONS OF BIOLOGY	
BIO 308	SURVEY OF HUMAN ANATOMY AND PHYSIOLOGY	3
HEW 200	FITNESS FOR LIVING	2
or HEW 345	WELLNESS, FITNESS, AND AGING	
HEW 204	PERSONAL HEALTH	3
HEW 225	INTRODUCTORY EPIDEMIOLOGY	3
HEW 305	COMMUNITY HEALTH/ WELLNESS	3
HEW 312	METHODS AND MATERIALS IN HEALTH AND WELLNESS	3

HEW 320	PSYCHOACTIVE DRUGS AND HEALTH	3
or HEW 425	ALCOHOL PROBLEMS	
HEW 326	INTRODUCTION TO HEALTH DATA VISUALIZATION AND ANALYTICS	3
or HEW 350	EPIDEMIOLOGY	
HEW 340	DIMENSIONS OF HUMAN SEXUALITY	3
or HEW 308	WOMEN'S HEALTH ISSUES	
HEW 401	ASSESSMENT AND EVALUATION IN HEALTH WELLNESS	3
HEW 411	CRITICAL ISSUES IN HEALTH AND WELLNESS	3
HEW 412	COMMUNITY HEALTH PROMOTION PROGRAMS	3
or HEW 488	INTERNSHIP	
NFS 102	INTRODUCTORY NUTRITION	3
<i>Electives (12 credit hours)</i>		
Select from the following:		12
HEW 304	EXERCISE PHYSIOLOGY I	
HEW 306	EXERCISE PHYSIOLOGY II	
HEW 308	WOMEN'S HEALTH ISSUES	
HEW 310	HEALTH STANDARDS AND EMERGENCY CARE	
HEW 320	PSYCHOACTIVE DRUGS AND HEALTH (*)	
HEW 322	PRINCIPLES OF HEALTH PROMOTION SCIENCES (*)	
HEW 326	INTRODUCTION TO HEALTH DATA VISUALIZATION AND ANALYTICS	
HEW 345	WELLNESS, FITNESS, AND AGING	
HEW 350	EPIDEMIOLOGY (*)	
HEW 412	COMMUNITY HEALTH PROMOTION PROGRAMS (*)	
HEW 425	ALCOHOL PROBLEMS (*)	
HEW 426	APPLIED DATA ANALYSIS FOR HEALTH PROMOTION SCIENCES	
HEW 488	INTERNSHIP (*)	
MAT 311	INTRODUCTORY PROBABILITY AND STATISTICS	
PSY 355	LIFESPAN DEVELOPMENTAL PSYCHOLOGY	

PSY 376	HEALTH PSYCHOLOGY	
SOC 100	INTRODUCTION TO SOCIOLOGY	
All College Electives		
39-45 credit hours		36-45
Total Credit Hours		120