Health & Wellness BA

2016-2017 Academic Year

School of Continuing Studies

125 Gibson Hall
Phone: (504) 865-5555
Email: askscs@tulane.edu
Web: www.scs.tulane.edu
GENERAL REQUIREMENTS FOR STUDENTS MATRICULATING IN ACADEMIC YEAR: 2016-2017

DEGREE: BACHELOR OF ARTS
MAJOR: HEALTH & WELLNESS

MINIMUM CUMULATIVE GRADE POINT AVERAGE: 2.0
MINIMUM MAJOR GRADE POINT AVERAGE: 2.0

TOTAL CREDITS: 120

**Core Curriculum Requirements**

<table>
<thead>
<tr>
<th>Area</th>
<th>Credits</th>
<th>To Be Selected From</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Year Writing</td>
<td>4</td>
<td>ENGL 1010 or Equivalent</td>
</tr>
<tr>
<td>TIDES</td>
<td>1-1.5</td>
<td></td>
</tr>
<tr>
<td>Foreign Language – Competence at 2030-Level (1-4 courses depending on placement and language)</td>
<td>3-12</td>
<td>Arabic, Chinese, French, German, Greek, Hebrew, Italian, Japanese, Latin, Portuguese, Russian, or Spanish</td>
</tr>
<tr>
<td>Cultural Knowledge – Humanities/ Fine Arts</td>
<td>9</td>
<td>Courses from departments designated Humanities and Fine Arts</td>
</tr>
<tr>
<td>Cultural Knowledge – Social Science</td>
<td>9</td>
<td>Courses from departments designated Social Science</td>
</tr>
<tr>
<td>Quantitative Reasoning</td>
<td>3-4</td>
<td>Math or PHIL 1210</td>
</tr>
<tr>
<td>Scientific Inquiry – 1 Lab Science</td>
<td>10-12</td>
<td>Courses from departments designated Science and Math</td>
</tr>
<tr>
<td>Writing Intensive</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Public Service – 1st Tier</td>
<td>1</td>
<td>Refer to Undergraduate Core Curriculum Guide</td>
</tr>
<tr>
<td>Western Traditions</td>
<td>3</td>
<td>Refer to Undergraduate Core Curriculum Guide</td>
</tr>
<tr>
<td>Outside Western Traditions Or Comparative Cultures Intl. Perspectives</td>
<td>3</td>
<td>Refer to Undergraduate Core Curriculum Guide</td>
</tr>
</tbody>
</table>

**Major Requirements**

<table>
<thead>
<tr>
<th>Required Courses – 15 credits</th>
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</thead>
<tbody>
<tr>
<td>HLWL 1800 – Wellness in Contemporary American Society</td>
</tr>
<tr>
<td>HLWL 2010 – Social Aspects of Health</td>
</tr>
<tr>
<td>HLWL 2220 – Mind and Body Health</td>
</tr>
<tr>
<td>HLWL 2230 – Stress Management</td>
</tr>
<tr>
<td>HLWL 3200 – The Human Body</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Select five courses from the following – 15 credits</th>
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</thead>
<tbody>
<tr>
<td>HLWL 2330 – Nutrition and Behavior</td>
</tr>
<tr>
<td>HLWL 3110 – Exercise and Sport Psychology</td>
</tr>
<tr>
<td>HLWL 3220 – Global Health</td>
</tr>
<tr>
<td>HLWL 3250 – Issues in Women’s and Men’s Health</td>
</tr>
<tr>
<td>HLWL 3330 – Exercise, Nutrition, and Aging</td>
</tr>
<tr>
<td>HLWL 3500 – Cultural Differences in Healing</td>
</tr>
<tr>
<td>HLWL 3600 – Economics of Health and Wellness</td>
</tr>
<tr>
<td>HLWL 3650 – Childhood Obesity</td>
</tr>
<tr>
<td>HLWL 4010 – Catastrophic Illnesses and Injuries</td>
</tr>
<tr>
<td>HLWL 4050 – Mass Media and Health</td>
</tr>
<tr>
<td>HLWL 4200 – Mental Health</td>
</tr>
<tr>
<td>HLWL 4600 – Wellness Coaching: Overcoming Resistance to Change</td>
</tr>
<tr>
<td>HWS 4650 – Grant Writing</td>
</tr>
<tr>
<td>HMLS 3150/6160 Health and Medical Issues in Emergency Management</td>
</tr>
<tr>
<td>HLWL 5001 – Internship</td>
</tr>
</tbody>
</table>

**CRDV 1090 – Majors, Internships and Jobs – (1 credit)**

CRDV 1090 is not a required course. It is an option for students who are interested in career development.

