

Health (HPE)

Division of Health Professions

- **Major: 33-34 credit hours**
- **Minor: 23 credit hours**
- **Major/minor GPA required for graduation: .50**
- **All courses for the major and minor must be completed with a grade of C or better**

PROGRAM REQUIREMENTS:

- **Capstone: Seminar in Health Promotion and Wellness (HPE 490)**

Mission: The health major prepares students to be proficient in the knowledge and understanding of health promotion and wellness content and theory, with culminating coursework in real-world internship settings.

Coursework and program requirements provide preparation in the knowledge and skill necessary to plan, implement, and lead in health promotion and wellness settings.

Description of Major: This major builds the foundation for students interested in careers in the field of health promotion and wellness. Completion of this major will prepare students to plan, implement, lead, and evaluate strategies designed to promote health and wellness for diverse populations.

Student Learning Outcomes

Students will:

- Demonstrate an understanding of the multiple dimensions of health and wellness, including health promotion, disease prevention, and overall wellness.
- Demonstrate an awareness of the unique needs of varying populations with regard to health and wellness priorities.
- Demonstrate the use of goal setting to plan, implement, and administer health education and wellness programs using interventions based on sound theory.
- Assess individual and community needs for health education.
- Conduct and evaluate research related to health promotion and wellness.
- Demonstrate the ability to use interpersonal communication skills to advocate for personal, family and community health.

Preparation: The health major prepares students for careers in schools, healthcare facilities, worksites, government agencies, colleges and universities, and other health and wellness venues, as well as for further study at the graduate level in areas such as nursing, physical therapy, and dietetics.

Health Major Internship Rules and Guidelines

These rules and guidelines are in addition to the rules and guidelines that apply to all students completing internships for academic credit.

1. All health majors must complete an internship as part of their academic major. Internship sites are categorized according to the interest and career plans of each student.
2. Selection for internship sites can be competitive. Students are reminded to complete the process of selection at least 1 semester, preferably one year, in advance of completing the internship.

Fall, Spring, or Summer Internship Experience

| Fall Deadlines | Spring Deadlines | Summer Deadlines | Action Items/Responsibilities |
|----------------|------------------|------------------|---|
| Jan. 30 | Sept. 15 | Sept. 15 | Make appointment with Career Services and pick up internship packet. |
| Feb. 15 | Sept. 30 | Sept. 30 | <p>Make an appointment with Dr. Gayford to discuss appropriate internship locations and review updated resume.</p> <p>After meeting with Dr. Gayford, begin contacting internship sites by phone and/or email (see "Advice on Contacting Internship Sites" provided in the internship packet by Career Services).</p> |
| Apr. 1 | Nov. 1 | Mar. 1 | Student confirms internship site to Dr. Gayford and Career Services. |
| May 1 | Dec. 1 | May 1 | <p>Internship packet completed and turned into Career Services.</p> <p>Completed packet includes the learning plan and all required signatures.</p> <p>Students who turn in completed packets will receive a Permit to Register from Office of Career Services to take to the Office of Academic Records to complete enrollment in the individual internship course.</p> |

Students who do not adhere to the required deadlines will not be guaranteed a permit to register for the individual internship course.

| HEALTH MAJOR REQUIREMENTS | | 33-34 crs. |
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| ATH 200 | MEDICAL TERMINOLOGY | 3 |
| HPE 158 | HEALTH AND WELLNESS | 3 |
| HPE 214 | PRINCIPLES AND FOUNDATIONS OF HEALTH PROMOTION AND WELLNESS | 3 |
| HPE 250 | ASSESSMENT THROUGH TESTS AND MEASUREMENTS FOR HEALTH PROFESSIONS | 3 |
| HPE 300 | HUMAN NUTRITION | 3 |
| HPE 410 | EVALUATION IN HEALTH PROMOTION AND WELLNESS | 3 |
| HPE 420 | PLANNING AND IMPLEMENTATION IN HEALTH PROMOTION AND WELLNESS (W) | 3 |
| HPE 470 | INTERNSHIP IN HEALTH PROMOTION AND WELLNESS | 3-4 |
| HPE 490 | SEMINAR IN HEALTH PROMOTION AND WELLNESS | 3 |
| PED 157 | FOUNDATIONS OF HEALTH PROFESSIONS | 3 |
| PED 357 | ADMINISTRATION AND DEVELOPMENT OF PHYSICAL ACTIVITY PROGRAMMING (W) | 3 |

| HEALTH MINOR REQUIREMENTS | | 23 crs. |
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| HPE 158 | HEALTH AND WELLNESS | 3 |
| ATH 200 | MEDICAL TERMINOLOGY | 3 |
| PED 206 | FIRST AID | 2 |
| HPE 250 | ASSESSMENT THROUGH TESTS AND MEASUREMENTS FOR HEALTH PROFESSIONS | 3 |
| HPE 300 | HUMAN NUTRITION | 3 |
| HPE 390 | ADMINISTRATIVE SKILLS IN HEALTH PROMOTION | 3 |
| HPE 420 | PLANNING AND IMPLEMENTATION IN HEALTH PROMOTION AND WELLNESS (W) | 3 |
| HPE 450 | PROGRAMS IN COMMUNITY HEALTH | 3 |

The student may also opt to follow the guidelines described in this handbook for the individually-designed minor. Students must complete the minor with a minimum of a 2.50 cumulative grade point average and a grade of "C" or better in each minor course.

