HEALTH AND WELLNESS

Chair: Peter Koehneke  
Director: Charles Pelitera

Introduction

The major will provide a Bachelor of Science degree that will allow graduates the opportunity to be employed in facilities offering personal health and fitness programs ranging from health clubs and corporate fitness/wellness to physician-based wellness programs. Student eligibility for certification through organizations such as the National Strength and Conditioning Association, American College of Sports Medicine, National Academy of Sports Medicine and American Council on Exercise will be available following completion of the degree. Additionally, a minor in an area such as business could allow the student to pursue management positions in the fitness industry or lead them into areas related to sport administration. More information about opportunities for students is available at the program website (https://www.canisius.edu/academics/programs/health-wellness).

Many students in health and exercise-related fields go on to graduate school. Students in this major may take electives to meet competitive admissions requirements for graduate programs in related fields. Through the use of guided electives, students will have the ability to complete pre-requisites for other health care professions. Examples include professions such as physical therapy, chiropractic, physician’s assistant, and for an exceptional few medical school.

Admission to these graduate programs is extremely competitive and requires a strong academic record and standardized test results and many programs also expect evidence of leadership, service/volunteerism, written and oral communication skills and a working knowledge of the health profession. Students must work closely with the Canisius College Pre-Med director for advisement and the professional school of interest to determine the curriculum electives needed to satisfy necessary prerequisites.

Qualifications

Students must achieve a C or above in the following courses: BIO 114 and lab, BIO 115 and lab, ATH 170, HED 205, HED 337 and KIN 235 and also maintain a 2.3 GPA in their major and a 2.3 overall average to graduate with a degree in Health and Wellness. All students must complete a minimum of 120 credit hours to graduate.

Advisement

All students should have an advisor in the major and should contact the department directly to have an advisor assigned if they do not already have one. Major advisors are normally assigned in the sophomore year, but may be requested in the freshman year to supplement a student’s freshman advisor (their GRIF 101 facilitator). Meetings with academic advisors are required prior to students receiving their PIN for course registration each semester. All majors should work closely with their advisor in discussing career expectations, choosing their major electives, developing their entire academic program and planning their co-curricular or supplemental academic experiences.

Students interested in graduate work in a pre-professional program (Physical Therapy, Chiropractic, Occupational Therapy, Physician’s Assistant, etc.) should seek advisement through the Canisius College Pre-Med director in addition to the major advisor.

Dual Majors

Students who wish to expand their educational opportunities may decide to declare a dual major. The decision may be based on career goals or planned graduate studies. Before a student declares a dual major, it is important to meet with the appropriate academic departments for advisement. Some dual major combinations can be completed within the minimum 120 credit hour degree requirement, but in some cases additional course work may be required. In order to declare a dual major, the student must complete the appropriate dual major request form and get the signature of each department chairperson and the appropriate associate dean.

Minors

Minors provide students the opportunity to pursue additional interests but generally do not require as many courses as a major. Minors generally range from five to eight required courses. The minors page (http://catalog.canisius.edu/undergraduate/minors) provides a complete list of minors and provides links to each minor. Some majors and minors can be completed within the minimum 120 credit hour degree requirement, but in some cases additional coursework may be required. Students must complete the appropriate minor request form.

General Education Requirements

All undergraduate students must complete either the Canisius Core Curriculum (http://catalog.canisius.edu/undergraduate/academics/curricular-information/core-curriculum) or the All-College Honors Curriculum (http://catalog.canisius.edu/undergraduate/academics/curricular-information/all-college-honors-program).

Free Electives

Free electives are courses in addition to the Core Curriculum or Honors Curriculum and major requirements sufficient to reach the minimum of 120 credit hours required for graduation. Students may graduate with more but not less than 120 credit hours.