**Description:** Through this course students develop the necessary tools, skills, and resources to become career ready, learning what it takes to be an excellent candidate in today’s competitive job market. While taking CRDV 1090 students will create and refine professional documents, explore careers, conduct job/internship searches, develop networking and interviewing skills, and learn to utilize professional social media in order to network more effectively. Students will learn about the job/internship search process and know how to actively use this information in the real world. Students will have the unique opportunity to take personality and strength assessments in order to learn about their talents, interests, and preferred work environments. Students participate in a Mock Interview event with professionals from New Orleans.

**Students enrolled in Newcomb-Tulane College cannot earn a minor in Health and Wellness.**
**GENERAL INFORMATION**

- A degree in Health and Wellness provides students with the opportunity to live healthier and better and to help others gain the same opportunities.
- The growing emphasis on disease prevention and health promotion has increased the need for public and community health professionals in leadership positions who are trained in the principles of health and wellness, especially in regard to program planning, implementation and evaluation.
- Participate in an internship to help you develop knowledge and skills in your areas of interest.
- Research certification options in your areas of interest. Begin the necessary steps to earn these certifications.
- Take advantage of opportunities to exhibit your leadership skills in the classroom or as a member of a student organization.

**SKILLS**

- High proficiency in written/oral communications
- Interpersonal skills
- Public speaking skills
- Creative problem-solving
- Ability to motivate others
- Excellent teamwork and collaboration skills
- Leadership and professionalism
- Data collection, analysis and reporting skills
- Sensitivity to basic human needs
- Analysis of concepts, definitions, arguments and complex problems

**CAREER AREAS**

**FITNESS**
- Exercise Specialist
- Personal Trainer
- Exercise Physiologist
- Fitness Specialist
- Fitness Manager
- Group Exercise Facilitator

**COMMUNITY HEALTH**
- Wellness Center Manager
- Health Educator
- Health Club Manager
- Community Health Program Director
- Wellness Promotion Director
- Nutritionist
- Occupational Therapist

**CORPORATE AND GOVERNMENT**
- Pharmaceutical Sales Representative
- Spa Director
- Health Promotion Director
- Wellness Program Administrator
- Recreation Coordinator

**EMPLOYERS**

- Community gym
- Corporations
- Universities and colleges
- Non-profit organizations
- Fitness clubs/spas
- Long-term care facilities
- Government (local, state, federal)
- Hotels & resorts
- Large corporations

If you think you might be interested in this major, but you are not absolutely sure, an exploratory advisor can help you explore major and career options, please go to: `Explore.Tulane.edu`

If you are interested in information about Law Professions, please go to: `LawProfessions.Tulane.edu`

If you are interested in information about Health Professions, please go to: `HealthProfessions.Tulane.edu`
**What Can I Do with a Major in…**
**Health Wellness BA**

**EDUCATION**
- Health Education
- Corporate Wellness
- Community Health Education

**PROFESSIONAL ORGANIZATIONS**
American Association for Health Education
www.aahperd.org/AAHE

American College Health Association
www.acha.org

American School Health Association
www.ashaweb.org

American Public Health Association
www.apha.org

Center for the Advancement of Health
www.cfah.org

Society for Public Health Education
www.sophe.org

**RELATED WEBSITES & ASSOCIATIONS**
Health Promotion Career Network
www.hpcareer.net

Health Promotion Jobs
www.healthpromotionjobs.com

The American Journal of Health Promotion
www.healthpromotionjournal.com

The National Commission for Health Education Credentialing
www.nchec.org

National Institutes of Health
www.nih.gov

**EDUCATION**
- Public schools
- Universities and colleges
- Community centers
- Hospitals

**Tulane University is committed to your academic success and provide several services to assist.**

*For Jobs, internships, resume assistance, interviews, and self-assessments, please go to:*

[Visit Hire Tulane Grads](https://hire.tulane.edu)

[Visit Success Tulane](https://success.tulane.edu)

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[Success Tulane](https://success.tulane.edu)

[advising. TULANE.edu](https://advising.tulane.edu)