

Health Studies, BA

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.