

# HEALTH AND WELLNESS, B.A.

A Bachelor of Arts in Health & Wellness at Tulane School of Professional Advancement offers prospective students the first step toward a fulfilling career in health and fitness. Our health and wellness bachelor's degree program focuses on nutrition, personal fitness, health evaluation, risk behaviors, and healthy behavior changes.

The Bachelor of Arts in Health & Wellness degree is awarded following the successful completion of 120 credits, including 30 credits in the major. Upon successful completion of required prerequisite courses, students have the option of completing an internship in a healthcare setting.

## Requirements

Course ID	Title	Credits
<b>Major Core Courses</b>		<b>15</b>
KINE 1500	Intro to Kinesiology	
KINE 1800	Wellness in Contemporary Am	
KINE 2230	Stress Management	
KINE 3110	Exercise & Sport Psychology	
KINE 3200	The Human Body	
<b>Select five courses:</b>		<b>15</b>
KINE 2010	Social Aspects of Health	
KINE 2220	Mind/Body Health	
KINE 2330	Nutrition and Behavior	
KINE 3220	Global Health	
KINE 3250	Gender Based Issues in Health	
KINE 3330	Epidemiology of Aging	
KINE 3500	Cultural Difference in Healing	
KINE 3600	Economics of Health & Wellness	
KINE 3650	Childhood Obesity	
KINE 4010	Catastrophic Illness & Injury	
KINE 4050	Mass Media and Health	
KINE 4200	Mental Health	
KINE 4250	Environmental Health	
KINE 4600	Wellness Coaching: Resist Chng	
KINE 4650	Grant Writing	
HMLS 3150 or ESSC 6001	Health and Medical Issues Introduction to Emergency Management	
KINE 5001	Internship	
<b>Total Credit Hours</b>		<b>30</b>