

CAREER STUDIES CERTIFICATE (221-190-02)

Wellness

Purpose: This program is designed to provide both knowledge and skills related to understanding the dimensions of wellness for occupations in the health, fitness, senior health care, health care support and health related non-profit sector. It also provides post-secondary preparation for entry-level health related career opportunities or career advancement. Graduates may continue their studies in the Exercise Science and Personal Training certificate. Specific courses in this certificate provide in-depth knowledge of lifestyle factors that influence personal health status.

Program Objectives: Employment opportunities include entry-level positions in health related non-profit organizations and foundations.

Admission Requirements: Applicants must meet the requirements for admission to credit-level coursework established by the college.

CURRICULUM AND OTHER REQUIREMENTS		CREDITS
GENERAL EDUCATION CORE COURSES		
PSY 200	Principles of Psychology (or PSY 230)	3
SDV 100	College Success Skills	1
WELLNESS AND RELATED COURSES		
HLT 100	First Aid, Safety and CPR	3
HLT 116	Intro to Personal Wellness	2
HLT 240	Consumer Health	3
PED 107	Exercise and Nutrition	2
PED 109	Yoga	1
PED 170	Tai Chi for Health	1
E	Physical Education Elective	1
Total Minimum Credits for Degree		17

SUGGESTED SCHEDULE

FALL	SPRING
HLT 116	HLT 100
HLT 240	PED 109
PED 107	PSY 200
PED 170	PED Elective
SDV 100	