

Bachelor of Science in Health & Behavioral Science, Concentration in Health & Wellness (120 hours)

This is a recommended course sequence based on the UHD 2023-24 Undergraduate Catalog for a degree in HBS-Health & Wellness, which equips students with knowledge and skills that are key to human wellness, including healthy living, health and wellness education, and the psychosocial components of wellness. Courses with asterisks (*) indicate Common Core courses.

First Year					
Semester 1			Semester 2		
Course	Hours	Grade	Course	Hours	Grade
ENG 1301 *	3		ENG 1302 *	3	
Mathematics* (Math 1301 or STAT 1312)	3		Creative Arts* See UHD catalog for options	3	
Life and Physical Science* (BIOL 1303/1103 or BIOL 1310)	3-4		Life and Physical Science* (BIOL 1304/1104 or BIOL 1312)	3-4	
American History* (Select from HIST 1305, 1306, 1312 or 1314)	3		American History* (Select from HIST 1305, 1306, 1312 or 1314)	3	
Freshman Seminar*	3		Oral Communication* See UHD catalog for options	3	
Total Hours	15-16		Total Hours	15-16	
Second Year					
Semester 1			Semester 2		
Course	Hours	Grade	Course	Hours	Grade
POLS 2305*	3		POLS 2306*	3	
Language, Philosophy and Culture * See UHD catalog for options	3		Social and Behavioral Science* (PSY 1303 or SOC 1303)	3	
HEA 2301 (Summer Option)	3		HEA 3316 (Summer Option)	3	
HEA 2303 (Summer Option)	3		Minor or Free Elective	3	
Minor or Free Elective	3		Minor or Free Elective	3	
Total Hours	15		Total Hours	15	
Third Year					
Semester 1			Semester 2		
Course	Hours	Grade	Course	Hours	Grade
HEA 3310 (Summer Option)	3		HEA 3314 (Summer Option)	3	
HEA 3312 (Summer Option)	3		HEA Ethics (HEA 4303 or PHIL 3330) (Summer Option)	3	
HEA Navigation Prescribed Elective (Summer Option)	3		HEA Navigation Prescribed Elective (Summer Option)	3	
Minor or Free Elective	3		Minor or Free Elective	3	
Minor or Free Elective	3		Minor or Free Elective	3	
Total Hours	15		Total Hours	15	
Fourth Year					
Semester 1			Semester 2		
Course	Hours	Grade	Course	Hours	Grade
HEA 4302 (Summer Option)	3		HEA 4380 or 4301 (Summer Option)	3	
HEA Navigation UD Elective (Summer Option)	3		HEA Navigation UD Elective (Summer Option)	3	
HEA Navigation UD Elective (Summer Option)	3		Minor or Free Elective	3	
Minor or Free Elective	3		Minor or Free Elective	3	
Minor or Free Elective	3		Minor or Free Elective	3	
Total Hours	15		Total Hours	15	

15 to Finish

Fall: 15 hours • Spring: 15 hours

30 in 3

Fall: 12 hours • Spring: 12 hours • Summer: 6 hours