

# ALLIED HEALTH WITH HEALTH AND WELLNESS, BPS

The Bachelor of Professional Studies (BPS) degree is a degree completion program for students who have completed a health or fitness related Associate Degree from a regionally accredited institution or those who have previously earned 60 credit hours of health and fitness coursework. Students enter the BPS in Allied Health program at the Junior/Senior level and the coursework is designed as a “cap” to provide qualified students a seamless transition with little or no loss of credit.

The Professional Studies cap encompasses upper division coursework from a range of areas, thus the program's multidisciplinary, applied focus.

The program enables students to broaden their career expectations through development of skills and knowledge needed for multifaceted, public- or private-sector career roles related to their associate degree major. The Junior-Senior level curriculum groupings include coursework related to the areas of professional practice, the professional studies core and advanced courses in a concentration related to the student's curriculum focus during his/her freshmen/sophomore years.

During the program, students will complete the professional studies core which focuses on the foundations of professional practice including financial planning, marketing, project management and facilities management. Through these courses, they will develop advanced professional skills and abilities to complement those acquired in their first two years.

## BPS Program Objectives

The Bachelor of Professional Studies at Roosevelt University will:

- Equip students with knowledge about the common managerial elements of organizations
- Furnish students with a broad but directed foundation in intellectual inquiry to develop perspectives, knowledge, and cognitive skills that find application in the professional coursework
- Provide undergraduates the opportunity to further develop proficiency related to their specific area of concentration based on their prior coursework

## Health & Wellness Concentration Objectives

The Health & Wellness concentration uses a multi-disciplinary programmatic approach to combine the strength of health and wellness curricula and integration with the BPS Core. This combination allows these graduates to plan, organize, and lead within a business and/or health and wellness environment. Students will develop foundational skills in health and wellness related sciences such as health, nutrition, sport and fitness specialization areas. As a result, students will be equipped to create, implement and manage health, fitness and sport programs in a variety of sectors.

## Program admission

Admission decisions are based on a review of each student's academic record and professional experience. Each candidate is considered on an individual basis. In making admission decisions, the following materials are considered:

- High school diploma, GED score, military documentation or college coursework.

- Work or community service experience.
- Standardized examination results.
- Some majors require demonstrated levels of achievement in particular courses. Typically, a “C” or higher in high school math and science is required.
- Demonstration of character necessary for success in college.

## Standards

Majors must complete all required courses with grades of C- or higher, with an overall GPA of 2.0 or higher. Students who do not achieve this level of academic progress may be dismissed from the program.

## Professionalism

Appearance, attitude and professional behavior are important elements of the student's preparation and professional success in the field. Students are expected to dress, speak, and exhibit professional behavior at all times. When a student's appearance, behavior, and/or attitude are in opposition to the educational goals to which the University's academic programs are dedicated, the student's conduct may result in probation or dismissal.

Students are expected to demonstrate evidence of personal and professional growth and conduct themselves in an ethical and professional manner while in class, on campus and at all university functions. Students are also expected to provide safe practice during all exercise science lab and food/nutrition lab work.

Students in the Associate of Applied Science in Exercise & Sports Studies (AAS in ESS), Bachelor of Professional Studies in Health & Wellness (BPS in H&W), and Bachelor of Science in Exercise, Nutrition, & Health Science (BS in ENHS) must wear athletic clothes for some exercise and fitness lab experiences. The dress code should reflect professionalism for the field of health and fitness.

*Unsafe* exercise science lab or food/nutrition lab practice shall be deemed to be behaviors demonstrated by the student which threaten or violate the physical, biological, or emotional safety of others or the student partner. *Unprofessional* practice shall be deemed to be behaviors demonstrated by the student which are inappropriate.

The BPS degree is a degree completion program for students who have completed a health or fitness related Associate Degree from a regionally accredited institution or those who have previously earned 60 credit hours of health and fitness coursework. Students will finish the degree with the BPS in H&W cap for the final 60 credit hours to a total of 120 credit hours for degree completion.

