University of Dubuque

Wellness & Exercise Science

2026-2027 Catalog

*Information subject to change

First Year

FALL			SPRING		
COURSE #	COURSE TITLE	HRS	COURSE #	COURSE TITLE	HRS
WVS 101	World View Seminar I	3	WVS 201	World View Seminar II	3
HWS 100	Intro. to Health, Wellness, & Sport	2	BIO 146	Intro. to Human Anatomy & Physiology II	4
BIO 145	Intro. to Human Anatomy & Physiology I	4	HWS 110	Activity Class	1
	Gen. Ed.	3		Gen. Ed.	3
	Gen. Ed.	3		Gen. Ed.	3
	FALL TOTAL	15		SPRING TOTAL	14
	CUMULATIVE TOTAL	15		CUMULATIVE TOTAL	29

Second Year

FALL			SPRING		
COURSE #	COURSE TITLE	HRS	COURSE #	COURSE TITLE	HRS
HWS 220	Sports Psychology	3	HWS 246	Human Nutrition	3
HWS 241	Human Anatomy & Kinesiology	3	PED 231	Fundamentals of Motor Performance	3
HWS 110	Activity Class	1	HWS 110	Activity Class	1
PRF 201	Career Development Strategies	1	CIS 162	Fundamentals of Excel	1
CIS 152	Digital Document Development	1		Gen. Ed.	3
	Gen. Ed.	3		Gen. Ed.	3
	Gen. Ed.	3		Gen. Ed.	3
	FALL TOTAL	15		SPRING TOTAL	17
	CUMULATIVE TOTAL	44		CUMULATIVE TOTAL	61

Third Year

FALL			SPRING		
COURSE #	COURSE TITLE	HRS	COURSE #	COURSE TITLE	HRS
HWS 311	Geriatrics	3	HWS 301	Biomechanics	3
HWS 333	Fitness Assessment	3	HWS 341	Prevention & Care of Athletic Injuries	3
HWS 110	Activity Class	1	HWS 110	Activity Class	1
CIS 142	Tech Tools for Presentations	1		Gen. Ed.	3
	Gen. Ed.	3		Gen. Ed.	3
	Gen. Ed.	3		Elective	3
	FALL TOTAL	14		SPRING TOTAL	16
	CUMULATIVE TOTAL	75		CUMULATIVE TOTAL	91

Fourth Year

FALL			SPRING		
COURSE #	COURSE TITLE	HRS	COURSE #	COURSE TITLE	HRS
HWS 401	Exercise Physiology	3	HWS 495	Senior Seminar	2
HWS 485	HWS Internship	3		Electives	11
HWS 110	Activity Class	1			
HWS 370/ 470	Theory/Prin. of Per. Trng./ Strength & Cond.	3			
	Gen Ed.	3			
	Electives	3			
	FALL TOTAL	16		SPRING TOTAL	13
	CUMULATIVE TOTAL	107		CUMULATIVE TOTAL	120

General Education Requirements to be taken when "Gen. Ed." is listed (13 courses): ENG 101, COM 101, ENG 104, Math, Env. Stewardship, Social Development, Intercultural Engagement, Literature, Fine & Performing Arts, Judeo Christian Traditions, Hist./Phil./Politics, Physical Wellness (2 cr. + 1 cr.), Personal/Fin. Stewardship

Suggestions:

*Must earn a "C" or better in BIO 145, HWS 241

*It is recommended that you take ENG 101, COM 101, ENG 104, & MATH within your first 4 semesters

*Choose either HWS 370 or HWS 470 (HWS 370 is offered fall only & HWS 470 is offered spring only)