Health and Human Physiology, B.A.

Learning Outcomes
The B.A. degree in health and human physiology:

• provides students a broad education in the health sciences;

• prepares students to employ their fundamental knowledge of human physiology and health sciences together with the scientific method to solve problems in their chosen professional and/or graduate career fields; and

• instills in students the understanding and appreciation of the relevance of healthy behaviors to a fulfilling and productive life, and the importance of lifelong learning in the rapidly evolving fields of physiology and the health sciences.

Requirements
The Bachelor of Arts with a major in health and human physiology requires a minimum of 120 s.h., including work for the major, which varies by track. The health promotion track requires a total of 46-50 s.h. of work for the major; the health studies track requires 43-47 s.h. of work for the major; and the exercise science track requires 48-52 s.h. of work for the major. Students must maintain a g.p.a. of at least 2.00 in all courses for the major and in all UI courses for the major. They also must complete the College of Liberal Arts and Sciences GE CLAS Core.

The health promotion track is intended for students seeking careers that promote wellness in the community and the workplace. The health studies track is designed for students who want a more flexible health science curriculum. The exercise science track is intended for students seeking careers as professionals in fitness and in strength and conditioning.

Students may earn a Bachelor of Arts degree with a major in health and human physiology or a Bachelor of Science degree in human physiology, but not both.

Students who major in health and human physiology may not earn the minor in human physiology or the minor in physical activity and nutrition science.

Students in all tracks are required to complete the following science and math foundation courses and departmental core courses, as well as additional courses required specifically for their track.

The B.A. with a major in health and human physiology requires the following course work.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Science and Math Foundation Courses</td>
<td>10-12</td>
</tr>
<tr>
<td></td>
<td>Departmental Core Courses</td>
<td>12-14</td>
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<tr>
<td></td>
<td>Track Courses</td>
<td>21-26</td>
</tr>
<tr>
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<td>Total Hours</td>
<td>43-52</td>
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Science and Math Foundation Courses
All students complete three foundation courses (minimum of 10 s.h.): one each in chemistry, biology, and mathematics or statistics.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>CHEM:1080</td>
<td>General Chemistry II</td>
<td>3</td>
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<td>CHEM:1120</td>
<td>Principles of Chemistry II</td>
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<tr>
<td>BIOL:1140</td>
<td>Human Biology</td>
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<tr>
<td>BIOL:1141</td>
<td>Introductory Animal Biology</td>
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</tr>
<tr>
<td>BIOL:1411</td>
<td>Foundations of Biology</td>
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Mathematics or statistics—one of these:

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<tbody>
<tr>
<td>MATH:1020</td>
<td>Elementary Functions</td>
<td>4</td>
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<tr>
<td>MATH:1380</td>
<td>Calculus and Matrix Algebra for Business</td>
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<tr>
<td>MATH:1440</td>
<td>Mathematics for the Biological Sciences</td>
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<tr>
<td>MATH:1460</td>
<td>Calculus for the Biological Sciences</td>
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</tr>
<tr>
<td>MATH:1850</td>
<td>Calculus I</td>
<td>4</td>
</tr>
<tr>
<td>PSQF:4143/STAT:4143</td>
<td>Introduction to Statistical Methods</td>
<td>3</td>
</tr>
<tr>
<td>STAT:1020/PSQF:1020</td>
<td>Elementary Statistics and Inference</td>
<td>3</td>
</tr>
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<td>STAT:1030</td>
<td>Statistics for Business</td>
<td>4</td>
</tr>
<tr>
<td>STAT:3510/IGPI:3510</td>
<td>Biostatistics</td>
<td>3</td>
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</table>

Departmental Core Courses
All students must complete the four-course departmental core (12-14 s.h.).

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>HHP:1100</td>
<td>Human Anatomy</td>
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<tr>
<td>HHP:1150</td>
<td>Human Anatomy Lecture with Lab</td>
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Both of these:

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<tr>
<td>HHP:2200</td>
<td>Physical Activity and Health</td>
<td>3</td>
</tr>
<tr>
<td>HHP:2310</td>
<td>Nutrition and Health</td>
<td>3</td>
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</table>

Tracks

Health Promotion Track Requirements
The health promotion track prepares students to directly work with individuals and communities to improve health and quality of life. Students learn how to assess, plan, implement, evaluate, and oversee programs designed to improve health behaviors, create environments supportive of healthy lifestyles, and effectively communicate health issues to key stakeholders. The health promotion track prepares students to take the certification exam from the National Commission for Health Education Credentialing. The mix
of natural and social sciences in this track also provides a foundation for professional or graduate study in allied health, health management, or public health.

In addition to completing the courses listed above under "Science and Math Foundation Courses" and "Departmental Core Courses," health promotion track students must complete the following health promotion core courses (15 s.h.) and major electives (9 s.h.).

