

Health Promotion, B.S.

Learning Outcomes

Students will be able to:

- undertake focused study in physical fitness, physical activity, sport nutrition, and sport conditioning as they pertain to health and performance outcomes;
- use and understand scientific methods to solve problems in health promotion;
- instill an understanding and appreciation of the relevance of healthy behaviors to a fulfilling and productive life; and
- encourage life-long learning in the rapidly evolving fields of health promotion.

Requirements

The Bachelor of Science with a major in health promotion requires a minimum of 120 s.h., including at least 47-51 s.h. of work for the major. A minimum of 16 s.h. in the major must be earned at the University of Iowa. 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 major 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 major prepares students to take the certification exam from the National Commission for Health Education Credentialing. The mix of natural and social sciences in this major also provides a foundation for professional or graduate study in allied health, health management, or public health.

Students who earn the major in health promotion may not earn a major in exercise science, human physiology, or health studies.

Students who earn the major in health promotion may not earn a minor in lifestyle medicine, but can earn a minor in human physiology.

The B.S. with a major in health promotion requires the following coursework.

| Code | Title | Hours |
|------|-------------------------------------|--------------|
| | Science and Math Foundation Courses | 10-12 |
| | Departmental Core Courses | 12-14 |
| | Health Promotion Core Courses | 16 |
| | Experiential Learning | 3 |
| | Electives | 6 |
| | Total Hours | 47-51 |

Science and Math Foundation Courses

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

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 |

Health Promotion Core Courses

| 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 |

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 |

Electives

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

Honors

Honors in the Major

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

In order to graduate with honors in the major, students must successfully complete the honors research course sequence HHP:4800 Research Methods and Ethics and HHP:4900 Honors Research; write an honors thesis that 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 promotion major.

Career Advancement

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

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 coursework in the major, all remaining GE CLAS Core courses, and a sufficient number of semester hours to graduate.

Sample Plan 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.

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| Course | Title | Hours |
|--|---|--------------|
| Academic Career | | |
| Any Semester | | |
| GE CLAS Core: Sustainability ^a | | |
| Hours | | 0 |
| First Year | | |
| Fall | | |
| CHEM:1070 | General Chemistry I ^b | 3 |
| ENGL:1200 or RHET:1030 | The Interpretation of Literature or Rhetoric | 3 - 4 |
| GE CLAS Core: Diversity and Inclusion ^c | | 3 |
| GE CLAS Core: Social Sciences ^c | | 3 |
| CSI:1600 | Success at Iowa | 2 |
| Hours | | 14-15 |
| Spring | | |
| HHP:2200 | Physical Activity and Health ^d | 3 |
| CHEM:1080 | General Chemistry II | 3 |
| Major: math/statistics requirement ^d | | 3 - 4 |
| ENGL:1200 or RHET:1030 | The Interpretation of Literature or Rhetoric | 3 - 4 |
| Elective course ^e | | 3 |
| Hours | | 15-17 |
| Second Year | | |
| Fall | | |
| HHP:2310 | Nutrition and Health | 3 |
| Major: biology requirement ^d | | 4 |
| GE CLAS Core: International and Global Issues ^c | | 3 |

| | |
|---|-------|
| GE CLAS Core: World Languages First Level Proficiency or elective course ^f | 4 - 5 |
| Elective course ^e | 2 |

Hours 16-17

Spring

| | |
|--|-------|
| HHP:1100 Human Anatomy | 3 |
| GE CLAS Core: Historical Perspectives ^c | 3 |
| GE CLAS Core: Literary, Visual, and Performing Arts ^c | 3 |
| GE CLAS Core: World Languages Second Level Proficiency or elective course ^f | 4 - 5 |
| Elective course ^e | 3 |

Hours 16-17

Third Year

Fall

| | |
|--|-------|
| HHP:1300 Fundamentals of Human Physiology | 3 |
| HHP:3200 Health Behavior and Health Promotion | 3 |
| Major: elective course ^g | 3 |
| GE CLAS Core: World Languages Second Level Proficiency or elective course ^f | 4 - 5 |
| Elective course ^e | 3 |

Hours 16-17

Spring

| | |
|--|-------|
| HHP:4020 Health Communication and Coaching Strategies | 3 |
| Major: elective course ^g | 3 |
| GE CLAS Core: World Languages Fourth Level Proficiency or elective course ^f | 4 - 5 |
| Elective course ^e | 3 |
| Elective course ^e | 3 |

Hours 16-17

Fourth Year

Fall

| | |
|---|---|
| HHP:3430 Health Management and Administration | 3 |
| HHP:4010 Behavioral and Clinical Health Assessment Laboratory | 4 |
| Elective course ^e | 3 |
| Elective course ^e | 3 |
| Elective course ^e | 3 |

Hours 16

Spring

| | |
|---|---|
| HHP:4420 Planning and Evaluating Health Interventions | 3 |
| Major: experiential learning requirement | 3 |
| Elective course ^e | 3 |
| Elective course ^e | 3 |
| Elective course ^e | 3 |

Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall)

Hours 15

Total Hours 124-131

International and Global Issues; Literary, Visual, and Performing Arts; or Values and Culture.

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

c 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.

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

e 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.

f 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.

g Complete at least 6 s.h. from HHP courses numbered 2000 or above.

h Please see Academic Calendar, Office of the Registrar website for current degree application deadlines. Students should apply for a degree for the session in which all requirements will be met. For any questions on appropriate timing, contact your academic advisor or Graduation Services.

a Sustainability must be completed by choosing a course that has been approved for Sustainability AND for one of these General Education areas: Natural Sciences; Quantitative and Formal Reasoning; Social Sciences; Historical Perspectives;