

# CONCORD UNIVERSITY

## BS DEGREE IN INTERDISCIPLINARY STUDIES – WELLNESS APPLICATION

Name:

Date:

Student ID#:

Email:

Address:

Hours Completed:

Degree Sought:

Grade Point Average (GPA):

Area(s) 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:

Prefix	Code/Number	Course Name	Hours	Completed
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)

Prefix	Code/Number	Course Name	Hours	Completed
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)

Prefix	Code/Number	Course Name	Hours	Completed
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)

Prefix	Code/Number	Course Name	Hours	Completed
			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)

Prefix	Code/Number	Course Name	Hours	Completed