

Health Promotion, BS

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:1110 or CHEM:1070	Principles of Chemistry I ^b or General Chemistry I	3 - 4
RHET:1030 or ENGL:1200	Rhetoric: Writing and Communication or The Interpretation of 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:1120 or CHEM:1080	Principles of Chemistry II or General Chemistry II	3 - 4
HHP:2200	Physical Activity and Health	3
ENGL:1200 or RHET:1030	The Interpretation of 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:1411 or BIOL:1141	Human Biology: Nonmajors or Foundations of Biology or Human Biology: Health Professions	4
HHP:2310	Nutrition and Health	3
Major: math/statistics foundation course ^{e, f}		3 - 4
GE CLAS Core: International and Global Issues ^c		3
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 deadlineⁱ
(typically in February for spring, September for fall)

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 and human physiology courses (prefix HHP) numbered 2000 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.