



## MISSOURI SOUTHERN STATE UNIVERSITY

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### Bachelor of Science in Health Promotion and Wellness

<i>Courses</i>	<i>Semester Hours</i>
<b><u>Core Requirements</u></b>	<b>50</b>
Bio 201 Human Anatomy	4
GB 320 Business Communication	3
MM 300 Principles of Marketing	3
MM 350 Principles of Management	3
MM 352 Human Resource Management	3
MM 441 Organizational Behavior	3
Comp 105 Introduction to Microcomputer Use	3
Psy 221 Psychology of Personal Adjustment	3
<b>Select one of the following:</b>	
Psy 343 Human Sexuality	3
Psy 282 Applied Behaviorism	3
Soc 221 Marriage & Family	3
Soc 322 Sociology of Work & Leisure	3
Soc 354 Sociology of Health & Illness	3
Kine 113 Wellness for the Health Professional	2
Kine 114 Fitness Programming and Assessment	2
Kine 220 First Aid and Sport Safety	2
Kine 251 Lifetime Activities I	3
Kine 255 Theory and Technique of Dance and Exercise	2
Kine 292 Fitness and Weight Training	1
Kine 295 Orientation to Health Promotion and Wellness	1
Kine 305 Aging and Health	2
Kine 340 Motor Learning	2
Kine 342 Biomechanical Analysis of Movement	3
Kine 345 Tests and Measurements in Physical Education	2
Kine 352 Administration in Health Promotion	3
Kine 375 Adapted Physical Education	2
Kine 385 Nutrition for Human Development	3
Kine 395 Practicum in Wellness	2
Kine 431 Physiology of Exercise	2



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Kine 432	Physiology of Exercise Laboratory	2
Kine 495	Internship in Wellness	6
	Electives	2-3
		<b>TOTAL = 125</b>

**NOTE:** Students in the Health Promotion and Wellness Program must take Math 140, Algebra/Trigonometry and Econ 202 Principles of Economics (Micro) for the Core Curriculum requirements. A minimum of 124 hours are required for graduation. Students in this program should consider the following courses as electives: Bio 380, Bio 431, Chem 101, Chem 300, Chem 351, Kine 160, Kine 451, Soc 291, and Soc 354.