

Health Promotion, BS

Learning Outcomes

Students will be able to:

- identify and communicate the needs for, 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 must also complete the College of Liberal Arts and Sciences GE CLAS Core.

In planning coursework, students should be guided by the College of Liberal Arts and Sciences maximum hours rule: students earning a BS may apply a maximum of 56 s.h. earned in one department to the minimum 120 s.h. required for graduation, whether or not the coursework is accepted toward requirements for the major; students who earn more than 56 s.h. from one department may use the additional semester hours to satisfy requirements for the major (if the department accepts them), and the grades they earn become part of their grade-point average, but they cannot apply the additional semester hours to the minimum 120 s.h. required for graduation.

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.

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

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: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

Health Promotion Foundation Courses

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

Course #	Title	Hours
All of these:		
HHP:2100	Human Anatomy	3
HHP:2200	Physical Activity and Health	3
HHP:2310	Nutrition and Health	3
HHP:2400	Fundamentals of Human Physiology	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
3 s.h. from these:		
HHP:3820	Community Wellness Guided Practicum	3
HHP:3930	Practicum in Health and Human Physiology	1-3
HHP:3994	Undergraduate Research	1-3
HHP:4320	Clinical Nutrition Interventions	3
HHP:4365	Internship in Health Coaching	3
HHP:4490	International Health: Experiential Learning	3
HHP:4500	Undergraduate Independent Project	arr.
HHP:4910	Honors Research II	3
HHP:4930	Health and Human Physiology Internship	3-12

Electives

Students must complete at least 6 s.h. of additional health, sport, and human physiology courses (prefix HHP) numbered 1050 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:4900 Honors Research and HHP:4910 Honors Research II; 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 or CHEM:1110	General Chemistry I ^b or Principles of Chemistry I	3 - 4
RHET:1030 or ENGL:1200	Rhetoric: Writing and Communication or Interpreting Literature	3 - 4
GE CLAS Core: Understanding Cultural Perspectives ^c		3
GE CLAS Core: Social Sciences ^c		3
CSI:1600	Success at Iowa	1
Elective course ^d		2
Hours		15-17
Spring		
CHEM:1080 or CHEM:1120	General Chemistry II or Principles of Chemistry II	3 - 4
HHP:2200	Physical Activity and Health	3

ENGL:1200 or RHET:1030	Interpreting Literature or Rhetoric: Writing and Communication	3 - 4
GE CLAS Core: Values and Society ^c		3
Elective course ^d		3

Hours 15-17

Second Year

Fall

BIOL:1140 or BIOL:1141 or BIOL:1411	Human Biology: Nonmajors or Human Biology: Health Professions or Foundations of Biology	4
HHP:2310	Nutrition and Health	3
GE CLAS Core: International and Global Issues ^c		3
Major: math/statistics foundation course ^{e, f}		3 - 4
GE CLAS Core: World Languages First Level Proficiency or elective course ^g		4 - 5

Hours 17-19

Spring

HHP:2100	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 ^g		4 - 5
Elective course ^d		3

Hours 16-17

Third Year

Fall

HHP:2400	Fundamentals of Human Physiology	3
HHP:3200	Health Behavior and Health Promotion	3
Major: elective course ^h		3
GE CLAS Core: World Languages Third Level Proficiency or elective course ^g		4 - 5
Elective course ^d		3

Hours 16-17

Spring

HHP:4020	Health Coaching	3
Major: elective course ^h		3
GE CLAS Core: Quantitative or Formal Reasoning (if not met by major math/statistics foundation course) ^c		3
GE CLAS Core: World Languages Fourth Level Proficiency or elective course ^g		4 - 5
Elective course ^d		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 ^d		3
Elective course ^d		3
Elective course ^d		3

Hours 16

Spring

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

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

Hours 15

Total Hours 126-135

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 or Formal Reasoning; Social Sciences; Historical Perspectives; International and Global Issues; Literary, Visual, and Performing Arts; or Values and Society.

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 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.

e See the General Catalog for list of approved courses.

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

g 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.

h Students must complete at least 6 s.h. of additional health, sport, and human physiology courses (prefix HHP) numbered 1050 or above.

i Please see Academic Calendar, on 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.