

Health Studies, BA

Learning Outcomes

Students will be able to:

- understand the form and function of the human body at the organ and system levels;
- understand and communicate the major behavioral, clinical, social, economic, and environmental determinants of health and well-being;
- draw connections between major determinants of health and their influence on health and human diseases;
- identify and compare evidence-based health strategies to improve major determinants of health and well-being;
- apply knowledge to solve health problems using evidence-based health strategies; and
- critically evaluate evidence-based strategies targeted to specific health conditions.

Requirements

The Bachelor of Arts with a major in health studies requires a minimum of 120 s.h., including at least 37–41 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.

The BA in health studies is designed for students who want a flexible health science curriculum. The major interconnects the systems, technologies, and policies driving the U.S. wellness and health care industries. It provides flexible opportunities to work with faculty in developing the knowledge and skills needed to understand health determinants and anticipate continuing changes in preventive and clinical health delivery.

Students who earn the major in health studies may not earn a major in exercise science or health promotion.

Students who earn the major in health studies may not earn a minor in lifestyle medicine or inclusive recreation but may earn a minor in human physiology.

The BA with a major in health studies requires the following coursework.

Requirements	Hours
Quantitative Reasoning Course	3-4
Health Studies Foundation Courses	10-13
Health Studies Core Courses	12
Electives	12

Quantitative Reasoning Course

Students must complete 3–4 s.h. from one of the following courses.

Course #	Title	Hours
One of these:		
MATH:1020	Elementary Functions	4
MATH:1440	Mathematics for the Biological Sciences	4
MATH:1460	Calculus for the Biological Sciences	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 Studies Foundation Courses

Course #	Title	Hours
10-13 s.h. from these:		
HHP:1050	Exploring Health and Human Physiology	1
HHP:2100 & HHP:2400 or HHP:1400	Human Anatomy and Fundamentals of Human Physiology Human Anatomy and Physiology	3-6
HHP:2200	Physical Activity and Health	3
HHP:2310	Nutrition and Health	3

Health Studies Core Courses

Course #	Title	Hours
All of these:		
HHP:3030	Lifestyle Medicine	3
HHP:4030	Social Determinants of Health	3
HHP:4040	Health Services	3
HHP:4390	Understanding Human Disease	3

Electives

Students must complete at least 12 s.h. of additional health, sport, and human physiology courses (prefix HHP) numbered 2000 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 and human physiology 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		0
Hours		0
First Year		
Fall		
ENGL:1200 or RHET:1030	The Interpretation of Literature or Rhetoric: Writing and Communication	3 - 4
GE CLAS Core: Understanding Cultural Perspectives ^b		3
GE CLAS Core: Social Sciences ^b		3
GE CLAS Core: Literary, Visual, and Performing Arts ^b		3
CSI:1600	Success at Iowa	1
Elective course ^c		2
Hours		15-16
Spring		
HHP:1050	Exploring Health and Human Physiology	1
HHP:2200	Physical Activity and Health	3
RHET:1030 or ENGL:1200	Rhetoric: Writing and Communication or The Interpretation of Literature	3 - 4

GE CLAS Core: Values and Society ^b	3
Elective course ^c	3
Elective course ^c	2
Hours	15-16

Second Year

Fall

HHP:2310	Nutrition and Health	3
Major: quantitative reasoning course ^{d, e}		3 - 4
GE CLAS Core: Historical Perspectives ^b		3
GE CLAS Core: World Languages First Level		4 - 5
Proficiency or elective course ^f		
Elective course ^c		2
Hours		15-17

Spring

HHP:2100 or HHP:1400	Human Anatomy ^g or Human Anatomy and Physiology	3
GE CLAS Core: International and Global Issues ^b		3
GE CLAS Core: Quantitative or Formal Reasoning (if not met by major quantitative reasoning course) ^b		3
GE CLAS Core: World Languages Second Level		4 - 5
Proficiency or elective course ^f		
Elective course ^c		3
Hours		16-17

Third Year

Fall

HHP:2100 or HHP:2400	Human Anatomy ^g or Fundamentals of Human Physiology	3
HHP:4030	Social Determinants of Health	3
GE CLAS Core: World Languages Third Level		4 - 5
Proficiency or elective course ^f		
Elective course ^c		3
Elective course ^c		2
Hours		15-16

Spring

HHP:3030	Lifestyle Medicine	3
HHP:4390	Understanding Human Disease	3
Major: elective course ^h		3
GE CLAS Core: Natural Sciences with Lab ^b		4
GE CLAS Core: World Languages Fourth Level		4 - 5
Proficiency or elective course ^f		
Hours		17-18

Fourth Year

Fall

HHP:4040	Health Services	3
Major: elective course ^h		3
Elective course ^c		3
Elective course ^c		3
Elective course ^c		3
Hours		15

Spring

Major: elective course ^h		3
Major: elective course ^h		3
Elective course ^c		3
Elective course ^c		3
Elective course ^c		3

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

Hours	15
Total Hours	123-130

- 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 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.
- c 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.
- d See the General Catalog for list of approved courses.
- e Fulfills a major requirement and may fulfill a GE requirement.
- f 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.
- g Students must complete HHP:2100 and HHP:2400 (both courses), or HHP:1400.
- h Students must complete at least 12 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.