

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 47-51 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 B.A. in health and human physiology or a B.S. in human physiology, but not both.

Students who earn a B.A. in health and human physiology may not earn the minor in lifestyle medicine.

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 coursework.

Code	Title	Hours
	Science and Math Foundation Courses	10-12
	Departmental Core Courses	12-14
	Track Courses	21-26
	Total Hours	43-52

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.

Code	Title	Hours
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: Nonmajors	4
BIOL:1141	Human Biology: Health Professions	4
BIOL:1411	Foundations of Biology	4
Mathematics or Statistics		
One of these:		

MATH:1020	Elementary Functions	4
MATH:1350	Quantitative Reasoning for Business	4
MATH:1380	Calculus and Matrix Algebra for Business	4
MATH:1440	Mathematics for the Biological Sciences	4
MATH:1460	Calculus for the Biological Sciences	4
MATH:1850	Calculus I	4
PSQF:4143/ STAT:4143	Introduction to Statistical Methods	3
STAT:1020/ PSQF:1020	Elementary Statistics and Inference	3
STAT:1030	Statistics for Business	4
STAT:3510/ IGPI:3510	Biostatistics	3

Departmental Core Courses

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

Code	Title	Hours
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

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

Code	Title	Hours
All of these:		
HHP:2350	Biomechanics of Sport and Physical Activity	3
HHP:3045	Physical Activity Psychology	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

Code	Title	Hours
At least 6 s.h. from these:		
Health and human physiology courses numbered HHP:2000 or above		

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 (16 s.h.), the applied learning requirement (3 s.h.), and major electives (6 s.h.).

Health Promotion Core

Code	Title	Hours
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	4
HHP:4020	Health Communication and Coaching Strategies	3
HHP:4420	Planning and Evaluating Health Interventions	3

Health Promotion Experiential Learning

Code	Title	Hours
3 s.h. from these:		
HHP:3820	Community Wellness Guided Practicum	3
HHP:4350	Health and Human Physiology Practicum	1-3
HHP:4365	Practicum in Health Coaching	3

HHP:4490	International Medicine: Experiential Learning	3
HHP:4500	Undergraduate Independent Study	arr.
HHP:4900	Honors Research	3
HHP:4930	Health and Human Physiology Internship	3-9,12

Health Promotion Major Electives

Code	Title	Hours
At least 6 s.h. from these:		
Health and human physiology 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

Code	Title	Hours
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

Code	Title	Hours
At least 12 s.h. from these:		
Health and human physiology courses numbered HHP:2000 or above		