



Health and Wellness Online Pathway

College of Education and Human Development Program Requirements (15 credit hours)

Core course requirements

- FSN 101: Intro to Food and Nutrition
- KPE 253: Lifetime Fitness for Health

General education requirements

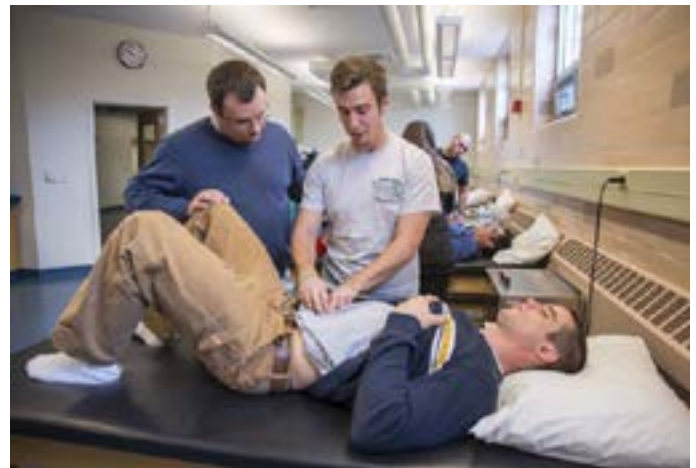
- LDR 100: Foundations of Leadership
- PSY 100: General Psychology
- STS 232: Principles of Statistical Inference

The Early College Health and Wellness Pathway may lead to programs in a variety of majors including the following:

- Exercise Science
- Kinesiology and Physical Education
- Outdoor Leadership
- Physical Education/Teaching

Completion of these majors may allow students to pursue graduate studies or careers in the following fields:

- Activity and Recreation Director
- Athletic Trainer
- Community Health Professional
- Fitness Professional
- Medical Professional
- Occupational Therapist
- Personal Trainer
- Physical Education Teacher
- Physical Therapist
- Sports Administrator



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**For more information contact
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