

CONCORD UNIVERSITY
BS DEGREE IN INTERDISCIPLINARY STUDIES APPLICATION – WELLNESS

NAME _____ STUDENT ID# _____

ADDRESS _____ DATE: _____

EMAIL _____ HOURS COMPLETED _____

DEGREE SOUGHT B.S. in Interdisciplinary Studies GRADE POINT AVERAGE _____

AREAS OF CONCENTRATION: _____

DESCRIPTION: The Bachelor of Science in Interdisciplinary Studies – Wellness requires the successful completion of 120 semester hours including: (1) the General Education Program; (2) IDS Core listed below; and 3) at least two options listed below or develop a different area of study detailed under the heading of BA/BS Interdisciplinary Studies. Application is required before the completion of 80 hours.

IDS Core:

HED	120	Personal Health	3	
HED	200	Foundations of Health Education	2	
EXSS	201	Functional Anatomy	3	
EXSS	202	Foundations of Sport	3	
PED	101M	Personal Wellness	2	
PED	117	Team Sports	3	
PED	118	Individual Sports and Physical Activities	3	
PED	239	Physical Education Pedagogy	3	
PED	320	Special Topics: Coaching Education	3	
HS	101	Introduction to Health Science	3	
HS	201	Emergency Care	1	

Electives Hours: An additional 27-28 hours of elective credits will be needed

Student must choose areas of emphasis from the following options:

Option 1: Physical Activity Promotion and Sport Studies (Select at least 12 hours from below)

PED	307	Teaching of Sport Skills and Fitness Activities	3	
PED	402	Curriculum and Instruction for Elementary Physical Education	3	
PED	403	Curriculum and Instruction for Middle and Adolescent Physical Education	3	
EXSS	314	Exercise Physiology	3	
EXSS	315	Kinesiology and Biomechanics	3	
EXSS	329	Motor Learning and Development	2	
EXSS	410	Strength and Conditioning	3	
SPT	300	Sport and Public Policy	3	
SPT	325	Sport Fundraising	3	
SPT	425	Sport Facilities & Operations Management	3	

Option 2: **Health Promotion** (Select at least 12 hours from below)

HED	303	Principles of Mental and Emotional Health	2	
HED	304	Principles of Nutrition and Weight Management	2	
HED	305	Human Disease and Prevention	2	
HED	306	Principles of Human Sexuality	3	
HED	330	Health Education Seminar	1-3	
HED	400	Methods and Materials in Health Education	3	
HED	415	Community Health and Health Promotion	2	
HS	301	Public Health Epidemiology	3	
HS	401	Research in Health Sciences I	2	
HS	402	Research in Health Sciences II	2	

Option 3: **Other Discipline** (at least 12 credit hours of 300 or 400 level courses from discipline chosen)

			3	
			3	
			3	
			3	

Note:

Completion of this degree program requires a minimum of 120 semester hours. Students are encouraged to take electives that meet their career or professional goals. Required GPA: Overall 2.0 with a minimum of 2.5 in each of the two options chosen.

Advisor: _____

Department Chairs:

Provost: _____

All persons signing the application form must approve any changes made in the program.

Elective Hours (Must have 27-28 hours)