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| <p>HPE 158 HEALTH AND WELLNESS The Health and Wellness course will afford students the opportunity to reinforce the basics in all eight dimensions of wellness for promoting a healthy lifestyle in addition to exploring the most current thinking on health and wellness topics and related controversial issues. Students will learn practical ways in which to integrate positive health and wellness behaviors into their lifestyle to become a healthy student and citizen.</p> | 3 | <p>HPE 250 ASSESSMENT THROUGH TESTS AND MEASUREMENTS FOR HEALTH PROFESSIONS This course is designed to provide the foundational skills necessary for effective assessment of the multiple dimensions of health and wellness in a variety of health and wellness settings, including schools (physical education and health education), worksites, fitness facilities, and diverse populations. Emphasis will be given to principles governing assessment, basic statistical procedures required to make meaningful conclusions from data, specific fitness and skills tests and test batteries, lifestyle behavior assessments, and skills related to data presentation and reporting.</p> | 3 |
| <p>HPE 200 FOUNDATIONS OF HUMAN MOVEMENT This course will introduce the composition and function of the musculoskeletal system with principles and mechanical concepts for human movement, functional anatomy of the skeletal, connective tissue, articular, and neuromuscular systems. Students will also learn the structural adaptation of musculoskeletal components during aging as well as the etiology of musculoskeletal disorders and injuries.</p> | 3 | <p>HPE 281 HUMAN DISEASES A study of key communicable and non-communicable diseases and related disease agents that are of concern to health educators in a variety of settings. In addition, the course will examine the history of disease, the principles of disease occurrence, and human defense mechanisms against disease. Prerequisite: HPE 158 or instructor consent.</p> | 3 |
| <p>HPE 210 TECHNOLOGY IN HEALTH PROMOTION AND WELLNESS An overview of computer applications and models in health education and wellness promotion appropriate for use in teaching, lifestyle, and other health and wellness assessments. Basic computer and internet research skills will be presented. Students will learn how to integrate the use of technology in tracking student progress or lifestyle behaviors.</p> | 3 | <p>HPE 300 HUMAN NUTRITION An examination of basic principles of nutrition, the role of nutrients in maintaining health and wellness, the relationship of nutrition to diseases and disorders, as well as consumer issues such as using nutritional tools (i.e. guidelines, recommendations, and food labels) and integrating healthy nutritional practices into the lifestyle. Prerequisite: HPE 158.</p> | 3 |
| <p>HPE 212 DRUG EDUCATION Examines a variety of teaching strategies and materials appropriate to the teaching of drug and alcohol use and abuse information in grades 6-12. An examination of the drug abuse from psychological, historical, and legal perspectives. The effects of drug use on the health and social function of the individual will be reviewed as well as drug abuse programs, teaching curricula, drug testing, and other related issues. Prerequisite: HPE 158.</p> | 3 | <p>HPE 301 ADVANCED HUMAN NUTRITION (W) Incorporates the basic principles of nutrition to explore nutritional practices and recommendations across the lifespan, specific nutritional concerns (i.e. weight management, cultural and lifestyle nutritional differences), food safety, and global hunger issues. Prerequisites: HPE 158, 300.</p> | 3 |
| <p>HPE 214 PRINCIPLES AND FOUNDATIONS OF HEALTH PROMOTION AND WELLNESS An introduction to the theories and concepts of health, health education, and wellness that guide the practice of professionals in the field. Also examines the role of the professional in a variety of health and wellness work settings through service hours in the urban, suburban, and rural districts of the county. Students will be introduced to the professional arena by becoming a member of both the student and national professional organization and participating in service-learning. Prerequisites: HPE 158 and either HPE 210 or EDU 115.</p> | 3 | <p>HPE 325 EXERCISE NUTRITION (W) integration of nutrition and exercise and its impact on optimal exercise performance and training responsiveness within a diverse population of active individuals. Prerequisite: PED 349.</p> | 3 |
| | | <p>HPE 370 HEALTH CARE IN THE U.S. This course will examine the history of health care in the United States, as well as how the health care system is organized and financed. Issues regarding delivery of care, access to care, and types of care will be discussed. Contemporary topics such as treatment versus disease prevention, research, pharmaceuticals, and reimbursement systems will be explored. Prerequisites: HPE 158, 214, or instructor consent.</p> | 3 |