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>HHP:3200</td>
<td>Health Behavior and Health Promotion</td>
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<tr>
<td>HHP:3430</td>
<td>Health Management and Administration</td>
<td>3</td>
</tr>
<tr>
<td>HHP:4010</td>
<td>Behavioral and Clinical Health Assessment Laboratory</td>
<td>3</td>
</tr>
<tr>
<td>HHP:4020</td>
<td>Health Communication and Coaching Strategies</td>
<td>3</td>
</tr>
<tr>
<td>HHP:4420</td>
<td>Planning and Evaluating Health Interventions</td>
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</tbody>
</table>

**Health Promotion: Major Electives**

Students must complete at least 9 s.h. selected from courses numbered HHP:2000 or above

**Health Studies Track Requirements**

The health studies track interconnects the systems, technologies, and policies driving the U.S. wellness and health care industries. It provides flexible opportunities to work with faculty in developing the knowledge and skills needed to understand health determinants and anticipate continuing changes in preventive and clinical health delivery.

In addition to completing the courses listed above under "Science and Math Foundation Courses" and "Departmental Core Courses," health studies track students must complete the following health studies core courses (9 s.h.) and major electives (12 s.h.).

<table>
<thead>
<tr>
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<th>Hours</th>
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<tbody>
<tr>
<td>HHP:4030</td>
<td>Policy, Environmental, and Social Determinants of Health</td>
<td>3</td>
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<tr>
<td>HHP:4040</td>
<td>Health Services: Current Barriers and Innovative Solutions</td>
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</tr>
<tr>
<td>HHP:4390</td>
<td>Understanding Human Disease</td>
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</table>

**Health Studies: Major Electives**

Students must complete at least 12 s.h. selected from courses numbered HHP:2000 or above

**Exercise Science Track Requirements**

The exercise science track provides focused study in physical fitness, physical activity, sport nutrition, and sport conditioning as they pertain to health and performance outcomes. The curriculum has been approved by the American College of Sports Medicine (ACSM) as meeting the academic preparation for certification as an ACSM certified exercise physiologist and ACSM certified personal trainer. It also prepares students for certification by the National Strength and Conditioning Association as a certified strength and conditioning specialist and certified special population specialist. The strong physiological science-based curriculum can serve as preparation for professional or graduate study in rehabilitation sciences, performance sciences, or medical fields.

In addition to completing the courses listed above under "Science and Math Foundation Courses" and "Departmental Core Courses," exercise science track students must complete the following exercise science core courses (20 s.h.) and major electives (6 s.h.).

<table>
<thead>
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<tbody>
<tr>
<td>HHP:2350</td>
<td>Biomechanics of Sport and Physical Activity</td>
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<tr>
<td>HHP:2500</td>
<td>Psychological Aspects of Sport and Physical Activity</td>
<td>3</td>
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<tr>
<td>HHP:3400</td>
<td>Applied Exercise Physiology</td>
<td>3</td>
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<tr>
<td>HHP:4200</td>
<td>Metabolic Exercise Testing and Prescription</td>
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</tr>
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<td>HHP:4210</td>
<td>Musculoskeletal Exercise Testing and Prescription</td>
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</tr>
<tr>
<td>HHP:4310</td>
<td>Sport and Exercise Nutrition</td>
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</table>

**Exercise Science: Major Electives**

Students must complete at least 6 s.h. selected from courses numbered HHP:2000 or above

**Combined Programs**

**B.A./M.S. in Athletic Training**

The Department of Health and Human Physiology and the Department of Orthopedics and Rehabilitation (Carver College of Medicine) offer a combined Bachelor of Arts in health and human physiology (exercise science track)/Master of Science in athletic training. The combined degree program allows students to count a limited amount of credit toward both degrees, enabling them to begin the study of athletic training before they complete their bachelor’s degree. Course work taken during the first three years on campus constitutes the required prerequisites for application to the master’s degree program.

**Admission**

Students apply to the M.S. program in their third year of undergraduate study. Admission to the M.S. program in athletic training is for summer entry. Students should consult their advisor about the appropriate sequence of courses and other requirements.

For more information, see the M.S. in athletic training section in the Catalog.

**Honors**

**Honors in the Major**

Students have the opportunity to graduate with honors in the major. Honors students must maintain an overall g.p.a. of at least 3.33 in work for their major.

In order to graduate with honors in the major, students must successfully complete the honors research course sequence HHP:4800 Honors Research I and HHP:4900 Honors Research
University of Iowa Honors Program

In addition to honors in the major, students have opportunities for honors study and activities through membership in the University of Iowa Honors Program. Visit Honors at Iowa to learn about the University’s honors program.

Membership in the UI Honors Program is not required to earn honors in the health and human physiology major.

Academic Plans

Four-Year Graduation Plan

The following checkpoints list the minimum requirements students must complete by certain semesters in order to stay on the University’s Four-Year Graduation Plan. Courses in the major are those required to complete the major; they may be offered by departments other than the major department.

Before the fifth semester begins: one foundation course and at least six more courses in the major

Before the seventh semester begins: at least six more courses in the major (total of 13) and at least 90 s.h. earned toward the degree

Before the eighth semester begins: at least two more courses in the major (total of 15)

During the eighth semester: enrollment in all remaining course work in the major, all remaining GE CLAS Core courses, and a sufficient number of semester hours to graduate

Sample Plans of Study

Sample plans represent one way to complete a program of study. Actual course selection and sequence will vary and should be discussed with an academic advisor. For additional sample plans, see MyUI.

