Health Promotion, BS

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 47–49 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 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 BS with a major in health promotion requires the following coursework.

Science and Math Foundation Courses

- Science and Math Foundation Courses: 10-12 Hours
- Health Promotion Foundation Courses: 12 Hours
- Health Promotion Core Courses: 16 Hours
- Experiential Learning: 3 Hours
- Electives: 6 Hours

Health Promotion Foundation Courses

Students must complete the four-course departmental core (12 s.h.).

Health Promotion Core Courses

Students must complete the following coursework.

Course # | Title | Hours
--- | --- | ---
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
  - STAT:4143/PSQF: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

Health Promotion Foundation Courses

- HHP:1100 | Human Anatomy | 3
- HHP:1300 | Fundamentals of Human Physiology | 3
- HHP:2200 | Physical Activity and Health | 3
- HHP:2310 | Nutrition and Health | 3

Health Promotion Core Courses

- 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 Coaching | 3
  - HHP:4420 | Planning and Evaluating Health Interventions | 3
Experiential Learning

Course #        Title                                Hours

3 s.h. from these:
HHP:3820       Community Wellness Guided Practicum    3
HHP:3930       Practicum in Health and Human Physiology 1-3
HHP:4365       Internship 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   4-9,12
ABRD:3366      Comparative Health Systems             arr.

Electives

Course #        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 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

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       The Interpretation of Literature       3 - 4
                or RHET:1030 or Rhetoric
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       The Interpretation of Literature       3 - 4
                or RHET:1030 or Rhetoric
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 4 - 5
Proficiency or elective course f                     1
Elective course e                                    2

Hours
16-17
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<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Course Title</th>
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<tr>
<td>Spring</td>
<td>HHP:1100</td>
<td>Human Anatomy</td>
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<td>GE CLAS Core: Historical Perspectives c</td>
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<td>GE CLAS Core: Literary, Visual, and Performing Arts c</td>
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<td>GE CLAS Core: World Languages Second Level</td>
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<td>HHP:1300</td>
<td>Fundamentals of Human Physiology</td>
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<td>HHP:3200</td>
<td>Health Behavior and Health Promotion</td>
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<td>HHP:4020</td>
<td>Health Coaching</td>
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<td>HHP:4420</td>
<td>Planning and Evaluating Health Interventions</td>
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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; 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.