Major Requirements

<table>
<thead>
<tr>
<th>Course(s)</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 114 &amp; 114L</td>
<td>Human Biology: Introduction to Human Anatomy and Physiology and Human Biology: Introduction to Human Anatomy and Physiology Laboratory</td>
<td>4</td>
</tr>
<tr>
<td>BIO 115 &amp; 115L</td>
<td>Musculoskeletal Anatomy and Physiology and Musculoskeletal Anatomy and Physiology Laboratory</td>
<td>4</td>
</tr>
<tr>
<td>KIN 170</td>
<td>Emergency Care</td>
<td>3</td>
</tr>
<tr>
<td>HED 205</td>
<td>Wellness and Fitness</td>
<td>3</td>
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<tr>
<td>KIN 235</td>
<td>Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>HED 115</td>
<td>Basic Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>PSY 101</td>
<td>Introduction to Psychology I</td>
<td>3</td>
</tr>
<tr>
<td>PSY 102</td>
<td>Introduction to Psychology II</td>
<td>3</td>
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<tr>
<td>HED 220</td>
<td>Healthy Behaviors</td>
<td>3</td>
</tr>
<tr>
<td>KIN 336 &amp; 336L</td>
<td>Physiology of Exercise and Physiology of Exercise Lab</td>
<td>4</td>
</tr>
<tr>
<td>HED 337</td>
<td>Exercise Principles and Applications</td>
<td>3</td>
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<tr>
<td>HED 361</td>
<td>Psychology of Sport and Mental Health</td>
<td>3</td>
</tr>
<tr>
<td>HED 425</td>
<td>Evolution of Disease and Illness</td>
<td>3</td>
</tr>
<tr>
<td>ATH 398</td>
<td>Statistics and Research Design</td>
<td>3</td>
</tr>
</tbody>
</table>
Health and Wellness

KIN 350  Organization and Administration of Health and Wellness  3
KIN 498  Internship in Health and Wellness (240 required hours)  6

Total Credits  54

Major Electives
Health and Wellness majors should consult their advisor to identify free electives that might complement the major requirements.

Major Experiences
All students in the health and wellness major must meet and continue to meet the professional standards of the program. No one who jeopardizes the health or well-being of a client/patient, classmate or him or herself will continue as a student in the program. All students must possess the necessary physical attributes and exhibit qualities of good judgment and emotional stability.

The Health and Wellness program reserves the right to limit attire and adornments (such as clothing, jewelry, piercing, tattooing) of the body, hands, face, and oral cavity. The program assessment handbook outlines the enforcement of this policy. In all cases, the final appeal may be made to the Department of Kinesiology chair.

Recommended Semester Schedule for Major Course Requirements

Freshman  
**Fall**  
BIO 114 & 114L  
HED 115  
FYS 101  
Field 3 or 4  
Elective  

**Spring**  
BIO 115 & 115L  
KIN 170  
ENG 101  
Field 3 or 4  
Elective

Sophomore  
**Fall**  
KIN 235  
PSY 101  
RST 101  
HED 220  
Elective  

**Spring**  
PHI 101  
HED 205  
HED 425  
PSY 102  
Elective

Junior  
**Fall**  
KIN 336 & 336L  
Field 1 or 2  
Attribute  
Elective  

**Spring**  
HED 361  
ATH 398  
Field 1 or 2  
HED 337  
Elective

Senior  
**Fall**  
KIN 350  
Elective  

**Spring**  
KIN 498  
Core Capstone  
Elective

Additional Course Considerations
Health and Wellness majors should consult their advisor for additional course considerations.

Learning Goals and Objectives

Learning Goal 1 (KNOWLEDGE – Observed in Writing)
Candidates in the Health and Wellness program will demonstrate content knowledge, pedagogical, and professional knowledge necessary for successful performance in their field.

Students will:
- Identify and appraise the content of appropriate health information, services and products.
- Assess health behaviors related to fitness, nutrition, relationships, substance use and abuse, and the environment.
- Interpret the scientific literature in regard to aspects of human nutrition.
- Describe how disease and illness affects the various body systems.

