

INTERDISCIPLINARY STUDIES - HEALTH AND WELLNESS CONCENTRATION (B.A.)

Unless otherwise noted, 120 credits of coursework is required for a baccalaureate degree with a minimum 2.0 overall GPA, and a minimum 2.0 major GPA.

Program Requirements Overview

Code	Title	Credits
	General Education Requirements	41
	World Languages and Cultures Requirements	3-6
	Major Requirements	39
	Free Electives	37-34
	Total Credits	120

Major Requirements

Students must take at least 12 credits at the 300-400 level.

Code	Title	Credits
Major Core		
CHSC 299	College to Career: Preparing for the World of Work	3
INTD 101	Introduction to Interdisciplinary Thinking	3
INTD 301	Interdisciplinary Research Methods	3
INTD 499	The Interdisciplinary Workplace	3
WRIT 206	Workplace Writing	3
Concentration Requirements		
FSHD 217	Family Stress and Coping	3
HLTH 102	Introduction to Public Health	3
MEDH 204	Philosophical Issues in Biomedical Ethics	3
NUFD 182	Nutrition: A Socioecological Perspective	3
PEGN 230	Personalized Fitness	3
PSYC 204	The Good Life: The Science of Positive Psychology	3
Concentration Electives		
	Complete two courses from the list below.	6
	Total Credits	39

Concentration Electives

Code	Title	Credits
ARTH 280	Introduction to Art Therapy	3
EXSC 430	Exercise for Special Populations	3
FSHD 370	Mastering Mental Toughness and Managing Anxiety	3
HLTH 204	Social and Behavioral Aspects of Health	3
HLTH 208	Study of Human Diseases	3
MEDH 301	Medicine, Literature and Illness	3
NUFD 285	Nutrition in Chronic Disease Prevention	3
PSYC 302	Health Psychology	3
SOCI 309	Sociology of Health and Illness	3

General Education Requirements

Click here for a list of courses that fulfill General Education categories. (<http://catalog.montclair.edu/programs/general-education-requirements-ba-bs/>)

Code	Title	Credits
A. New Student Seminar		
	Complete a 1 credit New Student Seminar course.	1
C. Communication		
	1. <i>Writing</i>	3
	2. <i>Literature</i>	3
	3. <i>Communication</i>	3
D. Fine and Performing Arts		
	Complete a 3 credit Fine and Performing Arts course.	3
F. Humanities		
	1. <i>Great Works and Their Influences</i>	3
	2. <i>Philosophical and Religious Perspectives</i>	3
G. Computer Science		
	Complete a 3 credit Computer Science course.	3
H. Mathematics		
	Complete a 3 credit Mathematics course.	3
I. Natural Science Laboratory		
	Complete a 4 credit Natural Science Laboratory course.	4
J. Physical Education		
PEGN 230	Personalized Fitness (Fulfilled in the major.)	
K. Social Science		
	1. <i>American and European History</i>	3
	2. <i>Global Cultural Perspectives</i>	3
	3. <i>Social Science Perspectives</i>	3
L. Interdisciplinary Studies		
	Complete a 3 credit Interdisciplinary Studies course.	3
	Total Credits	41

World Languages and Cultures Requirements

Click here for a list of courses that fulfill World Languages and Cultures categories. (<http://catalog.montclair.edu/programs/world-languages-and-cultures-requirements/>)

Code	Title	Credits
World Languages		
	Based on language placement exam, complete one or two sequential courses in the same language. Requirement is automatically fulfilled by language major courses.	3-6
World Cultures		
	Requirement may be fulfilled by course selected in General Education 0-3 - Social Science: Global Cultural Perspectives. Requirement may also be fulfilled by major coursework. See list of courses.	
	Total Credits	3-9

Recommended Roadmap to Degree Completion

This four-year plan is provided as an outline for students to follow in order to complete their degree requirements within four years. This plan is a recommendation and students should only use it in consultation with their academic advisor.

First Year

Fall	Credits	Spring	Credits
GENERAL EDUCATION (A) New Student Seminar	1	GENERAL EDUCATION (C2) Literature	3
GENERAL EDUCATION (C1) Writing	3	GENERAL EDUCATION (C3) Communication	3
GENERAL EDUCATION (H) Mathematics	3	GENERAL EDUCATION (K1) Social Science – American and European History	3
GENERAL EDUCATION (K3) Social Science – Social Science Perspectives	3	World Language 2	3
World Language 1	3	PSYC 204	3
INTD 101	3		
	16		15

Second Year

Fall	Credits	Spring	Credits
GENERAL EDUCATION (F1) Humanities – Great Works and Their Influences	3	GENERAL EDUCATION (D) Fine and Performing Arts	3
GENERAL EDUCATION (F2) Humanities – Philosophical and Religious Perspectives	3	GENERAL EDUCATION (G) Computer Science	3
GENERAL EDUCATION (I) Natural Science Laboratory	4	GENERAL EDUCATION (L) Interdisciplinary Studies	3
MEDH 204	3	CHSC 299	3
WRIT 206	3	NUFD 182	3
	16		15

Third Year

Fall	Credits	Spring	Credits
GENERAL EDUCATION (K2) Social Science – Global Cultural Perspectives	3	World Cultures	3
INTD 301	3	PEGN 230	3
FSHD 217	3	Concentration Elective 2	3
HLTH 102	3	Free Elective or Minor course	3
Concentration Elective 1	3	Free Elective or Minor course	3
	15		15

Fourth Year

Fall	Credits	Spring	Credits
Free Elective or Minor course		3 INTD 499	3
Free Elective or Minor course		3 Free Elective or Minor course	3
Free Elective or Minor course		3 Free Elective or Minor course	3
Free Elective or Minor course		3 Free Elective or Minor course	3
Free Elective or Minor course		3 Free Elective	1
	15		13

Total Credits 120