ENOCH ASCENSION CHRISTIAN UNIVERSITY · DEGREE COMPLETION PLAN

Bachelor of Arts in Biblical Holistic Health

Catalog Year 2026–2027 · 100% Online · *We don't teach what to think. We awaken truth and walk in love.*

120	40	3	VARK
TOTAL CREDITS	COURSES	CREDITS PER COURSE	FOUR WAYS TO LEARN

Program Overview

The Bachelor of Arts in Biblical Holistic Health explores wellness of body, soul, and spirit through Scripture, history, and modern research. Students study nutrition and biblical dietary wisdom, fasting, rest and Sabbath, movement, stress, healing in Scripture and church history, and health coaching.

How EACU Is Different

Students study the whole person, body, soul, and spirit, through Scripture, ancient wisdom, and modern research. Every claim is weighed from every side, so students learn to separate what the text states and what research supports from what tradition or trend assumes.

Every EACU degree walks students through the evidence from every side and asks them to reach, write, and defend their own conclusions, while remaining grounded in the foundation of truth. Students learn to distinguish what the biblical text states, what ancient and later traditions add, and what interpreters have concluded.

> **Required in every EACU degree:** Biblical Interpretation (Rightly Dividing the Word), Biblical Finance and Stewardship, and Biblical Mindset and Mental Health. Every course is built with visual, auditory, reading and writing, and hands-on learning.

Please note: This degree prepares students for health education and wellness ministry. It is not medical training and does not lead to licensure or professional certification in any health profession.

Program Outcomes

1. Explain holistic health through a body, soul, and spirit framework.
2. Evaluate health claims using Scripture and research.
3. Apply biblical wisdom on nutrition, fasting, and rest.
4. Coach others toward healthy habits.
5. Design community health ministry.

Where This Degree Can Lead

- Wellness ministry leader
- Health and wellness coach
- Community health outreach
- Further study in the M.A. in Biblical Holistic Health

Admission

A high school diploma or equivalent. See Admissions for full requirements.

Career paths above are examples only; EACU does not provide job placement or promise employment (Handbook Section 12).

General Education — 36 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	ENGL 101	Composition I	3	
☐	ENGL 102	Composition and Research Writing	3	
☐	COMM 101	Speech Communication	3	
☐	MATH 110	Quantitative Reasoning	3	
☐	SCIE 110	Introduction to Natural Science	3	
☐	HIST 110	Ancient Civilizations of the Near East and Africa	3	
☐	HIST 210	African American Religious History	3	
☐	PSYC 101	Introduction to Psychology	3	
☐	SOCI 101	Introduction to Sociology	3	
☐	HUMN 110	Literature and Sacred Texts	3	
☐	PHIL 110	Critical Thinking and Logic	3	
☐	TECH 110	Digital Literacy and AI	3	

EACU Required Core — 15 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	EACU 100	EACU Orientation: Learning to Think for Yourself	3	
☐	BIBL 101	Biblical Interpretation I: Rightly Dividing the Word	3	
☐	FINC 101	Biblical Finance and Stewardship I	3	
☐	MHLT 101	Biblical Mindset and Mental Health I	3	
☐	RELG 201	Comparative Religions and Worldviews	3	

Bible and Ancient Texts Core — 15 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	BIBL 201	Old Testament Survey and Ethiopian Canon	3	
☐	BIBL 202	New Testament Survey, Canon Formation, and Christian Origins	3	
☐	BIBL 301	Biblical Interpretation II: Hebrew and Greek Tools	3	
☐	BIBL 302	Second Temple Literature: Enoch, Jubilees, and Maccabees	3	
☐	THEO 201	Theology Survey	3	

Suggested Sequence

Year 1
Orientation, Rightly Dividing the Word, General Education

Year 2
Bible and Ancient Texts Core, Finance, Mental Health, Comparative Religions

Year 3
Major courses and electives

Year 4
400-level courses and Capstone

Major: Biblical Holistic Health — 30 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	HLTH 310	Body, Soul, and Spirit: Foundations of Holistic Health	3	
☐	HLTH 320	Nutrition and Biblical Dietary Wisdom	3	
☐	HLTH 330	Fasting: Scripture, History, and Health	3	
☐	HLTH 340	Rest, Sabbath, and Sleep	3	
☐	HLTH 350	Movement and Physical Wellness	3	
☐	HLTH 360	Stress, Emotions, and the Body	3	
☐	HLTH 370	Healing in Scripture and Church History	3	
☐	HLTH 380	Plants, Herbs, and Healing in the Ancient World	3	
☐	HLTH 410	Health Coaching Foundations	3	
☐	HLTH 420	Community Health Ministry	3	

Electives — 21 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	ELEC	Elective 1	3	
☐	ELEC	Elective 2	3	
☐	ELEC	Elective 3	3	
☐	ELEC	Elective 4	3	
☐	ELEC	Elective 5	3	
☐	ELEC	Elective 6	3	
☐	ELEC	Elective 7	3	

How to choose electives. Students select 7 courses with their academic advisor from the **EACU Approved Elective List**, updated each term. The list includes courses from every EACU major and courses taught by approved guest instructors. Up to 15 elective credits may be used toward a minor in another EACU field, and approved transfer credit may also count toward electives. Suggested: Mental Health, Coaching, Counseling.

Capstone — 3 credits

	CODE	COURSE	CR	TERM COMPLETED
☐	HLTH 490	Capstone Project	3	

Students design a wellness program for a church or community that integrates Scripture, research, and coaching.

Credit Summary

General Education	36
EACU Required Core	15
Bible and Ancient Texts Core	15
Major	30
Electives	21
Capstone	3
Total Required	**120**