Health and Human Physiology, B.A.

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 General Education Program.

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 with a major 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 courses:

- Science and Math Foundation Courses
- Departmental Core Courses
- Track Courses

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

**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.

- Chemistry—one of these:
  - CHEM:1080 General Chemistry II 3
  - CHEM:1120 Principles of Chemistry II 4

- Biology—one of these:
  - BIOL:1140 Human Biology 4
  - BIOL:1141 Introductory Animal Biology 4
  - BIOL:1411 Foundations of Biology 4

- Mathematics or statistics—one of these:
  - MATH:1020 Elementary Functions 4
  - MATH:1380 Calculus and Matrix Algebra for Business 4
  - MATH:1440 Mathematics for the Biological Sciences 4

**Departmental Core Courses**

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

- One of these:
  - HHP:1100 Human Anatomy 3
  - HHP:1150 Human Anatomy Lecture with Lab 4

- One of these:
  - HHP:1300 Fundamentals of Human Physiology 3
  - HHP:1350 Fundamentals of Human Physiology with Laboratory 4

- Both of these:
  - HHP:2200 Physical Activity and Health 3
  - HHP:2310 Nutrition and Health 3

**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.).

**Health Promotion Core**

All of these:

- HHP:3200 Health Behavior and Health Promotion 3
- HHP:3430 Health Management and Administration 3
- HHP:4010 Behavioral and Clinical Health Assessment Laboratory 3
- HHP:4020 Health Communication and Coaching Strategies 3
- HHP:4420 Planning and Evaluating Health Interventions 3

**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.).

Health Studies Core
All of these:
- HHP:4030 Policy, Environmental, and Social Determinants of Health 3
- HHP:4040 Health Services: Current Barriers and Innovative Solutions 3
- HHP:4390 Understanding Human Disease 3

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.).

Exercise Science Core
All of these:
- HHP:2350 Biomechanics of Sport and Physical Activity 3
- HHP:2500 Psychological Aspects of Sport and Physical Activity 3
- HHP:3400 Applied Exercise Physiology 3
- HHP:4200 Metabolic Exercise Testing and Prescription 4
- HHP:4210 Musculoskeletal Exercise Testing and Prescription 4
- HHP:4310 Sport and Exercise Nutrition 3

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

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 II; write an honors thesis that is deposited with the University of Iowa Honors Program and is judged to be of honors quality; and make an oral or poster presentation of the honors thesis in an approved venue, such as a department research seminar or professional conference.

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 General Education courses, and a sufficient number of semester hours to graduate

Sample Plans of Study

Health and Human Physiology (B.A.)

Exercise Science Track

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<thead>
<tr>
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<th>Title</th>
<th>Hours</th>
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<td>RHET:1030</td>
<td>Rhetoric (GE: Rhetoric or other General Education course)</td>
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<tr>
<td>CHEM:1070</td>
<td>General Chemistry I (also GE: Natural Sciences without a lab)</td>
<td>3</td>
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<td>GE: Diversity and Inclusion</td>
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### Health Promotion Track

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<td><strong>Fall</strong></td>
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<td><strong>Spring</strong></td>
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<tr>
<td>HHP:2200</td>
<td>Physical Activity and Health (also GE: Values and Culture )</td>
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<td>CHEM:1080</td>
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<td>ENGL:1200</td>
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<td><strong>Fall</strong></td>
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<td>HHP:2350</td>
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<td>HHP:4200</td>
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**Total Hours: 120-128**

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2. Students may use their elective courses to complete a double major, minors, or certificates.
3. Students who have completed four years of a single language in high school have satisfied the College of Liberal Arts and Sciences GE: World Languages requirement. Enrollment in world languages courses requires a placement exam, unless enrolling in a first-semester-level course.
Elective course

### Third Year

#### Fall
- **HHP:1300** Fundamentals of Human Physiology
- **HHP:3200** Health Behavior and Health Promotion
- **GE: Social Sciences**
- **GE: World Languages or elective course**
- **Elective course**

#### Hours
15-17

#### Spring
- **HHP:4020** Health Communication and Coaching Strategies
- **Major: elective course**
- **GE: World Languages or elective course**
- **Elective course**

#### Hours
15-17

### Fourth Year

#### Fall
- **HHP:3430** Health Management and Administration
- **HHP:4010** Behavioral and Clinical Health Assessment Laboratory
- **Major: elective course**
- **Elective course**
- **Elective course**

#### Hours
15

#### Spring
- **HHP:4420** Planning and Evaluating Health Interventions
- **Major: elective course**
- **Elective course**
- **Elective course**

#### Hours
15-17

#### Total Hours
120-128

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## Health Studies Track

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#### Spring
- **HHP:2200** Physical Activity and Health (also GE: Values and Culture)
- **CHEM:1080** General Chemistry II
- **ENGL:1200** The Interpretation of Literature (GE: Interpretation of Literature)
- **Major: math/statistics requirement (also GE: Quantitative or Formal Reasoning)**
- **Elective course**

#### Hours
15

#### Second Year

#### Fall
- **HHP:2310** Nutrition and Health
- **Major: biology requirement (also GE: Natural Sciences with a lab)**
- **GE: Historical Perspectives**
- **GE: World Languages or elective course**
- **Elective course**

#### Hours
15-17

#### Spring
- **HHP:1100** Human Anatomy
- **Major: elective course**
- **GE: International and Global Issues**
- **GE: World Languages or elective course**
- **Elective course**

#### Hours
15-17

#### Third Year

#### Fall
- **HHP:1300** Fundamentals of Human Physiology
- **HHP:4030** Policy, Environmental, and Social Determinants of Health
- **GE: Literary, Visual, and Performing Arts**
- **GE: World Languages or elective course**
- **Elective course**

#### Hours
15-17

#### Spring
- **HHP:4390** Understanding Human Disease
- **Major: elective course**
- **GE: Social Sciences**
- **GE: World Languages or elective course**
- **Elective course**

#### Hours
15-17

#### Fourth Year

#### Fall
- **HHP:4040** Health Services: Current Barriers and Innovative Solutions
- **Major: elective course**
- **Elective course**
- **Elective course**
- **Elective course**

#### Hours
15
**Spring**

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**Career Advancement**

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