Requirements for the Bachelor of Professional Studies in Allied Health includes the BPS core, General Education core, and the Health and Wellness concentration:

- Students must complete the final 30 credit hours of their degree at Roosevelt University; off-site allied health courses do not count towards this requirement
- Courses in the BPS Health & Wellness program must have been taken within the last eight years to be accepted for graduation
- Majors must complete all required courses with grades of C- or higher; with an overall GPA of 2.0 or higher
- In order to be admitted into the program, students must have completed 60 credit hours of health and fitness coursework or have a

completed Associate's Degree from a regionally accredited institution with a minimum GPA of 2.0.

Code	Title	Credit Hours
<b>Health and Wellness Coursework</b>		
AHS 340	A WELLNESS WAY OF LIFE	3
AHS 385	HEALTH & WELLNESS COACH TRAINING	3
AHS 399	EXERCISE & SPORT ADVANCED INTE	3
HCA 300	GLOBAL HEALTH	3
HCA 360	FOUNDATIONS HEALTH EDUCATION	3
MATH 217	ELEMENTARY STATISTICS	3
<b>Program Electives</b>		
Two Courses from AHS, HCA, or FIT		6
<b>BPS Coursework</b>		
BPS 320	PROJECT MGT	3
BPS 340	PROF IN SOCIETY	3
BPS 370	SERVICE MKT	3
BPS 380	FACILITY MGT	3
BPS 310	FINANCIAL PLANNING FOR PROFESSIONALS	3
BPS 350	PROFESSIONAL STUDIES STRATEGY	3
Total Credit Hours		42

## CORE Requirements (General Education)

Code	Title	Credit Hours
<b>First Year Success Course or Transfer Success Course</b>		
FYS 101	FIRST YEAR SUCCESS COURSE	1
or TRS 101	TRANSFER SUCCESS 101	
<b>Communication Requirement</b>		
ENG 101	COMPOSITION I: CRITICAL READING & WRITING	3
ENG 102	COMPOSITION II: INTRODUCTION TO ACADEMIC RESEARCH	3
COMM 101	PUBLIC SPEAKING (or program specific CORE communications course)	3
<b>Ideas Across Disciplines</b>		
3 credits in coursework categorized as Ideas.		3
<b>Humanities and Fine and Performing Arts</b>		
9 credits from the following subject areas: African-American Studies, Art History, English (excluding ENG 101 and ENG 102), History, Languages, Music, Philosophy, Theatre, Communication and Women's and Gender Studies		9
<b>Mathematics</b>		
MATH 110	QUANTITATIVE LITERACY (or above) <sup>1</sup>	3
<b>Science</b>		
One biological science and one physical science required (at least one must be a four-hour lab). (Not applicable for science majors)		7-8
<b>Social Sciences</b>		
9 credits from the following subject areas: African-American Studies, Anthropology, Economics, History, Journalism, Philosophy, Political Science, Psychology, Sociology and Women's and Gender Studies		9

## Experiential Learning

6 credits from coursework categorized as Experiential Learning.	6
<b>Total Credit Hours</b>	<b>47-48</b>

<sup>1</sup> Higher level of Math may be required by major

These quantitative requirements also apply to degrees.

- Students must earn a minimum of 120 semester hours.
- Students may apply no more than 60 credit hours of 100-level courses toward the degree.
- Students must apply no fewer than 60 credit hours of 200- and 300-level courses toward the degree.
- Students must have at least 18 credit hours (of the 60 credit hours above) at the 300 level.
- Students may transfer in no more than 70 credit hours from community colleges.
- Students must take their final 30 hours at Roosevelt University. Note that some majors have additional requirements for RU hours.
- Students must have a grade point average of 2.0 or higher to graduate. Note that some majors have additional GPA requirements.
- Students may apply no more than 51 hours in the major (BA) or 57 hours in the major (BS)

This degree map reflects a pathway between the AAS in Exercise and Sports Studies and the BPS in Allied Health. Your degree map may vary depending on the previous credits earned and applied toward the BPS program. This degree map is a general guide suggesting courses to complete each term on the academic pathway to your degree. It is based on the most current scheduling information from your academic program. Your program's degree map is reviewed annually and updated as schedules change (although you retain the same course requirements as long as you are continuously enrolled in your degree program).