Learning Goal 2 (KNOWLEDGE – Observed Skills and Dispositions)
Candidates in the Health and Wellness program will demonstrate professional skills and dispositions necessary for successful performance in their field.

Students will:
- Design and implement an exercise program for an individual client.
- Develop an exercise progression for a team that reduces risk and maximizes benefit.
- Utilize the epidemiological model of disease and disorders by examining predisposing factors, symptoms, preventions, treatment and control.

Learning Goal 3 (SERVICE)
Candidates in the Health and Wellness programs will demonstrate willingness to use their skills to benefit and serve society. Within the contexts of their work, candidates promote authentic learning, social and emotional development, and a commitment to social justice in environments that foster respect for diversity and the dignity of all.

Students will:
- Design and implement an exercise program for an individual client.
- Develop an exercise progression for a team that reduces risk and maximizes benefit.
- Demonstrate the ability to modify exercise programs based on age, skill, setting, specificity and progress.

Learning Goal 4 (PROFESSIONALISM)
Candidates will demonstrate self-reflection as a habit of mind, continuously assessing and refining their professional practice as they construct a rich repertoire of research-based knowledge, skills, and attitudes for effective performance ensuring that all students and/or clients have optimal opportunities to learn and grow.
Students will:

• Demonstrate and instruct on standardized testing techniques involved in fitness assessment.
• Demonstrate and instruct proper functional movements involved in strength and conditioning.

Learning Goal 5 (LEADERSHIP)
Candidates will become adept at applying their acquired knowledge in the process of evaluating their own professional performance and decision-making with respect to its impact on students and/or clients, organizations, and the wider community.

Students will:

• Students will develop confidence and proficiency in their ability to communicate health related information through oral communication.
• Students will develop confidence and proficiency in their ability to communicate health related information through written communication.

Health and Wellness students who wish to expand their educational opportunities may decide to declare a minor in addition to their major. The decision may be based on career goals or planned graduate studies. Minors generally range from six to eight required courses. A listing of the minors can be found under the Academic Curricula section of the catalog. Some majors and minors can be completed within the minimum 120 credit hour degree requirement, but in some cases additional course work may be required. Students must complete the appropriate minor request form.

The Strength and Conditioning minor is a common minor for health and wellness students. The minor provides students with preparation for the fields of strength and conditioning, wellness, and for related graduate work. It also helps students prepare for specialty certifications through the National Strength and Conditioning Association, the American College of Sports Medicine and the National Academy of Sports Medicine. Strength and conditioning courses have specific pre-requisites, which are stated in the course descriptions.

Admission to the Strength and Conditioning minor is competitive due to a limited number of student slots available and is based on skills and knowledge competencies acquired in BIO 114 and lab, BIO 115 and lab, and KIN 235. Each course must be completed with a grade of C (2.0) or higher. The applicant must attain a minimum C (2.0) cumulative GPA in these five courses and an overall college GPA of C (2.0) or higher. Majors from other departments are eligible for selection by meeting the above requirements. Students interested in the Strength and Conditioning minor at Canisius College must complete a Change of Major/Minor form. Application for the minor must be completed following enrollment in KIN 235.

### Strength and Conditioning Minor Courses

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Credits</th>
</tr>
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<tbody>
<tr>
<td>BIO 114</td>
<td>Human Biology: Introduction to Human Anatomy</td>
<td>4</td>
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<tr>
<td>&amp; 114L</td>
<td>and Physiology</td>
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<td></td>
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<tr>
<td></td>
<td>Laboratory</td>
<td></td>
</tr>
<tr>
<td>KIN 235</td>
<td>Kinesiology</td>
<td>3</td>
</tr>
</tbody>
</table>

### Note:
Dr. Karl Kozlowski and Dr. Chuck Pelitera serve as advisors for the Strength and Conditioning minor program in the Department of Kinesiology.