

Health

Division of Health Professions

- **Major: 36-37 credit hours**
- **Minor: 23 credit hours**
- **Major/minor GPA required for graduation: 2.50**
- **All courses for the major and minor must be completed with a grade of C or better**

PROGRAM REQUIREMENTS:

- **Capstone: Seminar in Health Promotion and Wellness (HPE 490) or Internship in Health Promotion and Wellness (HPE 470)**

Mission: The health major prepares students to be proficient in the knowledge and understanding of health science content and theory, with culminating coursework in real-world internship settings. Coursework and program requirements provide preparation in the knowledge and skill necessary to plan, implement, and lead in health science settings.

Description of Major: This major builds the foundation for students interested in careers in the fields of health science and healthcare. Completion of this major will prepare students to pursue careers or graduate studies in health science or healthcare.

Student Learning Outcomes

Students will:

- Demonstrate an understanding of the multiple dimensions of health science and healthcare.
- Demonstrate an awareness of the unique needs of varying populations with regard to health and wellness priorities.
- Assess individual and community needs for health education.
- Evaluate and apply research related to health science.
- Demonstrate the ability to use interpersonal communication skills to advocate for personal, family and community health.

Preparation: The health major prepares students for careers in schools, healthcare facilities, worksites, government agencies, colleges and universities, and other healthcare venues, as well as for further study at the graduate level in areas such as nursing, physical therapy, and dietetics.

| HEALTH MAJOR CORE REQUIREMENTS | | 18-19 crs. |
|---------------------------------------|---|-------------------|
| ATH 200 | MEDICAL TERMINOLOGY | 3 |
| HPE 158 | HEALTH AND WELLNESS | 3 |
| HPE 250 | ASSESSMENT THROUGH TESTS AND MEASUREMENTS FOR HEALTH PROFESSIONS | 3 |
| HPE 300 | HUMAN NUTRITION | 3 |
| HPE 470 | INTERNSHIP IN HEALTH PROMOTION AND WELLNESS | 3-4 |
| <i>or</i> | | |
| HPE 490 | SEMINAR IN HEALTH PROMOTION AND WELLNESS | 3 |
| PED 157 | FOUNDATIONS OF HEALTH PROFESSIONS | 3 |

AT LEAST NINE CREDITS
FROM AMONG THE FOLLOWING

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| HPE 200 | FOUNDATIONS OF HUMAN MOVEMENT | 3 |
| HPE 214 | PRINCIPLES AND FOUNDATIONS OF HEALTH PROMOTION AND WELLNESS | 3 |
| HPE 410 | EVALUATION IN HEALTH PROMOTION AND WELLNESS | 3 |
| HPE 420 | PLANNING AND IMPLEMENTATION IN HEALTH PROMOTION AND WELLNESS (W) | 3 |
| PED 202 | PSYCHOLOGY OF COACHING | 3 |
| PED 206 | FIRST AID | 2 |
| PED 349 | PHYSIOLOGY OF EXERCISE | 3 |
| PED 356 | INSTRUCTION FOR EXERCISE AND LIFETIME ACTIVITY | 4 |
| PED 357 | ADMINISTRATION AND DEVELOPMENT OF PHYSICAL ACTIVITY PROGRAMMING (W) | 3 |
| PED 365 | MOTOR DEVELOPMENT ACROSS THE LIFESPAN | 3 |
| PED 403 | KINESIOLOGY (W) | 3 |
| PED 404 | MOTOR LEARNING | 2 |
| PED 405 | EVALUATION AND RESEARCH IN SPORT AND EXERCISE SCIENCE | 3 |
| PED 460 | FIRST AID/CPR/AED INSTRUCTOR | 2 |
| PSY 465 | SPORT AND HEALTH PSYCHOLOGY | 3 |

AT LEAST NINE CREDITS
FROM AMONG THE FOLLOWING

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| BIO 110 | PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY | 5 |
| BIO 111 | PRINCIPLES OF ORGANISMAL AND POPULATION BIOLOGY | 5 |
| BIO 211 | GENETICS | 4 |
| BIO 220 | EVOLUTION | 3 |
| BIO 300 | BIostatISTICS | 3 |
| BIO 313 | CELLULAR BIOLOGY | 4 |
| BIO 308 | HUMAN ANATOMY AND PHYSIOLOGY I | 5 |
| BIO 309 | HUMAN ANATOMY AND PHYSIOLOGY II | 5 |
| BIO 311 | MICROBIOLOGY | 5 |
| BIO 340 | DEVELOPMENTAL BIOLOGY | 3 |