Always work closely with your academic advisor to understand curriculum requirements and scheduling, as each student's academic plan can look slightly different

### Year 1

Fall	Credit Hours	Spring	Credit Hours
FYS 101	1	PSYC 246	3
ALH 119	3	ENG 102	3
AHS 120	3	AHS 127	3
ENG 101	3	AHS 128	3
Humanities #1	3	COMM 101	3
Social Science (PSYC)#1 <sup>1</sup>	3	MATH 170	3
		<b>16</b>	<b>18</b>

### Year 2

Fall	Credit Hours	Spring	Credit Hours
AHS 225	3	NURS 230	4
AHS 245	3	NURS 231	1
HCA 210	3	NURS 250	3
HCA 211	3	AHS Elective	3
HCA 290	3	Experiential Learning #1 <sup>1</sup>	3

NURS 200	1.5	
	16.5	14

**Year 3**

Fall	Credit Hours Spring	Credit Hours
BPS 320	3 BPS 370	3
BPS 340	3 BPS 380	3
MATH 217	3 AHS 340	3
HCA 300	3 Humanities #2	3
Ideas Across Disciplines	3 PHSC 101	3
	NSCI 102	1
	15	16

**Year 4**

Fall	Credit Hours Spring	Credit Hours
BPS 310	3 AHS 399	3
HCA 360	3 BPS 350	3
Social Science #2	3 AHS 385	3
Humanities #3	3 Social Sciences #3	3
Experiential Learning #2 <sup>2</sup>	3	
	15	12

Total Credit Hours 122.5

<sup>1</sup> Students should take PSYC 103 to have prerequisite for PSYC 246.

<sup>2</sup> Satisfies CORE Experiential Learning requirement. EXL courses can satisfy major requirements, electives or CORE requirement.

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**Year 1**

Fall	Credit Hours Spring	Credit Hours
FYS 101	1 ENG 102	3
ENG 101	3 AHS 121	3
FIT 100	3 FIT 140	3
Humanities #1	3 MATH 110	3
Social Science (PSYC 103)#1	3 FIT 180	3
COMM 101	3	
	16	15

**Year 2**

Fall	Credit Hours Spring	Credit Hours
AHS 151	3 FIT 221	3
FIT 235	3 FIT 225	3

PSYC 246	3 FIT 290	3
FIT 192	3 Experiential Learning #1 <sup>2</sup>	3
General Elective	3 General Elective	3
	15	15

**Year 3**

Fall	Credit Hours Spring	Credit Hours
BPS 320	3 BPS 370	3
BPS 340	3 BPS 380	3
MATH 217	3 AHS 340	3
HCA 300	3 Humanities #2	3
PHSC 101	3 Ideas Across Disciplines	3
NSCI 102	1 General Elective	3
	16	18

**Year 4**

Fall	Credit Hours Spring	Credit Hours
HCA 360	3 AHS 399	3
BPS 310	3 AHS 385	3
Social Science #2	3 BPS 350	3
Humanities #3	3 Experiential Learning #2 <sup>2</sup>	3
General Elective	3 Social Sciences #3	3
	15	15

Total Credit Hours 125

<sup>1</sup> Students should take PSYC 103 to have prerequisite for PSYC 246

<sup>2</sup> Satisfies CORE Experiential Learning requirement. EXL courses can satisfy major requirements, electives or CORE requirement