Health Promotion, BS

Learning Outcomes
Students will be able to:

• identify and communicate the needs, barriers to, and facilitators of health among various populations;
• understand, communicate, and apply health theories to inform health promotion programs;
• assess and interpret common behavioral and clinical health outcomes;
• use evidence-based communication strategies designed to facilitate behavior change;
• understand, communicate, and apply evidence-based leadership and management strategies in a health organization setting; and
• understand how to plan, implement, and evaluate targeted health promotion programs.

Requirements
The Bachelor of Science with a major in health promotion requires a minimum of 120 s.h., including at least 47–49 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 grade-point average 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 major is intended for students seeking careers that promote wellness in the community and the workplace. The major prepares students to work directly 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 may earn a minor in human physiology.

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

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Science and Math Foundation Courses</td>
<td>10-12</td>
</tr>
<tr>
<td>Health Promotion Foundation Courses</td>
<td>12</td>
</tr>
<tr>
<td>Health Promotion Core Courses</td>
<td>16</td>
</tr>
<tr>
<td>Experiential Learning</td>
<td>3</td>
</tr>
<tr>
<td>Electives</td>
<td>6</td>
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</tbody>
</table>

Science and Math Foundation Courses
Students complete three foundation courses (minimum of 10 s.h.): one each in chemistry, biology, and mathematics or statistics. Note that courses may have required prerequisites.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Chemistry</td>
<td></td>
</tr>
<tr>
<td></td>
<td>One of these:</td>
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<tr>
<td></td>
<td>CHEM:1080 General Chemistry II</td>
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<td></td>
<td>CHEM:1120 Principles of Chemistry II</td>
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</tr>
<tr>
<td></td>
<td>Biology</td>
<td></td>
</tr>
<tr>
<td></td>
<td>One of these:</td>
<td></td>
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<tr>
<td></td>
<td>BIOL:1140 Human Biology: Nonmajors</td>
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<tr>
<td></td>
<td>BIOL:1141 Human Biology: Health Professions</td>
<td>4</td>
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<tr>
<td></td>
<td>BIOL:1411 Foundations of Biology</td>
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<tr>
<td></td>
<td>Mathematics or Statistics</td>
<td></td>
</tr>
<tr>
<td></td>
<td>One of these:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>MATH:1020 Elementary Functions</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>MATH:1350 Quantitative Reasoning for Business</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>MATH:1440 Mathematics for the Biological Sciences</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>MATH:1460 Calculus for the Biological Sciences</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>MATH:1850 Calculus I</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>PSQF:4143/STAT:4143 Introduction to Statistical Methods</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>STAT:1020/PSQF:1020 Elementary Statistics and Inference</td>
<td>3</td>
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<tr>
<td></td>
<td>STAT:1030 Statistics for Business</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>STAT:3510/IGPI:3510 Biostatistics</td>
<td>3</td>
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Health Promotion Foundation Courses
Students must complete the four-course departmental core (12 s.h.).

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
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<tr>
<td></td>
<td>HHP:1100 Human Anatomy</td>
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<td></td>
<td>HHP:1300 Fundamentals of Human Physiology</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HHP:2200 Physical Activity and Health</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HHP:2310 Nutrition and Health</td>
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Health Promotion Core Courses

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>All of these:</td>
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<tr>
<td></td>
<td>HHP:3200 Health Behavior and Health Promotion</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HHP:3430 Health Management and Administration</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HHP:4010 Behavioral and Clinical Health Assessment Laboratory</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>HHP:4020 Health Coaching</td>
<td>3</td>
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</table>
Experiential Learning

<table>
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<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>HHP:3820</td>
<td>Community Wellness Guided Practicum</td>
<td>3</td>
</tr>
<tr>
<td>HHP:3930</td>
<td>Practicum in Health and Human Physiology</td>
<td>1-3</td>
</tr>
<tr>
<td>HHP:3994</td>
<td>Undergraduate Research</td>
<td>1-3</td>
</tr>
<tr>
<td>HHP:4365</td>
<td>Internship in Health Coaching</td>
<td>3</td>
</tr>
<tr>
<td>HHP:4490</td>
<td>International Health: Experiential Learning</td>
<td>3</td>
</tr>
<tr>
<td>HHP:4500</td>
<td>Undergraduate Independent Project</td>
<td>arr.</td>
</tr>
<tr>
<td>HHP:4900</td>
<td>Honors Research</td>
<td>3</td>
</tr>
<tr>
<td>HHP:4930</td>
<td>Health and Human Physiology Internship</td>
<td>3-12</td>
</tr>
</tbody>
</table>

Electives

Students must complete at least 6 s.h. of additional health and human physiology courses (prefix HHP) numbered 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 grade-point average (GPA) of at least 3.33 in work for their major and a cumulative University of Iowa GPA 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.

