



WELLNESS AND HEALTH PROMOTION



University of Findlay

Program Overview

A wellness and health promotion major consists of an interdisciplinary program of study in which students will implement health assessments and wellness programs during internships. The degree aims to promote scholarly inquiry and cultivate professionals who can assist others in developing self-responsibility for their own health and wellness through healthy, active lifestyles. Completion of this degree prepares students for employment in corporate, clinical, or community wellness settings. It also prepares students for the pursuit of graduate studies, such as Occupational Therapy.

Promoting a Healthier Lifestyle

There is a growing need for health professionals who can provide health and wellness information, as well as exercise instruction, to promote a healthier lifestyle. Additionally, there is a need for trained wellness and health professionals to

accommodate the growing number of both adults and children participating in sports, exercise programs, and therapeutic rehabilitation.

Education on wellness and health promotion is essential to teach employees in the workplace and community members about the relationship between physical activity and proper nutrition, encouraging overall health and wellness. Wellness and health program supervision are necessary to ensure that injuries do not occur, exercise programs are introduced safely, and proper nutritional guidelines are followed.

Caring Faculty

Students will have the opportunity to develop close working relationships with the faculty, not just as professors or lecturers, but also as caring professionals who can help prepare students for a career. Smaller classes help to strengthen the student-teacher relationship.

WHY WHP?

Completion of this degree prepares students for employment in corporate, clinical, or community wellness settings. It also prepares students for the pursuit of graduate studies, such as occupational therapy.

12:1*
campus-wide
student-to-faculty
ratio ensures
individual
attention

65+
student
organizations
to become
involved with
campuswide

3+3
Pathway to
OT program
for eligible
students



"I was ready for grad school."

"I learned that this degree could be used to prepare undergraduate students for the graduate-level occupational therapy program. So far in graduate school, I have felt very prepared, and the professors who guided my undergrad experience ensured that I was ready for grad school."

– Riley Samples

SOME BENEFITS OF WELLNESS AND EXERCISE PROGRAMS

- Protection of a company's greatest asset – the employee
- Healthier, more productive working environment
- Lower stress levels
- Lower turnover / higher employee retention rates
- Higher self-esteem and greater team-building mentality
- Increased energy
- A more optimistic outlook, having a positive attitude

ACCREDITATION STATEMENT

UF is authorized by the Ohio Department of Higher Education to offer Cert., A.A., B.A., B.S., B.S.B.M., B.S.N., M.A., M.S., M.O.T., M.B.A., M.P.A., Pharm.D., D.P.T., Ed.D., Ed.D. in School Psychology, and O.T.D. programs. The University of Findlay courses and programs are accredited by The Higher Learning Commission, 230 South LaSalle St., Suite 7-500, Chicago, IL 60604, telephone: 1-800-621-7440, inquiry@hlcommission.org, web site: hlcommission.org.

SAMPLE CURRICULUM

This course schedule is dependent upon placement in the college level English 106, and Math 130/132. Placement into English 104, and Math 110 may necessitate additional terms of coursework (*). **Students entering UF with College Credit Plus (CCP) credits will receive one-on-one advising to determine transferrable credits eligible toward the degree program of their choice which may not be reflected in this sample curriculum example.

Year 1

Fall Semester

PSYC 100	General Psychology (C3) (M)	3 hrs
MATH 132	(C2)	
	*Prereq for MATH 221.	3 hrs
ANHS 100	Wellness: Strategies for Life (M) (U2)	3 hrs
ANHS 150	Intro to Health Professions (U2) (M)	1 hr
ENGL 106	College Writing II	3 hrs
Elective / minor (m) / CORE+		3 hrs

Spring Semester

ADDC 100	Alcohol and Other Drugs (M)	3 hrs
MATH 123	Stats or MATH 221 Int Stats (C2)	
	*MATH 132 (prereq)	4 hrs
Elective / minor (m) / CORE+		3 hrs
ENGL 208	Creative Writing (E2)**	3 hrs
BIOL 100	An Integrated Approach to Science (R2)**	3 hrs

Year 2

Fall Semester

BIOL 222	Anatomy & Physiology for Health Professions I & Lab (M)	4 hrs
BLMC 220	Intro to Culture: Bridging Differences (R1) **	3 hrs
ENGL 282	Intro to Writing for the Sciences (O2) **	3 hrs
CSCI 190	Digital Literacy for the Sciences (O3) **	3 hrs
SCON 101	Intro to Exercise Technique (M)	1 hr

Spring Semester

BIOL 223	Anatomy & Physiology for Health Professions II & Lab (M)	4 hrs
Elective / minor (m) / CORE+		3 hrs
Elective / minor (m) / CORE+		4 hrs
COMM 110	Principals of Speech (O1) **	3 hrs
ANHS 325	Research Methods in HHP (M)	3 hrs

Year 3

Fall Semester

ANHS 241	Structural Anatomy (M)	3 hrs
ANHS 308	Physiology of Exercise (M)	3 hrs
ANHS 210	Human Nutrition (M) (m)	3 hrs
PHIL 100	Introduction to Philosophy (E1) **	3 hrs
Elective / minor (m) / CORE+		3 hrs

Spring Semester

ANHS 336	Biomechanics (M)	3 hrs
ANHS 205	First Aid and Care of Athletic Injuries (M)	2 hrs
PHIL 221	Health Care Ethics (E3) (m) OR	
GERN 241	Psychology of Aging (E3) (m)	3 hrs
ANHS 220	Medical Terminology (M)	3 hrs
Elective / minor (m) / CORE+		3 hrs
Elective / minor (m) / CORE+		3 hrs

Year 4

Fall Semester

ANHS 485	Experiential Learning in HHP (M) (U1)	3 hrs
Elective (300/400 level)		3 hrs
Elective (300/400 level)		3 hrs
Elective (300/400 level)		3 hrs
Elective / minor (m) / CORE+		3 hrs

** Recommended

* OTD Program Prerequisite

Spring Semester

ANHS 410	Educational Strategies in Health Professions (M)	3 hrs
ANHS 307	Adapted Physical Education (M)	3 hrs
ANHS 215	Community & School Health Ed (R3) (M)	3 hrs
Elective (300/400 level)		3 hrs
Elective / minor (m) / CORE+		3 hrs

Program Total Credits: 125 hrs

This program is available for  Choose Ohio First

Disclaimer: The plan outlined above is a suggested course sequence. It may be adjusted based on prior college credit or transfer coursework earned before enrollment.



OFFICE OF ADMISSIONS
419-434-4732 | 1-800-548-0932 | admissions@findlay.edu



APPLY