

# 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 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
<b>Chemistry</b>		
One of these:		
CHEM:1080	General Chemistry II	3
CHEM:1120	Principles of Chemistry II	4
<b>Biology</b>		
One of these:		
BIOL:1140	Human Biology: Nonmajors	4
BIOL:1141	Human Biology: Health Professions	4
BIOL:1411	Foundations of Biology	4
<b>Mathematics or Statistics</b>		
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.