Health Promotion, BS

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HHP:2200</td>
<td>Planning and Evaluating Health Interventions</td>
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Academic Career

Any Semester

GE CLAS Core: Sustainability

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>CHEM:1070</td>
<td>General Chemistry I</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>GE CLAS Core: Diversity and Inclusion</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>GE CLAS Core: Social Sciences</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>CSI:1600</td>
<td>Success at Iowa</td>
<td>2</td>
</tr>
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</table>

First Year

Fall

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>CHEM:1070</td>
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</tr>
<tr>
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<td>3-4</td>
</tr>
<tr>
<td>GE CLAS Core: Diversity and Inclusion</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>GE CLAS Core: Social Sciences</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>CSI:1600</td>
<td>Success at Iowa</td>
<td>2</td>
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Spring

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<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>Major: math/statistics requirement</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>ENGL:1200 or RHET:1030</td>
<td>The Interpretation of Literature or Rhetoric</td>
<td>3-4</td>
</tr>
<tr>
<td>Elective course</td>
<td>3</td>
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</table>

Second Year

Fall

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

| Hours | 16-17 |

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### Spring

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HHP:1100</td>
<td>Human Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>GE CLAS Core: Historical Perspectives</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>GE CLAS Core: Literary, Visual, and Performing Arts</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>GE CLAS Core: World Languages Second Level</td>
<td>4 - 5</td>
<td></td>
</tr>
<tr>
<td>Proficiency or elective course</td>
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<tr>
<td>Elective course</td>
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**Total Hours:** 16-17

### Third Year

#### Fall

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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HHP:1300</td>
<td>Fundamentals of Human Physiology</td>
<td>3</td>
</tr>
<tr>
<td>HHP:3200</td>
<td>Health Behavior and Health Promotion</td>
<td>3</td>
</tr>
<tr>
<td>Major: elective course</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>GE CLAS Core: World Languages Third Level</td>
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<tr>
<td>Proficiency or elective course</td>
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**Total Hours:** 16-17

#### Spring

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>HHP:4020</td>
<td>Health Coaching</td>
<td>3</td>
</tr>
<tr>
<td>Major: elective course</td>
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<tr>
<td>GE CLAS Core: World Languages Fourth Level</td>
<td>4 - 5</td>
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<tr>
<td>Proficiency or elective course</td>
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**Total Hours:** 16-17

### Fourth Year

#### Fall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<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>4</td>
</tr>
<tr>
<td>Elective course</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Elective course</td>
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</tr>
<tr>
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**Total Hours:** 16

#### Spring

<table>
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<th>Course Title</th>
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<tbody>
<tr>
<td>HHP:4420</td>
<td>Planning and Evaluating Health Interventions</td>
<td>3</td>
</tr>
<tr>
<td>Major: experiential learning requirement</td>
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<tr>
<td>Elective course</td>
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<td>Elective course</td>
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<tr>
<td>Elective course</td>
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<td></td>
</tr>
</tbody>
</table>

**Total Hours:** 15

**Total Hours:** 124-131

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- **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; International and Global Issues; Literary, Visual, and Performing Arts; or Values and Culture.
- **Course** not required before CHEM:1080 if student has completed high school chemistry.
- **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.
- **Fulfills a major requirement and may fulfill a GE requirement.**
- **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.
- **Students** who have completed four levels of a single language or two levels of two different languages in high school or college have satisfied the GE CLAS Core World Languages requirement. Students who have completed three levels of a single language may complete a fourth-level course in the same language or may choose an approved World Language and Cultural Exploration course. Enrollment in world languages courses requires a placement exam, unless enrolling in a first-semester-level course. Contact your academic advisor or CLAS Undergraduate Programs Office with questions concerning the World Languages requirement.
- **Complete at least 6 s.h. from HHP courses numbered 2000 or above.**
- **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 Degree Services.