

Health Promotion, B.S.

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
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At least 6 s.h. from these:

Health and human physiology courses numbered HHP:2000 or above