

How to Use this Guide

This guide is meant to offer advice on courses to take in the first year of college in order to progress towards a degree for new students at UNC Asheville, or their advisors. Completing a degree will require completion of both the Integrative Liberal Studies (ILS) curriculum as well as major requirements set by the department you choose to declare a major in.

Please [read the general plan first](#). This has information on 100-level requirements for ILS. Then you may review the section on your intended major. Designing your first-year plan will likely consist of beginning with the recommendations under your major, and then adding any and all ILS courses that you feel comfortable taking in your first year.

Health and Wellness Promotion

- Health and Wellness Promotion requires students to take courses within the core major requirement that intend provide a solid foundation in health content and skills.
- This includes an anatomy requirement which can be satisfied by choosing one of two biology courses or the HWP 284 Functional Anatomy course.
- The biology courses that satisfy this requirement have their own prerequisites. BIOL 123 is a biology course for non-biology majors, and required as a prerequisite for BIOL 223, which is one course that fulfills the Health and Wellness Promotions major requirement. BIOL 223 also satisfies the ILS requirement for a lab science.
- The other Biology course that Health and Wellness Promotion majors can take is BIOL 338: Mammalian Physiology (4), which has prerequisites of BIOL 116: Principles of Cellular and Molecular Biology (4), and BIOL 116 in turn has a prerequisite of CHEM 132: General Chemistry (3) and CHEM 111: General Chemistry Lab (1).
- In addition, students must take STAT 185 which fulfills a major requirement and the ILS 4-hour mathematics requirement *or* fulfills a quantitative intensive (but not both).
- Health and Wellness Promotions majors must take one of the following introductory courses: HWP 153, 154 or 155, but not HWP 152, a two-hour course for non-Health and Wellness Promotion majors.
- The curriculum provides a selection of suggested electives that students are encouraged to work with their advisors in order to select those that will support their areas of interest or future career or graduate school choice.

1st Semester: 10

LSIC 179: LS Intro Colloq (3)

HWP 153 or 154 or 155: Health

Requirement (3)

BIOL 123: Principles of Biology (3)

BIOL 124 : Lab (1)

2nd Semester: 10

STAT 185: Intro to Stat (4)

HWP 215: Nutrition and Lifestyle (3)

HWP Major Elective (3)

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