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| BIO 342 | NEUROBIOLOGY | 3 |
| BIO 430 | BIOTECHNOLOGY | 4 |
| CHE 105 | GENERAL CHEMISTRY I | 4 |
| CHE 106 | GENERAL CHEMISTRY II | 4 |
| CHE 205 | ORGANIC CHEMISTRY I | 4 |
| CHE 206 | ORGANIC CHEMISTRY II | 4 |
| CHE 300 | ANALYTICAL CHEMISTRY | 4 |
| CHE 303 | PRINCIPLES OF BIOCHEMISTRY | 4 |
| CHE 310 | INTRODUCTION TO MOLECULAR MODELING AND BIOINFORMATICS | 2 |
| PHY 211 | GENERAL PHYSICS: MECHANICS, HEAT, SOUND | 4 |
| PHY 212 | GENERAL PHYSICS: ELECTRICITY, MAGNETISM, OPTICS | 4 |
| MTH 170 | STATISTICS | 3 |
| MTH 210 | CALCULUS I | 4 |
| MTH 211 | CALCULUS II | 4 |
| MTH 212 | CALCULUS III | 4 |
| PSY 153 | INTRODUCTION TO PSYCHOLOGY | 3 |
| PSY 301 | PSYCHOLOGICAL STATISTICS | 3 |
| PSY 315 | ABNORMAL PSYCHOLOGY | 3 |

HEALTH MINOR REQUIREMENTS 23 crs.

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| HPE 158 | HEALTH AND WELLNESS | 3 |
| ATH 200 | MEDICAL TERMINOLOGY | 3 |
| PED 206 | FIRST AID | 2 |
| HPE 250 | ASSESSMENT THROUGH TESTS AND MEASUREMENTS FOR HEALTH PROFESSIONS | 3 |
| HPE 300 | HUMAN NUTRITION | 3 |
| HPE 390 | ADMINISTRATIVE SKILLS IN HEALTH PROMOTION | 3 |
| HPE 420 | PLANNING AND IMPLEMENTATION IN HEALTH PROMOTION AND WELLNESS (W) | 3 |
| HPE 450 | PROGRAMS IN COMMUNITY HEALTH | 3 |

The student may also opt to follow the guidelines described in this handbook for the individually-designed minor. Students must complete the minor with a minimum of a 2.50 cumulative grade point average and a grade of "C" or better in each minor course.

Health (HPE)

