

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

The new BA in Interdisciplinary Studies is intended to prepare students for a lifetime of professional and intellectual flexibility. By focusing on several of the NACE career-readiness competencies, particularly critical thinking, professionalism, teamwork, and self-development, it will empower students not only to address the many challenges they are likely to face in the workplace throughout their careers, but also in their communities throughout their lives.

Focusing on the intersection of health sciences and societal well-being, this concentration addresses topics like nutrition, public health, and wellness promotion. Students learn to develop and implement health initiatives, preparing for roles in healthcare, community health, and wellness coaching. The curriculum emphasizes preventive care and holistic health strategies.

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.

Degree Requirements Overview

Code	Title	Credits
	New Student Seminar	1
	SEEDS General Education Requirements	21-24
	Major Requirements	39
	Free Electives	59-56
	Total Credits	120

Major Requirements

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

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

New Student Seminar

Code	Title	Credits
Students in the Adult Learner program must take GNED 100.		
Complete one course from the following. Some courses may be restricted by major. Consult with an academic advisor.		1
ADVS 198	Pathways to Success	
CHEM 190	Freshman Seminar in Chemistry	
FYS 100	First Year Seminar	
GNED 100	Adult Academic Success Seminar	
GNED 199	New Student Seminar	
HPEM 199	Freshman Seminar in Health and Physical Education	
IDS 155	Pathways to Adult Learning	
JUST 199	New Student Seminar	
MATH 102	New Student Experience for Mathematical Sciences	
MUGN 199	Freshman Seminar for Music Majors	
NURS 199	Introduction to Nursing	
POLS 199	Freshman Seminar in Political Science and Law	

SEEDS General Education Requirements

Click here for a list of courses that fulfill the SEEDS requirements. (<http://catalog.montclair.edu/programs/seeds-general-education-requirements/>)

Code	Title	Credits
Foundations		
<i>Effective Writing I</i>		
	Complete one Effective Writing I course.	3
<i>Effective Writing II</i>		
	Fulfilled by WRIT 206 in the major.	
<i>Interactive Communication</i>		
	Complete one Interactive Communication course.	3
<i>Quantitative Reasoning</i>		
	Complete one Quantitative Reasoning course.	3
<i>Political and Civic Life</i>		
	Fulfilled by HLTH 102 in the major.	
<i>World Language</i>		
	Complete two sequential classes in one World Language when starting at the Beginner I or Beginner II level. Complete one class when starting at the Intermediate/Advanced Level.	3-6

Exploration	
Complete one course from four different Exploration categories.	9
<i>Analyzing Cultures and Societies</i>	
<i>Creative Expression</i>	
<i>Ethical Inquiry</i>	
<i>Historical Thinking</i>	
Literary and Artistic Analysis	
<i>Scientific Reasoning</i>	
Fulfilled by PEGN 230 in the major.	
Total Credits	21-24

Fourth Year			
Fall	Credits	Spring	Credits
Free Elective		3 INTD 499	3
Free Elective		3 Free Elective	3
Free Elective		3 Free Elective	3
Free Elective		3 Free Elective	3
Free Elective		3 Free Elective	2
			15
Total Credits 120			14

Recommended Roadmap to Degree Completion

This recommended degree plan is provided as an outline for students to follow in order to complete their degree requirements within four years and 120 credits. This plan is a recommendation and **MUST** be used in consultation with their academic advisor. Important note: Students should be aware this plan assumes no pre-requisite coursework is required. If pre-requisite coursework is needed, students may have additional requirements to fulfill which do not appear on the plan.

First Year

Fall	Credits	Spring	Credits
New Student Seminar		1 WRIT 206 (Fulfills SEEDS: Effective Writing II)	3
SEEDS: Effective Writing I	3	SEEDS: Interactive Communication	3
SEEDS: World Language I	3	SEEDS: World Language II	3
SEEDS: Exploration 1	3	SEEDS: Exploration 2	3
HLTH 102 (fulfills SEEDS: Political and Civic Life)	3	PSYC 204	3
INTD 101	3		
			15
		16	15

Second Year

Fall	Credits	Spring	Credits
SEEDS: Quantitative Reasoning	3	SEEDS: Exploration 4	3
PEGN 230 (fulfills SEEDS: Exploration - Scientific Reasoning)	3	CHSC 299	3
MEDH 204	3	NUFD 182	3
Concentration Elective 1	3	Free Elective	3
Free Elective	3	Free Elective	3
			15
		15	15

Third Year

Fall	Credits	Spring	Credits
INTD 301	3	Free Elective	3
FSHD 217	3	Free Elective	3
Concentration Elective 2	3	Free Elective	3
Free Elective	3	Free Elective	3
Free Elective	3	Free Elective	3
			15
		15	15