

BACHELOR OF SCIENCE IN HEALTH AND WELLNESS (BSHW)

(Please see the *Undergraduate Program Offerings by Campus* chart in the catalog or on the Herzing Website at www.herzing.edu/career-programs/downloads for a list of Herzing campuses offering this program.)

PROGRAM DESCRIPTION

The Bachelor of Science in Health and Wellness program is designed to help students to create, design, implement, and maintain health and wellness programs in the workplace. This degree provides the relevant curriculum and broad perspective to prepare students for careers in this rewarding field. Students will follow an education path that will allow them to gain the skills necessary to coach and mentor individuals, groups, and companies to make life changes and lead healthier lives.

PROGRAM OUTCOMES

Upon completion of their program, the student should be able to:

1. Critique theories and principles of health and wellness by evaluating the literature and research in wellness, prevention, and complementary healthcare.
2. Demonstrate the knowledge and ability to educate individuals and communities about health and wellness through application of appropriate methodologies to assess the health and wellness needs of individuals and groups.
3. Demonstrate ability to design, create, and implement a health and wellness program for an individual, group, or company using critical and creative thinking and ethical and socially responsible problem-solving skills.
4. Demonstrate administrative, ethical, and professional skills for leadership positions in the health and wellness field.
5. Critique determinants and measurements of health and disease in epidemiology, public health, and promotion of health and disease prevention as related to current health policy, benefits management, and a variety health disciplines.
6. Distinguish the health services organizations and delivery structures, functions, and professionals in health and wellness programming.
7. Compare unique characteristics of law and ethics in health and wellness services, including the role of technology in relation to health and wellness.
8. Think critically at a conceptual level and by using mathematical analysis as well as the scientific method, write and speak effectively, use basic computer applications, and understand human behavior in the context of the greater society in a culturally diverse world.

POTENTIAL OCCUPATIONAL TITLES

Potential occupational titles for this program include, but are not limited to, medical and health services manager.

PROGRAM CONTENT

A minimum of 125.00 semester credit hours is required for graduation.

REQUIRED CORE COURSES IN HEALTH AND WELLNESS

All courses, 63.00 semester credit hours, are required.

Course Number	Course Name	Prerequisites/Corequisites	Semester Credit Hours
AC 107	Accounting I	IS 102	3.00
BU 106	Introduction to Management	None	3.00
FT 201	Nutrition	None	4.00
HC 115	Medical Terminology for Healthcare Professionals	None	2.00
HC 301	Epidemiology and Applied Healthcare Statistics	MA 320	3.00
HC 305	Healthcare Human Resource Management	None	2.00
HC 306	Healthcare Finance	AC 107, BU 106, and MA 320	3.00

Course Number	Course Name	Prerequisites/Corequisites	Semester Credit Hours
HC 310	Medical Law and Ethics	None	3.00
HC 311	Management of Patient Records	HC 310	1.00
HW 300	Human Health and Lifestyle	None	3.00
HW 310	Corporate Wellness and Wellness Technologies	None	3.00
HW 320	The Wellness Profession	FT 201	3.00
HW 330	Introduction to Stress and Addictions	HW 300 and PS 101	3.00
HW 340	Health and Wellness Marketing	EN 116, HW 300, and PS 101	3.00
HW 350	Complementary Alternative Medicine	HW 300 and HW 310	3.00
HW 400	Applied Anatomy and Fitness	HW 300 and Anatomy and Physiology With Lab	3.00
HW 410	Health Literacy	HW 300 and HW 320	3.00
HW 415	Advanced Health and Human Lifestyle	HW 300	3.00
HW 420	Health Demographics	HW 300 and HW 340	3.00
HW 440	Leadership and Change Management in Health	BU 106	3.00
HW 450	Corporate Wellness Coaching	HW 300, HW 310, and PS 101	3.00
HW 460	Case Studies in Employee Health and Well-Being	Final semester	3.00

TRANSFER CREDITS FROM ASSOCIATE'S DEGREE IN HEALTHCARE AND HEALTHCARE ELECTIVES

A minimum of 20.00 semester credit hours is required from a combination of healthcare electives and credits transferred from the core (non-general education) courses of a healthcare-related associate degree.

◆ Transfer Credits in Healthcare ▲

All of the core courses (non-general education courses) may be transferred from a healthcare-related program to satisfy this requirement. Applicable disciplines include, but are not limited to, chiropractic technician, medical office administration, nursing, physical therapy assisting, personal fitness training and therapeutic massage. *Note: General education transfer credits are applied under general education.*

◆ Healthcare Elective Courses

Students not transferring 20.00 semester credits hours in healthcare core courses may make up the difference with healthcare electives.

REQUIRED CAPSTONE PROJECT

A minimum of 3.00 semester credit hours is required.

Course Number	Course Name	Prerequisites/Corequisites	Semester Credit Hours
HW 495	Health and Wellness Capstone Project	Final term	3.00

REQUIRED COURSES IN GENERAL EDUCATION

Students enrolled in this bachelor's degree must complete a minimum of 37.00 semester credit hours in general education distributed among the following disciplines. A minimum of 9.00 semester credit hours must be upper level (300- to 400-level courses). Refer to the General Education section of the catalog for Herzing University courses that would satisfy these requirements. *

4.00 Semester Credit Hours in Anatomy and Physiology With Lab

4.00 Semester Credit Hours in Computer Applications ◆

3.00 Semester Credit Hours in Cultural Diversity

6.00 Semester Credit Hours in English Composition or Literature

- 3.00 Semester Credit Hours in General Education Electives ♦
- 3.00 Semester Credit Hours in Humanities With a Critical Thinking Focus ** ♦
- 1.00 Semester Credit Hour in Information Literacy
- 7.00 Semester Credit Hours in Mathematics ►
- 3.00 Semester Credit Hours in Social or Behavioral Science ▲
- 3.00 Semester Credit Hours in Speech

- * Transfer students may transfer courses that are within 1.00 semester credit hour of the courses listed above to meet these discipline requirements. Any resulting deficiency in the total of 37.00 semester credit hours required in general education may be made up with general education electives from any of the listed disciplines.
- ♦ The state of Minnesota requires a minimum of 30.00 semester credit hours of general education for bachelor's degrees, not counting computer applications. However, all Herzing University students in this program must complete a minimum of 37.00 semester credit hours in general education, including computer applications, to complete the requirement for graduation from this bachelor's degree program. Minnesota students must complete at least 4.00 semester credit hours of general education in the humanities.
- ** Students must take HU 225 Fundamentals of Healthcare Law and Ethics to fulfill this requirement.
- Students must take MA 107 College Algebra and MA 320 Statistics to fulfill this course.
- ▲ Students must take PS 101 Psychology to fulfill this requirement.

PERSONAL AND PROFESSIONAL DEVELOPMENT COURSES

A minimum of 2.00 semester credit hours is required.

Course Number	Course Name	Prerequisites/Corequisites	Semester Credit Hours
PD 121	Professional Development I	None	1.00
PD 202	Professional Development II	None	1.00