

HEALTH & WELLNESS CERTIFICATE

This certificate is designed to prepare students to develop and manage health and wellness programs that promote longer, healthier, happier, and more successful lives.

Requirements for the Health & Wellness Certificate are as follows:

Code	Title	Hours
HSW 200	Nutrition	3
HSW 300	Fitness Throughout the Lifespan	3
HSW 351	Children's Health and Nutrition	3
HSW 352	Women's Health and Wellness Issues	3
HSW 353	Men's Health and Wellness Issues	3
HSW 400	Capstone: A Healthier Community	3
Total Credits Required:		18