

Date:
Advisor:
Student:
NSHE ID:

Nevada State College
Health and Wellness Concentration
for Interdisciplinary Studies
School of Liberal Arts and Sciences
Unofficial Degree Audit
2019-2020

Health and Wellness Concentration Requirements (25 Credits) For Interdisciplinary Studies Students Only				
Health and Wellness Core (6 credits)				
<i>Course</i>	<i>Title</i>	<i>Grade</i>	<i>Semester Taken</i>	<i>Credits</i>
CHS 102	Foundations of Personal Health & Wellness (formerly HE 201)			3
CHS 421	Health & Wellness Across the Lifespan (pre-req: CHEM 108 or 112)			3
Health and Science (7 credits)				
BIOL 189	Fundamentals of Life Science (Pre-req: MATH 120 or higher)			4
CHEM 108	Introduction to Chemistry (Pre-req: MATH 96 or placement into MATH 120 or higher)			3
Health and Psychology (9 credits) Pre-req for all classes: PSY 101				
PSY 403	Physiological Psychology			3
PSY 442	Psychology of Aging			3
PSY 470	Health Psychology			3
Elective (3 credits)				
Choose 1 of the following: CHEM 212 (Pre-req: CHEM 108, 112, or 121), COU 320 (Pre-req: PSY 101), PSY 244 (Pre-req: PSY 101), PSY 420 (Pre-req: PSY 101), PSY 441 (Pre-req: PSY 101), SOC 466 (Pre-req: junior standing), SOC 484 (Pre-req: junior standing)				
				3
Total Credits				25

*The Academic Advising Center can be contacted at 702-992-2160 or email aac@nsc.edu.
For 60+ students, contact your 60+ Advisor at LAS.60Plus@nsc.edu.