

**Degree and Major: Wellness BA**

After completing the **Bachelor of Art in Wellness** degree program at UT Tyler, the student can

<b>Soft Skills:</b>	<b>Hard Skills:</b>	<b>Unique Features of Program (what separates UT Tyler's program from others)</b>
<ul style="list-style-type: none"> <li>Address challenging problems and issues through: creative thinking, inquiry, innovation, analysis, evaluation, and synthesis of information including numerical data or observable facts.</li> </ul>	<ul style="list-style-type: none"> <li>Interact effectively with others to promote health, wellness, and physical performance.</li> </ul>	<ul style="list-style-type: none"> <li>Career supports throughout the entire degree program.</li> </ul>
<ul style="list-style-type: none"> <li>Respond in an ethical manner by connecting data, behavior, choices, consequences to ethical theories.</li> </ul>	<ul style="list-style-type: none"> <li>Effectively teach others regarding health, wellness, and physical performance.</li> </ul>	
<ul style="list-style-type: none"> <li>Communicate ideas effective through written, oral, and visual delivery modes.</li> </ul>	<ul style="list-style-type: none"> <li>Effectively motivate others to pursue health, wellness, and physical performance goals.</li> </ul>	
<ul style="list-style-type: none"> <li>Work effectively in teams.</li> </ul>	<ul style="list-style-type: none"> <li>Critically analyze the literature related to health, wellness, and physical performance.</li> </ul>	
<ul style="list-style-type: none"> <li>Advance the human condition through learned international cultural competence, knowledge of civil responsibility, and a foundational knowledge of human behavior.</li> </ul>	<ul style="list-style-type: none"> <li>Use the basics of exercise physiology, adaptations to exercise training, and biomechanics of human movement.</li> </ul>	
	<ul style="list-style-type: none"> <li>Evaluate the health and wellness of individuals and groups and understand the scientific basis of health and wellness.</li> </ul>	
	<ul style="list-style-type: none"> <li>Evaluate motor skills of individuals and understand the scientific basis and practical methods of motor skill acquisition.</li> </ul>	
	<ul style="list-style-type: none"> <li>Evaluate physical performance and physical fitness, and design individualized exercise prescriptions to achieve specific fitness goals.</li> </ul>	