

# WELLNESS AND HEALTH PROMOTION, Associate in Applied Science Degree - 3610

Health Careers Department

CIP Code: 31.0501

The Wellness and Health Promotion AAS degree program prepares students for a rewarding career helping individuals, employers, communities, healthcare systems, and government agencies realize the power and potential of promoting healthy lifestyles, preventing disease, and supporting wellness for all individuals. This program allows students to select from two tracks: **Workplace Wellness** or **Community Health**. Students in both tracks gain a foundation of the various dimensions of wellness, health promotion, and health coaching. The curriculum provides students with the skills for promoting healthy choices, facilitating behavior change, assessing individuals, groups, and programs, and for designing and evaluating wellness-based programs. Students prepare for employment in the field by participating in a field and capstone experience, completing an electronic portfolio for professional use, and submitting a post-graduation plan. The **Workplace Wellness** track prepares graduates to design and implement wellness programs for both employers and employees using effective communication and program marketing skills. The **Community Health** track prepares graduates to be health advocates within health agencies and healthcare systems, as they connect individuals to available services and resources within their respective communities. Program graduates are prepared for and are highly encouraged to complete the *Health Coach Certification* from the *American Council on Exercise (ACE)* or a similar professional certification. Although this is not specifically designed as a transfer program, opportunities do exist for students to apply for admission to certain on-campus or online Bachelor's Programs once they have completed this degree, or more, along with specific prerequisites. This program may be completed entirely through asynchronous instruction. Also, this program may be completed at the Harrisburg, Lancaster and York campuses through various modalities (e.g., hybrid, synchronous remote instruction and asynchronous instruction) in addition to on-campus/in-person instruction.

## Career Opportunities

The Wellness and Health Promotion Program prepares students to work in this emerging field within the healthcare system, non-profits organizations, corporations, and government agencies as: Health Educators or Advocates, Wellness or Health Coaches, Workplace Wellness Coordinators, Community Health Workers or Specialists, Behavior Modification Specialists, Community Engagement Specialists, Health Promotion Specialists or Coordinators, or Prevention Specialists.

## Competency Profile:

This curriculum is designed to prepare the students to:

- Use current technologies, tools, and applications for academic and career settings
- Critique scientific literature and health-related information
- Assess individuals, programs, populations, or communities for wellness program planning
- Demonstrate health coaching and motivational interviewing skills
- Facilitate behavior change for lifestyle modification
- Design, implement, and evaluate wellness and health promotion programming
- Demonstrate critical thinking, problem-solving, organizational, and prioritization skills
- Connect resources and services to individuals and communities that serve to optimize health and wellness
- Model professional conduct and recognize scope-of-practice
- Pass and receive a national Health Coach or other Health or Wellness related certification upon graduation

## PROGRAM REQUIREMENTS (TOTAL CREDITS = 60)

General Education		Major Requirements		Other Required Courses	
ENGL 101 English Composition I	3	WHP 101 Intro to Wellness & Health Promotion	3	BIOL 111 Introduction to Human Biology	3
ENGL 102 English Composition II (or)	3	WHP 102 Approaches to Weight Management	3	(or)	
ENGL 104 Technical Writing (or)	(3)	WHP 103 Approaches to Stress Management	3	BIOL 121 Anatomy and Physiology	(4)
ENGL 106 Business Writing	(3)	WHP 201 Health Behavior Change & Interventions	3	MGMT 227 Project Management	3
COMM 101 Effective Speaking* (or)	3	WHP 202 Foundations of Health Coaching	3	PSYC 209 Lifespan Development	3
COMM 203 Interpersonal Communication*	(3)	WHP 205 Assessment, Programming & Evaluation	3	Program Specific Electives****	3
Humanities & Arts Core Elective**	3	WHP 206 Wellness & Health Promotion Capstone	3		12
Mathematics or Science Core Elective –	4	***Workplace Wellness Track (or)	6		
MATH 202		***Community Health Track	(6)		
Social & Behavioral Science Core Elective –	3				
PSYC 101					
First-Year Seminar Elective	1				27
Wellness Elective	1				
	21				

\*Students are to select the appropriate Communication course for the track selected. COMM 101 should be selected for students in the Workplace Wellness Track; COMM 203 is to be selected for students in the Community Health Track.

\*\*Students select from the following courses: ART 181, 182; ENGL 206; HUM 101, 115, 201; MUS 104; PHIL 200; FMTH 101; or a foreign language course.

\*\*\*Choose one of the following tracks:

<b>Workplace Wellness Track</b>		<b>Community Health Track</b>	
MKTG 201 Principles of Marketing	3	HUMS 108 Drugs & Alcohol: Use & Abuse	3
WHP 204 Concepts of Workplace Wellness	<u>3</u>	WHP 203 Concepts of Community Health	<u>3</u>
	<b>6</b>		<b>6</b>

\*\*\*\*Choose any three of GERT 100, 101, 102, or 103; or PSYC 229.

**Note:** Students must complete the following courses with a minimum grade of C to graduate: all WHP courses; MATH 202 and BIOL 111 or 121.

### **RECOMMENDED SEQUENCE FOR FULL-TIME STUDENTS**

Part-time students can complete this program by taking one or more courses each semester.

#### **Workplace Wellness Track**

<b>Fall Semester I</b>		<b>Spring Semester I</b>		<b>Fall Semester II</b>		<b>Spring Semester II</b>	
BIOL 111 or 121	3 or 4	ENGL 102 or 104 or 106	3	COMM 101*	3	MGMT 227	3
ENGL 101	3	MATH 202	4	GERT or PSYC 229****	3	MKTG 201	3
FYS Elective	1	WHP 102	3	WHP 201	3	PSYC 209	3
Humanities/Arts Core Elective**	3	WHP 103	3	WHP 202	3	WHP 205	3
PSYC 101	3			WHP 204	3	WHP 206	3
WHP 101	3			Wellness Elective	1		

#### **Community Health Track**

<b>Fall Semester I</b>		<b>Spring Semester I</b>		<b>Fall Semester II</b>		<b>Spring Semester II</b>	
BIOL 111 or 121	3 or 4	ENGL 102 or 104 or 106	3	COMM 203*	3	HUMS 108	3
ENGL 101	3	MATH 202	4	GERT or PSYC 229****	3	MGMT 227	3
FYS Elective	1	WHP 102	3	WHP 201	3	PSYC 209	3
Humanities/Arts Core Elective**	3	WHP 103	3	WHP 202	3	WHP 205	3
PSYC 101	3			WHP 203	3	WHP 206	3
WHP 101	3			Wellness Elective	1		