Health Promotion, BS

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. 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

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.

Course # 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/I GPI:3510 Biostatistics 3

Health Promotion Foundation Courses

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

Course # Title Hours
All of these:
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

Course # 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 Coaching 3
HHP:4420 Planning and Evaluating Health Interventions 3

Experiential Learning

Course # Title Hours
All of 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
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<th>Course #</th>
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<th>Hours</th>
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<tbody>
<tr>
<td>HHP:4930</td>
<td>Health and Human Physiology Internship</td>
<td>4-9,12</td>
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<td>ABRD:3366</td>
<td>Comparative Health Systems</td>
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**Electives**

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<td>At least 6 s.h. from these:</td>
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<td>Health and human physiology courses numbered</td>
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<td>HHP:2000 or above</td>
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