

Wellness & Health Associate Degree

Below are samples of **Wellness & Health** Associate Degree students' schedule.

This is ONLY a sample, and your actual schedule may vary.

Full Time with General Education Courses – 1st year

August-October					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:20	Intro to Wellness Coaching 8:30-12:20pm				
9:30-10:20					
10:30-11:20					
11:30 – 12:20					Personal Wellness & Fitness 11:30 – 3:20pm
12:30-1:20					
1:30-2:20					
2:30-3:20					
3:30-4:20					
ONLINE: College 101 ONLINE: Basic Anatomy					
October-December					
8:30-9:20	Chronic Diseases & Health Issues 8:30-11:20am				
9:30-10:20					
10:30-11:20					
11:30 – 12:20					
12:30-1:20	Wellness Practicum 1 12:30-3:20pm				
1:30-2:20					
2:30-3:20					
3:30-4:20					

Jan-March (8-week classes)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:20					
9:30-10:20	English Comp 1 9:30-12:20pm				
10:30-11:20					
11:30 – 12:20					
12:30-1:20	Nutritional Health 12:30-3:20pm		Nutritional Health 12:30-3:20pm		
1:30-2:20					
2:30-3:20					

ONLINE: Wellness Insurance/Benefits

March-May (8-week classes)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:20		Stress Management Techniques 8:30 – 11:50am			
9:30-10:20					
10:30-11:20					
11:30 – 12:20					
12:30-1:20	Wellness Kinesiology 12:30-4:20pm				
1:30-2:20					
2:30-3:20					
3:30-4:20					

Online: Development Psychology