

## **NUTRITION AND WELLNESS MAJOR REQUIREMENTS**

A major in Nutrition and Wellness consists of the following courses:

FCS 240	Contemporary Nutrition and Wellness
FCS 350	Lifespan Nutrition and Wellness
FCS 355	Nutrition for the Athlete
FCS 455	Community Nutrition
ES 300	Personal and Community Health
ES 320	Kinesiology
ES 325	Principles of Health and Physical Fitness Assessment
ES 335	Physiology of Exercise
ES 427	Health Promotion and Wellness
BIOL 305	Introduction to Human Anatomy
CHEM 250	Fundamental Organic Chemistry
MATH 200	Introduction to Statistics
SOC 355	Counseling and Personal Development Electives

*The following courses are recommended electives to be chosen according to career objectives:*

FCS 250	International Foods and Nutrition
FCS 460	Professional Family & Consumer Sciences Practicum
ES 205	Introduction to the Allied Health Profession
ES 480	Internship
BIOL 207	Organisms I
CHEM 405	Biochemistry

And any fitness activity courses.

This is an interdisciplinary major (in cooperation with the Department of Family and Consumer Sciences) and is offered for students interested in careers in wellness, health promotion, and fitness leadership.

## **HEALTH AND EXERCISE SCIENCE MINORS**

The Department of Health and Exercise Science offers three minor programs of study as follows:

## **COACHING**

A minor in Coaching consists of the following courses:

ES 260	First Aid and Safety
ES 335	Physiology of Exercise
ES 345	Motor Behavior
ES 360	Organization and Administration of Health and Exercise Science
ES 368	Psychological Principles of Physical Activity
3 courses from ES 371-380	
ES 480	Internship

This minor may not be taken with a major in Health and Physical Education or Health and Exercise Science.

## **EQUINE STUDIES**

A minor in Equine Studies consists of the following courses:

BIOL 205	The Biology of Horses
ES 200	Equine Development and Behavior
ES 305	Equine Lameness and Disease
ES 480	Internship

*3 additional courses chosen from:*

ES 210	Equine Farm and Stable Management
ES 220	Theories of Riding
ES 330	Conformation: Form and Function
ES 400	Training and Schooling

This minor is designed as an excellent adjunct for students in several majors including business, biology and pre-veterinary science. In addition, students interested in pursuing further study and/or careers in various equine fields will benefit from the addition of this minor to their curriculum. Facilities that will be used in support of the Equine Studies minor include the Bridgewater College stables located on the eastern edge of the campus and Oak Manor Farms, located several miles southeast of campus and the home stable for the Bridgewater College Equestrian Program.