

# Health & Wellness

# BA

2017-2018  
Academic Year



## School of Professional Advancement

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<https://sopa.tulane.edu>

GENERAL REQUIREMENTS FOR STUDENTS MATRICULATING IN ACADEMIC YEAR: 2017-2018

DEGREE: **BACHELOR OF ARTS**

TOTAL CREDITS: 120

MAJOR: **HEALTH & WELLNESS**

MINIMUM CUMULATIVE GRADE POINT AVERAGE: 2.0

MINIMUM MAJOR GRADE POINT AVERAGE: 2.0

| CORE CURRICULUM REQUIREMENTS  |                |   | MAJOR REQUIREMENTS  | 30 CREDITS |
|---|----------------|---|---|------------|
| <b>Area</b>   | <b>Credits</b> | <b>To Be Selected From</b>  | <b>Required Courses</b> – 15 credits  |            |
| First Year Writing  | 4              | ENGL 1010 or Equivalent   | HLWL 1800 – Wellness in Contemporary American Society   |            |
| TIDES –<br>1 course in fall semester  | 1-1.5          |   | HLWL 2010 – Social Aspects of Health  |            |
| Foreign Language –<br>Competence at 2030-Level<br>(1-4 courses depending on<br>placement and language)    | 3-12           | Arabic, Chinese, French, German,<br>Greek, Hebrew, Italian, Japanese,<br>Latin, Portuguese, Russian, or Spanish | HLWL 2220 – Mind and Body Health  |            |
| Cultural Knowledge –<br>Humanities/ Fine Arts<br>1 Humanities<br>1 Fine Arts<br>1 Humanities or Fine Arts | 9              | Courses from departments<br>designated Humanities<br>and Fine Arts  | HLWL 2230 – Stress Management   |            |
| Cultural Knowledge –<br>Social Science<br>3 courses from 2 different<br>disciplines                       | 9              | Courses from departments<br>designated Social<br>Science  | <u>HLWL 3200 – The Human Body</u>   |            |
| Quantitative Reasoning  | 3-4            | Math or PHIL 1210   | <b>Select five courses from the following</b> – 15 credits  |            |
| Scientific Inquiry –<br>1 Lab Science<br>1 Science or Math<br>1 Science or Math                           | 10-12          | Courses from departments<br>designated Science and Math   | HLWL 2330 – Nutrition and Behavior  |            |
| Writing Intensive   | 4              |   | HLWL 3110 – Exercise and Sport Psychology   |            |
| Public Service –<br>1 <sup>st</sup> Tier<br>2 <sup>nd</sup> Tier  |                | 1000-3000-Level<br>3000-Level or Above  | HLWL 3220 – Global Health   |            |
| Western Traditions  | 3              | Refer to Undergraduate<br>Core Curriculum Guide   | HLWL 3250 – Issues in Women’s and Men’s Health  |            |
| Outside Western Traditions<br>Or Comparative Cultures<br>Intl. Perspectives                               | 3              | Refer to Undergraduate<br>Core Curriculum Guide   | HLWL 3330 – Exercise, Nutrition, and Aging  |            |
| <p><b>Students enrolled in Newcomb-Tulane College cannot earn a minor in Health and Wellness.</b></p>     |                |   | HLWL 3500 – Cultural Differences in Healing   |            |
|   |                |   | HLWL 3600 – Economics of Health and Wellness  |            |
|   |                |   | HLWL 3650 – Childhood Obesity   |            |
|   |                |   | HLWL 4010 – Catastrophic Illnesses and Injuries   |            |
|   |                |   | HLWL 4050 – Mass Media and Health   |            |
|   |                |   | HLWL 4200 – Mental Health   |            |
|   |                |   | HLWL 4600 – Wellness Coaching: Overcoming Resistance to Change  |            |
|   |                |   | HWLS 4650 – Grant Writing   |            |
|   |                |   | HMLS 3150/6160 Health and Medical Issues in Emergency Management  |            |
|   |                |   | HLWL 5001 – Internship  |            |
|   |                |   | <b>NDA</b>  |            |
|   |                |   | <b>CRDV 1090 – Majors, Internships and Jobs – (1 credit)</b>  |            |
|   |                |   | CRDV 1090 is not a required course. It is an option for students who are interested in career development.  |            |
|   |                |   | <b>Description:</b> 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. |            |

- The Degree Plan and other information provided in this booklet serve only as advising tools. Newcomb-Tulane College advisors will help advise you on the core-curriculum, decide on a major, and consult on any academic success issues.
- Your major advisor (Lanie Dornier [ldornier@tulane.edu](mailto:ldornier@tulane.edu)) will advise you on major requirements.
- Students with multiple majors will have more than one advisor and will need to consult with the appropriate advisor.
- Minors are not assigned an advisor, but a faculty member in the department is designated to advise minors.
- Become familiar with your major! By declaring early, you have access to a major advisor, are able to enroll in “majors only” classes, and are included in list serves that allow you to receive information about events, internships, and other opportunities.
- Pre-med and Pre-law students should also consult with one of the Pre-Professional advisors.

# What Can I Do with a Major in...

## Health Wellness BA

### 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

### EMPLOYERS

- Community gym
- Corporations
- Universities and colleges

#### COMMUNITY HEALTH

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

- Non-profit organizations
- Fitness clubs/spas
- Long-term care facilities

#### CORPORATE AND GOVERNMENT

- Pharmaceutical Sales Representative
- Spa Director
- Health Promotion Director
- Wellness Program Administrator
- Recreation Coordinator

- 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:*



*If you are interested in information about Law Professions, please go to:*



*If you are interested in information about Health Professions, please go to:*



# What Can I Do with a Major in...

## Health Wellness BA

### EDUCATION

- Health Education
- Corporate Wellness
- Community Health Education
- Public schools
- Universities and colleges
- Community centers
- Hospitals

### PROFESSIONAL ORGANIZATIONS

American Association for Health Education  
[www.aahperd.org/AAHE](http://www.aahperd.org/AAHE)

American College Health Association  
[www.acha.org](http://www.acha.org)

American School Health Association  
[www.ashaweb.org](http://www.ashaweb.org)

American Public Health Association  
[www.apha.org](http://www.apha.org)

Center for the Advancement of Health  
[www.cfah.org](http://www.cfah.org)

Society for Public Health Education  
[www.sophe.org](http://www.sophe.org)

### RELATED WEBSITES & ASSOCIATIONS

Health Promotion Career Network  
[www.hpcareer.net](http://www.hpcareer.net)

Health Promotion Jobs  
[www.healthpromotionjobs.com](http://www.healthpromotionjobs.com)

The American Journal of Health Promotion  
[www.healthpromotionjournal.com](http://www.healthpromotionjournal.com)

The National Commission for Health Education Credentialing  
[www.nchec.org](http://www.nchec.org)

National Institutes of Health  
[www.nih.gov](http://www.nih.gov)

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



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