

# PAUL QUINN

## HEALTH AND WELLNESS

### The B.S. in Health Wellness at Paul Quinn College

The mission of the Paul Quinn College Health and Wellness program is to graduate students prepared to assume professional roles in coaching, community health organizations and similar careers that improve the health and wellness of individuals, families and communities, especially under-resourced communities.

Students who major in Health and Wellness communicate clearly about health issues, promote integrated strategies to achieve health and athletic goals, and advocate for systemic interventions to support healthy lifestyles. In addition to the General Education Core Curriculum for Health and Wellness (62 hours), students pursuing a degree in Health and Wellness must complete the subsequent Major Requirements as follows:

#### General Education Core Curriculum for Health and Wellness (57 hours)

BIOL 1324 General Biology I  
BIOL 1325 General Biology II  
COMM 1311 Intro to Public Speaking  
FUND 1301 Career Management  
ENGL 1301 Composition I  
ENGL 1302 Composition II  
ECON 2302 Principles of Microeconomics  
GOVT 2206 Texas Government  
GOVT 2301 American Government I  
HIST 2301 US History I  
HIST 2302 US History II  
HUMA 1315 Art Appreciation  
MATH 1301 College Algebra  
PSYC 2301 Introduction to Psychology  
BUSA 1302 Social Entrepreneurship  
FINA 1101 Personal Finance  
FUND 1303 Intro to Quinnite Servant Leadership  
MATH 1303 Basic Statistics  
RELI 1301 Introduction to Christian Ethics  
SPAN 1301 Elementary Spanish I  
SPAN 1302 Elementary Spanish II

#### Major Requirements (47/49 hours)

BIOL 2401/2401L Human Anatomy & Physiology I  
BIOL 2402/2402L Human Anatomy & Physiology II  
HLTH 2329 Intro to Health and Wellness  
HLTH 2330 Personal and Community Health  
HLTH 3321 General Nutrition & Physical Activity  
HLTH 3322 Fitness and Health  
HLTH 3340 Human Behavior, Mental Health & Sexuality  
PHED 3308 First Aid  
PSYC 3313 Abnormal Psychology  
HLTH/PHED Elective  
HLTH/PHED Elective  
HLTH/PHED Elective/CHEM 1411  
HLTH/PHED Elective/CHEM 1412  
HLTH 4999 Health and Wellness Internship  
HLTH 4999 Health and Wellness Internship

#### Upper Level Electives (12 hours)

General Electives (12 hours)

Additional requirements for graduating with any Paul Quinn degree include earning one PQCX certificate for each year a student is enrolled, formal reflection on experiential learning in the PQ Work Program, and a complete business plan. Students who complete the B.S. in Health and Wellness go on to work in many contexts, including physical therapy, training, coaching, and teaching.

*\*This outline is just a guide. The current PQC Academic Catalogue includes more details about these requirements, including additional substitution options, course descriptions, and prerequisites.*