Health and Wellness

Degree Type
Associate of Science

NHTI's Health and Wellness degree program offers you a sound academic foundation to pursue an entry-level position in health and fitness, community health, and health education, and/or transfer to a 4-year program in any of those fields. This program prepares you for the competitive and ever-expanding field of healthcare and personal wellness services. Students in the Medical Coding and Coaching certificates can seamlessly apply those credits towards this program.

There are three tracks for this program: Medical Coding, Coaching, and Health and Wellness.

Do you have questions? Contact Amy West, department chair, at awest@ccsnh.edu or 603-271-6484 x4243.

Career Information

This program provides a sound academic foundation for the student who wants to pursue an entry-level position in nutrition, health and fitness, public health, and health education, and/or transfer to a 4-year program in any of those fields.

Admission Requirements

Apply for this program today on our Admissions page with step-by-step instructions and enrollment pathways build just for you!

Curriculum

General Education Core

Item #	Title	Lecture Hours	Lab Hours	Credits
BIOL120C	Human Biology	3	2	4
BIOL122C	Basic Pathophysiology	3	0	3
BIOL125C	Human Genetics and Society	3	2	4
	BIOL 129C or BIOL 159C	3	0	3-4
ENGL101C	English Composition	4	0	4
	ENGL120C/COMM120C or ENGL120MC/COMM120MC	3	0	3
HLTH101C	Medical Terminology	3	0	3
HLTH150C	Introduction to Personal Wellness	1	1	1
IST102C	PC Applications	3	0	3
INDL120C	Global Public Health Issues	3	0	3
	Mathematics elective (MATH 120C or higher level)	4	0	4
PHIL242C	Contemporary Ethical Issues	3	0	3
PSYC105C	Introduction to Psychology	3	0	3
PSYC220C	Human Growth and Development: The Life Span	3	0	3
SOCI105C	Introduction to Sociology	3	0	3
	Subtotal Credits	**45-46**	**5-7**	**47-48**

Track: Medical Coding

Item #	Title	Lecture Hours	Lab Hours	Credits
HLTH104C	Healthcare Data Content and Delivery Systems	3	0	3
MCOD118C	Introduction to Hospital Diagnosis Coding	4	0	4
MCOD119C	Introduction to Hospital Procedure Coding	3	0	3
MCOD218C	Advanced Hospital Coding	3	0	3
MCOD219C	Ambulatory Coding	4	0	4
	Subtotal Credits	**17**	**0**	**17**

Track: Coaching

Includes 6-7 credits in electives (see below). One elective course must be at the 200 level.

Item #	Title	Lecture Hours	Lab Hours	Credits
BIOL129C	Introduction to Sports Nutrition	3	0	3
HLTH120C	Care and Prevention of Athletic Injuries	3	2	4
HLTH125C	Coaching Principles I	3	0	3
	Subtotal Credits	**9**	**2**	**10**

Track: Health and Wellness

Includes 12-13 credits in electives (see below). One elective course must be at the 200 level.

Electives

Item #	Title	Lecture Hours	Lab Hours	Credits
BIOL239C	Public Health Nutrition	3	0	3
BIOL279C	Life Cycle Nutrition	3	0	3
	Chemistry elective	4	0	4
HLTH104C	Healthcare Data Content and Delivery Systems	3	0	3
HLTH152C	Personal Trainer Course	3	2	4
MATH251C	Statistics	4	0	4
PSYC210C	Psychological Disorders and Mental Health	3	0	3
PSYC205C	Crisis Intervention	3	0	3
SOCI250C	Conflict Resolution in Modern Society	3	0	3
	Subtotal Credits	**29**	**2**	**12-13**
	Total Credits			**60-65**

Additional Information

Program Learning Outcomes

- Students will communicate effectively.
    - Students will employ vocabulary pertinent to health science.
    - Students will complete research and use peer-reviewed sources of literature.
- Students will use critical thinking.
    - Students will apply the scientific method.
    - Students will evaluate personal wellness concepts and improve self-selected areas of wellness.
- Students will demonstrate the application of scientific technology.
    - Students will practice lab safety procedures.
    - Students will utilize current technology to collect, analyze, and present data.
- Students will express quantitative and qualitative scientific knowledge.
    - Students will demonstrate knowledge of human anatomy and physiology.
    - Students will design nutrition and wellness education and training programs for individuals and groups.

Click here for the full [PDF of learning outcomes](#).