



**WESTERN CONNECTICUT STATE UNIVERSITY  
B.S. HEALTH PROMOTION STUDIES  
OPTION IN WELLNESS MANAGEMENT**

**Suggested courses to satisfy Writing Intensive requirement (need one):**

SW 270W Writing for the Human Service and Health Care Professions  
ENG 245 Technical Writing  
ENG 270 Basic News Writing  
ENG 271 Human Interest  
ENG 339 Creative Writing

*\*\*Students must average 16 credits a semester to graduate in four years\*\**

**WELLNESS MANAGEMENT OPTION COURSE SEQUENCING**

Freshman Year

Fall Semester	Spring Semester
PSY 100	HPX 100
HIS 101	CHE 102
PHI 111	HPX 177
SOC 100	ENG (WI)
COM 162	Gen Ed Elective

Sophomore Year

Fall Semester	Spring Semester
HPX 200 (fall only)	HPX 205 (spring only)
PSY 260 (fall only)	HPX 207 (concurrent w/205)
BIO 105	HPX 254
MAT 115 or 120	HPX 270 (spring only)
SW 220	HPX 281
	BIO 106

Junior Year

Fall Semester	Spring Semester
HPX 371 (fall only)	HPX 470 (spring only)
HPX 370 (fall only)	PSY 218
MKT 301	HPX 160 *(recommended for internship)
Gen Ed Elective (2)	HPX 380
Free Elective	Free Elective

Senior Year

Fall Semester	Spring Semester
HPX 490 (fall only)	Free Electives
HPX 491 (fall only)	

HPX Wellness Management Electives:

HPX 160 First Aid and Safety  
HPX 202 Epidemiology of Disease (fall only)  
HPX 230 Drug Studies (fall only)  
HPX 352 Mental Health (spring only)  
HPX 353 Environment and Global Health (spring only)