

**BSc WELLNESS, PRE-ALLIED HEALTH LIFESTYLE MEDICINE AND FLOURISHING TRACK: DEGREE REQ. FOR 2024-2025**

**PROGRAM TOTAL CREDITS REQUIRED: 120 / MINIMUM CGPA FOR CONFERRAL: 2.00**

	CR REQ	CRS PFX	CRS #	GR	CR
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**MAJOR REQUIREMENTS - MINIMUM GRADE: C -**

Basic Medical Terminology	3	HLED	200		
Health Screening and Basic Remedies	3	HLED	224		
Drugs in Society	3	HLED	265		
Principles of Health Education	3	HLED	300		
Mechanisms of Disease	3	HLED	305		
Stress and Leisure	3	HLED	308		
Public Health and Epidemiology	3	HLED	310		
Practicum	3	HLED	385		
Principles of Environmental Health	3	HLED	401		
Health Policy and Determinants of Health	3	HLED	410		
Responding to Emergencies	1.5	PETH	275		
Exercise Physiology (Lab Course)	3	PETH	415		
Weight Training/Conditioning	1.5	PEAC	249		
Emotion and Well-Being	3	PSYC	354		
Cultural Psychology*	3	PSYC	377		
Self-Regulation	3	PSYC	415		
Positive Psychology	3	PSYC	447		
Principles of Nutrition	3	SCNC	225		

**2 OF THE FOLLOWING**

Personal Computer Applications		CPTR	106		
Behaviour Modification		PSYC	220		
Counselling Psychology		PSYC	250		
Lifespan Development Psychology		PSYC	260		
Group Processes		PSYC	360		
Brain and Behaviour		PSYC	375		
Interpersonal Relationships		PSYC	463		

**TOTAL 57**

**COGNATE REQUIREMENTS - MINIMUM GRADE: D**

Speech Fundamentals	3	COMM	130		
Ethics	3	PHIL	410		

**1 OF THE FOLLOWING**

Introduction to Statistics		MATH	240		
Elementary Calculus I		MATH	161		

Anatomy and Physiology I (Lab Course)	3	BIOL	111		
Anatomy and Physiology II (Lab Course)	3	BIOL	112		
Introductory University Chemistry I (Lab Course)	3	CHEM	111		
Introductory University Chemistry II (Lab Course)	3	CHEM	112		

**TOTAL 21**

**BREADTH REQUIREMENTS\*\*\* - MINIMUM GRADE: D**

**RELIGIOUS STUDIES**

RELB, RELG, RELH, RELT course >299 (3)	9	REL_			
RELB, RELG, RELH, RELT courses (6)					
1)		REL_			
2)		REL_			

**ARTS AND HUMANITIES**

<i>No more than 3 credits with the same prefix</i>	6				
Select from: ARTH, ENGL 201, 202, 203, 275, 295, MUHL 165, PHIL					
1)					
2)					

**SOCIAL SCIENCES**

Introduction to Psychology	6	PSYC	160		
Health Psychology		PSYC	270		

**SCIENCES**

Health and Fitness	3	PETH	250		
Getting on Track for Success	3	UNIV	110		

**TOTAL 27**

**ELECTIVES\*\* - MINIMUM GRADE: D**

General Electives >199	3				
General Electives	12				

**TOTAL 15**

\* ANTH 205 can substitute for PSYC 377

\*\* Recommended classes:

BUAD 330 Administration of Health Care Organizations (3) - prerequisite BUAD 230

SOCI 465 Sociology of Aging (3) - prerequisite SOCI 160

PSYCH 460 Cognitive Psychology (3) - prerequisite PSYC 220 or PSYC 343