Health and Human Physiology, B.A.

- Health Promotion Track [p. 3]
- Health Studies Track [p. 4]
- Exercise Science Track [p. 4]

Health Promotion Track

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>First Year Fall</td>
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</tr>
<tr>
<td>CHEM:1070</td>
<td>General Chemistry I</td>
<td>3</td>
</tr>
<tr>
<td>ENGL:1200 or RHET:1030</td>
<td>The Interpretation of Literature</td>
<td>3 - 4</td>
</tr>
<tr>
<td>GE CLAS Core: Diversity and Inclusion</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>GE CLAS Core: Social Sciences</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>CSI:1600</td>
<td>Success at Iowa</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Hours</td>
<td>14-15</td>
</tr>
<tr>
<td>Spring</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HHP:2200</td>
<td>Physical Activity and Health</td>
<td>3</td>
</tr>
<tr>
<td>CHEM:1080</td>
<td>General Chemistry II</td>
<td>3</td>
</tr>
<tr>
<td>RHET:1030 or ENGL:1200</td>
<td>Rhetoric or The Interpretation of Literature</td>
<td>3 - 4</td>
</tr>
<tr>
<td>Major: math/statistics requirement</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Elective course</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Hours</td>
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Second Year Fall

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<tr>
<td>HHP:2310</td>
<td>Nutrition and Health</td>
<td>3</td>
</tr>
<tr>
<td>Major: biology requirement</td>
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<td>4</td>
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<tr>
<td>GE CLAS Core: International and Global Issues</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>GE CLAS Core: World Languages First Level Proficiency or elective course</td>
<td></td>
<td>4 - 5</td>
</tr>
<tr>
<td>Elective course</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Hours</td>
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Spring

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<tr>
<td>HHP:1100</td>
<td>Human Anatomy</td>
<td>3</td>
</tr>
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<td>GE CLAS Core: Historical Perspectives</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>GE CLAS Core: Literary, Visual, and Performing Arts</td>
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<td>3</td>
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<tr>
<td>GE CLAS Core: World Languages Second Level Proficiency or elective course</td>
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<td>4 - 5</td>
</tr>
<tr>
<td>Elective course</td>
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<td>Hours</td>
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Third Year Fall

<table>
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<tr>
<td>HHP:1300</td>
<td>Fundamentals of Human Physiology</td>
<td>3</td>
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<td>HHP:3200</td>
<td>Health Behavior and Health Promotion</td>
<td>3</td>
</tr>
<tr>
<td>Major: Elective course</td>
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<td>3</td>
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<tr>
<td>GE CLAS Core: World Languages Second Level Proficiency or elective course</td>
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<td>4 - 5</td>
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<tr>
<td>Elective course</td>
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Spring

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<tbody>
<tr>
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<td>Health Communication and Coaching Strategies</td>
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<td>GE CLAS Core: World Languages Fourth Level Proficiency or elective course</td>
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<tr>
<td>Elective course</td>
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Fourth Year Fall

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<tbody>
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<td>HHP:3430</td>
<td>Health Management and Administration</td>
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<tr>
<td>HHP:4010</td>
<td>Behavioral and Clinical Health Assessment Laboratory</td>
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<td>Elective course</td>
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<tr>
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</tr>
<tr>
<td></td>
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Spring

<table>
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<tr>
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<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>HHP:4420</td>
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<td>Course</td>
<td>Title</td>
<td>Hours</td>
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<tr>
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<td>ENGL:1200</td>
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<td>CSI:1600</td>
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<td>GE CLAS Core: Historical Perspectives</td>
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<td>HHP:1100</td>
<td>Human Anatomy</td>
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<tr>
<td>GE CLAS Core: Literary, Visual, and Performing Arts</td>
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<td>RHET:1030</td>
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<tr>
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</table>

a. Course not required before CHEM:1080 if student has completed high school chemistry.

b. GE CLAS Core courses may be completed in any order unless used as a prerequisite for another course. Students should consult with an advisor about the best sequencing of courses.

c. Fulfills a major requirement and may fulfill a GE requirement.

d. Students may use elective courses to earn credit towards the total s.h. required for graduation or to complete a double major, minors, or certificates.

e. Students who have completed four years of a single language in high school have satisfied the GE CLAS Core World Languages requirement. Enrollment in world languages courses requires a placement exam, unless enrolling in a first-semester-level course.

f. Students must complete at least 9 s.h. selected from courses in acronym HHP, numbered .2000 or above.
<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Year Spring</td>
<td>HHP:2200</td>
<td>Physical Activity and Health</td>
<td>3</td>
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<td>CHEM:1080</td>
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</tr>
<tr>
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<td>Hours</td>
<td>14-15</td>
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<table>
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**Career Advancement**

The Pomerantz Career Center offers multiple resources to help students find internships and jobs.