

**DEPARTMENT OF HEALTH PROMOTION AND WELLNESS**  
**WELLNESS MANAGEMENT**

**RECORD OF PROGRESS FORM**

Use the record of progress form as an effective tool for academic planning.

1. Pencil in the courses that you think you would like to take some time during your college career.
2. Update, add, change the courses as you explore and learn more.
3. When you take a course write in the grade and the semester you took it.
4. Be sure that you will be able to answer "yes" to all of the Summary Requirements for Graduation Form questions.

**An Overview of Academic Planning**

- Work with your faculty advisor and peer advisors to help you to do effective planning.
- Academic planning when done well helps a student ask and answer many questions, such as:  
What do I need to take? Which courses count for what? What are the requirements? What courses should I take for electives? Are internships available or important? How can I get involved in research projects? How do I arrange international learning experiences? How can I get registered into courses that I need?
- Avoid headaches of registration by taking a wider view of the college.
- Your unique academic experience has a number of parts, few courses are specifically required.
- The vast majority of the classes you take in college are truly electives.
- What to take and when is really best addresses along with questions about your interests, aptitudes, values and ongoing efforts in career planning.
- Make your college experience your own by choosing courses and experiences that fit you as a person and your goals for the future.
- Be sure to plan ahead for prerequisite courses needed for the future.
- Seek help planning for internships and other individualized learning experiences.
- Don't forget things such as research experiences and international education.
- Juniors and seniors may take one pass/fail pure elective course each semester. Remember you can't use your pass/fail grade option on any requirement, but it is a great way to explore areas or expand your skills.
- You can start to see a plan, a big plan, that includes personal future career planning.

**Making up a schedule for a given semester**

- 1) Choose a mix of courses from your list being mindful of sequences and prerequisites.
- 2) Build your schedule around your most important courses or those that have little in terms of options.
- 3) You can use the flexibility of other multi-section courses to fill out your schedule.
- 4) Use a trial schedule form with time slots to make picturing your schedule easier.
- 5) See how well courses fit into a schedule of times that works best for you.
- 6) If a course doesn't fit in, pick a different course you intend to take.
- 7) Once you have a schedule quickly prepare an alternative schedule using different courses.
- 8) Then, it is time for you to register.

**Share your thoughts and questions with your academic advisor.**

## Wellness Management Major Record of Progress Form

Student's Name \_\_\_\_\_ Advisor's Name \_\_\_\_\_

### Core Requirements (C- or better needed) ("T" for transfer)

	SH	Grade	Semester
HSC 101 Intro. To Health Promotion and Wellness	3	_____	_____
HSC 310 Disease: Lifestyle and Environment	3	_____	_____
HSC 332 Scientific Foundations of Fitness	3	_____	_____
HSC 448 Health Promotion Program Planning	3	_____	_____
HSC 460 Exercise Prescription and Leadership	3	_____	_____
HSC 470 Wellness Skills: Application & Assessment	3	_____	_____
HSC 488 Evaluation & Research in Health Promotion	3	_____	_____
HSC 498 Internship	3	_____	_____

### Electives (C- or better needed)

Select three of the following courses

HSC 315 Nutrition Concepts	3	_____	_____
HSC 333 Human Response to Stress	3	_____	_____
HSC 343 Drug Use and Abuse in Society	3	_____	_____
HSC 386 Wellness for Contemporary Society	3	_____	_____
HSC 397 Practicum in Wellness Management	3	_____	_____

Select one of the following

PSY 310 Health Psychology	3	_____	_____
PSY 340 Social Psychology	3	_____	_____

### Cognates (C- or better needed)

BIO 203 Human Biology	3	_____	_____
ECO 101 Principles of Microeconomics	3	_____	_____
HRM 385 Organizational Behavior	3	_____	_____
MGT 261 Business Organization	3	_____	_____
MKT 250 Marketing Principles	3	_____	_____
PSY 100 Principles of Human Behavior	3	_____	_____
ZOO 305 Human Anatomy & Physiology I	4	_____	_____
ZOO 306 Human Anatomy & Physiology II	4	_____	_____

## General Education 2000

(For all incoming students except those new transfer students who matriculated at another SUNY unit before fall 2000)

<b>Basic Skills Requirements</b> (0-9 semester hours) (approved course or waiver exam)			
Writing	3	_____	_____
Computer Literacy	3	_____	_____
Critical Thinking	3	_____	_____
<b>Foreign Language</b> (0-6 semester hours)	3	_____	_____
<b>Knowledge Foundations</b> (18 semester hours)			
Fine and Performing Arts (3 semester hours)	3	_____	_____
Humanities (3 semester hours)	3	_____	_____
Mathematics (3 semester hours)	3	_____	_____
Natural Sciences (6 semester hours from 2 disciplines)	3	_____	_____
_____	3	_____	_____
_____	3	_____	_____
Social & Behavioral Sciences (6 sh from 2 disciplines)	3	_____	_____
_____	3	_____	_____
_____	3	_____	_____
<b>American and Western Heritage</b> (6 semester hours)			
American History	3	_____	_____
_____	3	_____	_____
Western Civilization	3	_____	_____
_____	3	_____	_____
<b>Human Diversity</b> (6 semester hours)			
Tolerance and Intolerance in the United States	3	_____	_____
_____	3	_____	_____
Non-Western Civilization	3	_____	_____
_____	3	_____	_____
<b>Intellectual Issues</b> (6 semester hours)			
Explorations in the Natural Sciences	3	_____	_____
_____	3	_____	_____
Cultures and Civilizations or Self and Society	3	_____	_____
_____	3	_____	_____

