Double Majors

Students who wish to expand their educational opportunities may decide to declare a double major. This decision may be based on career goals, planned graduate studies, and/or other student interests. Before a student declares a double major, it is important to meet with the appropriate academic departments for advisement. In order to declare a double major, the student must complete the appropriate double major request form and get the signature of each department chairperson and the appropriate associate dean.

Per college policy, each additional major requires a minimum of 15 credits that do not apply to the student's first or subsequent major. Some double major combinations can be completed within the minimum 120 credit hour degree requirement, but in other cases additional coursework may be required. Please note that students will receive only one degree, regardless of the number of majors they complete.

Minors in Other Disciplines

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.

Curriculum

An Ignatian Foundation

All undergraduate students must complete either the Canisius Core Curriculum (http://catalog.canisius.edu/undergraduate/academics/core-curriculum/) or the All-College Honors Curriculum (http://catalog.canisius.edu/undergraduate/academics/core-curriculum/all-college-honors-program/). Many schools refer to their college-wide undergraduate requirements as "general education" requirements. We believe that the core curriculum and the honors curriculum are more than a series of required classes; they provide the basis for a Jesuit education both with content and with required knowledge and skills attributes that are central to our mission.

Free Electives

Students may graduate with a bachelor's degree with more but not less than 120 credit hours. Free electives are courses in addition to the Canisius Core Curriculum or All-College Honors Curriculum and major requirements sufficient to reach the minimum number of credits required for graduation. The number of credits required to complete a bachelor's degree may vary depending on the student's major(s) and minor(s).

Major Requirements

<table>
<thead>
<tr>
<th>Code</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>
</tr>
</tbody>
</table>
KIN 235  Kinesiology  3  
HED 115  Basic Nutrition  3  
PSY 101  Introduction to Psychology I  3  
PSY 102  Introduction to Psychology II  3  
HED 220  Healthy Behaviors  3  
KIN 336 & 336L Physiology of Exercise and Physiology of Exercise Lab  4  
HED 337  Exercise Principles and Applications  3  
HED 361  Psychology of Sport and Mental Health  3  
HED 425  Evolution of Disease and Illness  3  
ATH 398  Statistics and Research Design  3  
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.

Roadmap
Recommended Semester Schedule for Major Course Requirements

Freshman
Fall  Spring  
BIO 114  BIO 115  
& 114L  & 115L  
HED 115  KIN 170  
ENG 111  ENG 112  
Field 3 or 4  Field 3 or 4  
Elective  Elective  

Sophomore
Fall  Spring  
KIN 235  PHI 101  
PSY 101  HED 205  
RST 101  HED 425  
HED 220  PSY 102  
Elective  Elective  

Junior
Fall  Spring  
KIN 336  & 336L  
HED 361  
Field 1 or 2  Field 1 or 2  
Attribute  Attribute  
Attribute  Elective  
Elective  Elective  
Senior
Fall  Spring  
KIN 350  KIN 498  
Elective  Elective  
Elective  Core Capstone  
Elective  Elective  

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

Learning Goals & 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.

Minors
Strength and Conditioning Minor (http://catalog.canisius.edu/undergraduate/school-education-human-services/health-wellness/strength-conditioning-minor/)

Health and Human Performance Minor (http://catalog.canisius.edu/undergraduate/school-education-human-services/health-wellness/health-human-performance-minor/)