**HEALTH AND WELLNESS PROMOTION**

The Health and Wellness Promotion Program trains future health professionals to provide health information and exercise instruction to individuals to promote a healthier lifestyle.

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**HEALTH AND WELLNESS PROMOTION A.S.**

**Degree:** Associate in Science  
**HEGIS Code:** 5299  
**Curriculum Code:** 2440  
**Campus Location:** City, North and South  

**Business and Public Service Division**  
**Pre-Admission Recommendations:**  
Interest in a health-related field

**Program Description**

There is no denying that health and wellness for individuals, families, companies and the government at the local, state, national and international level has become a major focal point within the past decade. There is a growing need for health professionals who can provide health information and exercise instruction to individuals to promote a healthier lifestyle. Additionally, there is a need for trained exercise professionals to accommodate the growing number of both adults and children participating in sports and exercise programs. The United States Department of Labor identifies the job outlook as “much faster than average for health and wellness professionals such as health educators, public or community health professionals, as well as working with specialized populations such as seniors in promoting a healthy lifestyle. This concentration will include course work that will prepare our students to plan, implement and evaluate health and wellness programs for individuals throughout their lifetime.

The second concentration, Exercise Science, is for students who wish to transfer to a baccalaureate or higher program in exercise science, personal training, athletic training, physical therapy, strength and conditioning, etc. working in a variety of settings such as corporate fitness, hospitals, universities, professional sports. A balanced format of instruction in the natural sciences, as well as instruction in courses such as exercise testing/programming and personal training, will provide our students with a valuable educational background related to becoming a professional in the field after their transfer and graduation from a four-year institution. Additionally, the curriculum will prepare students to sit for outside certified personal trainer credentialing examinations such as National Strength and Conditioning Association (NSCA) and American College of Sports Medicine (ACSM) if they choose to follow one of these paths. These graduates will be able to seek employment in private businesses, industry, health insurance companies, public health agencies, and private not-for-profit agencies.

The goal of both concentrations is to have graduates who either continue (transfer) on to a four-year school for an advanced degree in one of the many professional disciplines under the Health and Wellness umbrella or enter the workforce directly. Both concentrations fulfill all of the SUNY General Education requirements within their respected curriculums, which will make transferring easier for our graduates.

Lastly, but maybe most importantly, the Health and Wellness Promotion A.S. Transfer Degree is designed to provide SUNY Erie students with the greatest amount of career options as a result of the transfer possibilities resulting from our articulation agreements.
Program Competencies: Exercise Science Concentration

Upon graduation with an Associate in Science degree in Health and Wellness Promotion, the student will be able to:

• Know and apply (in theory) discipline specific scientific and theoretical concepts pertaining to health and wellness;
• Possess knowledge and skills to assess, evaluate and determine needs and goals for clientele to enhance health and wellness;
• Design and implement (utilizing textbook case studies) safe and effective programs to promote health and wellness; and
• Know the roles, professional responsibilities and standards of practice of different health professionals.

Program Competencies: Health Studies Concentration

Upon graduation with an Associate in Science degree in Health and Wellness Promotion, the student will be able to:

• Recognize and apply various techniques in health and wellness which are sensitive to culture, religion, socioeconomic status, age and health literacy;
• Analyze qualitative and quantitative data in order to use it to design, assess and evaluate programs which enhance health and wellness at various levels;
• Demonstrate competence in a number of professional areas including a resume, cover letter, and interview skills;
• Recognize the roles, professional responsibilities and standards of practice of different health professionals; and
• Demonstrate competent knowledge and skills in First Aid/CPR.

SUNY Transfer Path Requirement

Students matriculating in this program are required to fulfill the SUNY Transfer Path Requirement that most closely aligns with the program. Speak to your adviser for details.

CURRICULUM

Total Degree Credits: 61.0 - 63.0

Exercise Science Concentration

First Year, Fall Semester

PE 109 Introduction to Exercise Science (3 cr)
BI 150 Anatomy and Physiology I (3 cr)
BI 151 Laboratory for BI 150 (1 cr)
EN 110 College Composition (3 cr)
MT 125 College Mathematics or (4 cr) (Note 1)
______ Open College (Transferable) Elective (3 cr)

First Year, Spring Semester

PE 142 Exercise Testing and Programming (3 cr)
BI 152 Anatomy and Physiology II (3 cr)
BI 153 Laboratory for BI 152 (1 cr)
______ General Education Elective (3-4 cr)
______ Open College (Transferable) Elective (3 cr)
______ SUNY General Education American History Elective (3 cr)

Second Year, Fall Semester

PE 143 Personal Training (3 cr)
BI 110 Biology I (3 cr) and
BI 115 Laboratory for BI 110 (1 cr) or
CH 180 University Chemistry I (3 cr) and
CH 181 Lab for CH 180 (1 cr) or
______ General Education Elective (3-4 cr)
EN 111 Composition and Interpretation of Literature (3 cr)
______ Natural or Social Science Elective (3-4 cr)
______ Open College (Transferable) Elective (3 cr) (Note 2)

Second Year, Spring Semester

PE 145 Exercise Science Practicum (2 cr)
BI 112 Biology II (3 cr) and
BI 117 Laboratory for BI 112 (1 cr) or
CH 182 University Chemistry II (3 cr) and
CH 183 Lab for CH 182 (1 cr) or
______ General Education Elective (3-4 cr)
______ General Education Natural Science Elective (3-4 cr)
______ History Elective from SUNY Gen. Ed. list of Western or Other World Civilizations(3 cr)
______ Psychology Elective (3 cr)

Note:
1. Or higher MT course.
2. Optional see adviser.
Health Studies Concentration

**First Year, Fall Semester**
- HT 120 Health and Wellness Professions (3 cr)
- BI 110 Biology I (3 cr) and
- BI 115 Laboratory for BI 110 (1 cr) or
- CH 180 University Chemistry I (3 cr) and
- CH 181 Lab for CH 180 (1 cr)
- EN 110 College Composition (3 cr)
- PS 100 General Psychology (3 cr)
  - SUNY General Education American History
  - Elective (3 cr)

**First Year, Spring Semester**
- HT 103 Community Health (3 cr)
- HT 201 First Aid (2 cr)
- BI 112 Biology II (3 cr) and
- BI 117 Laboratory for BI 112 (1 cr) or
- CH 182 University Chemistry II (3 cr) and
- CH 183 Lab for CH 182 (1 cr)
- BI 169 Nutrition (3 cr)
- EN 111 Composition and Interpretation of Literature (3 cr)

**Second Year, Fall Semester**
- HT 105 Personal Health (3 cr)
- BI 150 Anatomy and Physiology I (3 cr)
- BI 151 Laboratory for BI 150 (1 cr)
- EN 114 Public Speaking (3 cr) *(Note 1)*
- MT 125 College Mathematics (4 cr) *(Note 2)*

**Second Year, Spring Semester**
- HT 102 Drug Use and Abuse (3 cr)
- HT 220 Introduction to Disease Prevention (3 cr)
- BI 152 Anatomy and Physiology II (3 cr) and
- BI 153 Laboratory for BI 152 (1 cr) *(Note 3)*
- SO 100 Introduction to Sociology (3 cr)
  - Humanities Elective (3 cr)

*Note:*
1. Or General Education Elective from SUNY Gen. Ed. list.
2. Or higher MT course.
3. Or Natural or Social Science Elective from SUNY Gen. Ed. list.