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| <p>HPE 158 HEALTH AND WELLNESS The Health and Wellness course will afford students the opportunity to reinforce the basics in all eight dimensions of wellness for promoting a healthy lifestyle in addition to exploring the most current thinking on health and wellness topics and related controversial issues. Students will learn practical ways in which to integrate positive health and wellness behaviors into their lifestyle to become a healthy student and citizen.</p> | 3 | <p>HPE 301 ADVANCED HUMAN NUTRITION (W) Incorporates the basic principles of nutrition to explore nutritional practices and recommendations across the lifespan, specific nutritional concerns (i.e. weight management, cultural and lifestyle nutritional differences), food safety, and global hunger issues. Prerequisites: HPE 158, 300.</p> | 3 |
| <p>HPE 200 FOUNDATIONS OF HUMAN MOVEMENT This course will introduce the composition and function of the musculoskeletal system with principles and mechanical concepts for human movement, functional anatomy of the skeletal, connective tissue, articular, and neuromuscular systems. Students will also learn the structural adaptation of musculoskeletal components during aging as well as the etiology of musculoskeletal disorders and injuries.</p> | 3 | <p>HPE 325 EXERCISE NUTRITION (W) integration of nutrition and exercise and its impact on optimal exercise performance and training responsiveness within a diverse population of active individuals. Prerequisite: PED 349.</p> | 3 |
| <p>HPE 214 PRINCIPLES AND FOUNDATIONS OF HEALTH PROMOTION AND WELLNESS An introduction to the theories and concepts of health, health education, and wellness that guide the practice of professionals in the field. Also examines the role of the professional in a variety of health and wellness work settings through service hours in the urban, suburban, and rural districts of the county. Students will be introduced to the professional arena by becoming a member of both the student and national professional organization and participating in service-learning. Prerequisite: HPE 158.</p> | 3 | <p>HPE 370 HEALTH CARE IN THE U.S. This course will examine the history of health care in the United States, as well as how the health care system is organized and financed. Issues regarding delivery of care, access to care, and types of care will be discussed. Contemporary topics such as treatment versus disease prevention, research, pharmaceuticals, and reimbursement systems will be explored. Prerequisites: HPE 158, 214, or instructor consent.</p> | 3 |
| <p>HPE 250 ASSESSMENT THROUGH TESTS AND MEASUREMENTS FOR HEALTH PROFESSIONS This course is designed to provide the foundational skills necessary for effective assessment of the multiple dimensions of health and wellness in a variety of health and wellness settings, including schools (physical education and health education), worksites, fitness facilities, and diverse populations. Emphasis will be given to principles governing assessment, basic statistical procedures required to make meaningful conclusions from data, specific fitness and skills tests and test batteries, lifestyle behavior assessments, and skills related to data presentation and reporting.</p> | 3 | <p>HPE 380-389 SPECIAL TOPICS IN HEALTH PROMOTION AND WELLNESS Instructor consent.</p> | 1-3 |
| <p>HPE 300 HUMAN NUTRITION An examination of basic principles of nutrition, the role of nutrients in maintaining health and wellness, the relationship of nutrition to diseases and disorders, as well as consumer issues such as using nutritional tools (i.e. guidelines, recommendations, and food labels) and integrating healthy nutritional practices into the lifestyle. Prerequisite: HPE 158.</p> | 3 | <p>HPE 390 ADMINISTRATIVE SKILLS IN HEALTH PROMOTION AND WELLNESS This course is designed to help the health and wellness student prepare for administrative responsibilities that are inherent in a job setting. The course will offer the student the opportunity to learn and practice leadership skills in a variety of program and administrative areas. Students will learn what health literacy is and incorporate the concepts into assignments. How to identify potential funding sources and grant writing skills will be learned and practiced. Prerequisites: HPE 158, 214.</p> | 3 |
| | | <p>HPE 410 EVALUATION IN HEALTH PROMOTION AND WELLNESS This course will investigate assessment and evaluation techniques used to measure the impact of health education and wellness strategies in a given sample or population. Discussion will include selection and development of valid and reliable measures, use of appropriate statistical procedures for school and community settings and evaluation tools currently used in health and wellness disciplines. Students will continue to explore professional venues through service hours in a variety of settings and by maintaining membership in both the student and a national professional organization. Prerequisites: HPE 158, 214.</p> | 3 |

Health (HPE)

HPE 417 **3**

SAFETY EDUCATION/CRASH PREVENTION

This course is designed to examine safety issues in modern society. Various safety considerations will be discussed with emphasis given to vehicle safety issues and crash prevention. Prerequisite: Admission to the Teacher Education Program Summer.

HPE 420 **3**

PLANNING AND IMPLEMENTATION IN HEALTH PROMOTION AND WELLNESS (W)

This course will prepare the health and wellness professional to plan and implement effective health programs for diverse populations and settings. Aspects of program planning and implementation including intervention strategies, identifying needs of the targeted population, development of the program and related materials, marketing the program, delivering and implementing the program, and assessing the outcomes of the program will be addressed. Students will continue to explore professional venues through service hours in a variety of settings and by maintaining membership in both the student and a national professional organization. Prerequisites: HPE 158, 214, 410.

HPE 450 **3**

PROGRAMS IN COMMUNITY HEALTH

This course reviews the organization of local, state, and national official and non-official health agencies. Also explored are community health concerns of various populations and examination of methods for meeting community health needs and for solving community health problems. Students will experience community health by going into the community. They will expand their professional experiences through service hours in various settings and by maintaining membership in both the student and a national professional organization. Prerequisites: HPE 158, 214, 410, and 420.

HPE 470 **4**

INTERNSHIP IN HEALTH PROMOTION AND WELLNESS

Enrollment in this course will provide an opportunity to apply professional skills and knowledge in a related work environment while gaining practical experience. The internship is limited to Health Promotion and Wellness majors and minors and must be taken during the final semester of the program. Prerequisites: HPE 158, 214, 410, HPE 420, and 450, and instructor consent. Every semester.

HPE 480 **1-3**

INDEPENDENT STUDY IN HEALTH PROMOTION

Prerequisite: Instructor consent.

HPE 490 **3**

SEMINAR IN HEALTH PROMOTION AND WELLNESS

A capstone course in Health Promotion and Wellness to review theories and concepts, explore current developments in the field, and prepare for entering the profession. Requires service hours to explore professional venues and gain practical experience in a variety of settings and continued membership in both the student health and wellness campus organization and a national professional association. Prerequisites: HPE 158, 214, 410, 420, 450.