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| <p>HPE 375 THE BRAIN AND LEARNING This course will be an introduction to understanding the brain by investigating the structures and related functions of the brain, how learning and memory are established in the brain, and the effects of various health, wellness, and lifestyle behaviors on learning and brain function. Prerequisite: HPE 158.</p> <p>HPE 379 EMPLOYEE HEALTH AND WORKSITE WELLNESS This course is designed to prepare students to work in a corporate wellness setting. It will provide the student with the opportunity to study issues related to worksite wellness that affect employees, employers, health benefits, productivity, absenteeism, and presenteeism. Students will explore various corporate wellness models and programs and key concepts related to return on investment (ROI). They will learn the role of needs assessment and cultural and environmental assessments in worksite wellness programming. The course will address health risk appraisals, biometrics, and other screenings that are tools for making appropriate programming decisions in worksite wellness programs. Overall, students will learn how to plan, develop, implement, and evaluate corporate health and wellness programs. Prerequisites: HPE 158, 210, 214.</p> <p>HPE 380-389 SPECIAL TOPICS IN HEALTH PROMOTION AND WELLNESS Instructor consent.</p> <p>HPE 390 ADMINISTRATIVE SKILLS IN HEALTH PROMOTION AND WELLNESS This course is designed to help the health and wellness student prepare for administrative responsibilities that are inherent in a job setting. The course will offer the student the opportunity to learn and practice leadership skills in a variety of program and administrative areas. Students will learn what health literacy is and incorporate the concepts into assignments. How to identify potential funding sources and grant writing skills will be learned and practiced. Prerequisites: HPE 158, 210, 214.</p> <p>HPE 400 THE SCHOOL HEALTH PROGRAM (W) An examination of the role of the health educator in the school setting regarding the delivery of health education curriculum, health services, a safe and healthy environment, liaison strategies, and other related responsibilities to support coordinated school health programs and wellness planning. Membership in both student health and wellness campus organization and a national professional association required. Prerequisites: HPE 158, 214.</p> | <p>3</p> <p>3</p> <p>1-3</p> <p>3</p> <p>3</p> | <p>HPE 410 EVALUATION IN HEALTH PROMOTION AND WELLNESS This course will investigate assessment and evaluation techniques used to measure the impact of health education and wellness strategies in a given sample or population. Discussion will include selection and development of valid and reliable measures, use of appropriate statistical procedures for school and community settings and evaluation tools currently used in health and wellness disciplines. Students will continue to explore professional venues through service hours in a variety of settings and by maintaining membership in both the student and a national professional organization. Prerequisites: HPE 158, 214.</p> <p>HPE 417 SAFETY EDUCATION/CRASH PREVENTION This course is designed to examine safety issues in modern society. Various safety considerations will be discussed with emphasis given to vehicle safety issues and crash prevention. Prerequisite: Admission to the Teacher Education Program Summer.</p> <p>HPE 420 PLANNING AND IMPLEMENTATION IN HEALTH PROMOTION AND WELLNESS (W) This course will prepare the health and wellness professional to plan and implement effective health programs for diverse populations and settings. Aspects of program planning and implementation including intervention strategies, identifying needs of the targeted population, development of the program and related materials, marketing the program, delivering and implementing the program, and assessing the outcomes of the program will be addressed. Students will continue to explore professional venues through service hours in a variety of settings and by maintaining membership in both the student and a national professional organization. Prerequisites: HPE 158, 214, 410.</p> <p>HPE 430 HEALTH AND WELLNESS COACHING This course will present a review of theories of health behavior and behavior change and introduce theories of counseling to examine how they might be used to support health and wellness-related lifestyle modifications. Strategies for decision-making and problem-solving will also be examined. Membership in both student health and wellness campus organization and a national professional association required. Prerequisites: HPE 158, 214, or instructor consent.</p> <p>HPE 435 READINGS IN HEALTH PROMOTION AND WELLNESS This course is designed to offer students an opportunity to explore current, controversial, or other issues of interest in depth. Students will be encouraged to draw upon previously learned material and concepts to further examine and analyze the issues. Prerequisites: HPE 158, 214, or instructor consent.</p> | <p>3</p> <p>3</p> <p>3</p> <p>3</p> <p>3</p> <p>3</p> |
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HPE 450 **3**

PROGRAMS IN COMMUNITY HEALTH

This course reviews the organization of local, state, and national official and non-official health agencies. Also explored are community health concerns of various populations and examination of methods for meeting community health needs and for solving community health problems. Students will experience community health by going into the community. They will expand their professional experiences through service hours in various settings and by maintaining membership in both the student and a national professional organization. Prerequisites: HPE 158, 214, 410, and 400 or 420.

HPE 460 **3**

CURRICULUM DEVELOPMENT IN HEALTH EDUCATION (W)

This course is designed to prepare the health educator to be able to plan and implement content, as well as achieve a basic understanding of the evaluation of health and wellness curricula. A historical approach to theoretical models of curriculum development in Health Education will be explored, as well as current policies and legislation that affect health and wellness instruction and programming. Membership in both student health and wellness campus organization and a national professional association required. Prerequisites: HPE 158, 214, 400, 410.

HPE 470 **4**

INTERNSHIP IN HEALTH PROMOTION AND WELLNESS

Enrollment in this course will provide an opportunity to apply professional skills and knowledge in a related work environment while gaining practical experience. The internship is limited to Health Promotion and Wellness majors and minors and must be taken during the final semester of the program. Prerequisites: HPE 158, 214, 410, HPE 420 or 460, and 450, and instructor consent. Every semester.

HPE 480 **1-3**

INDEPENDENT STUDY IN HEALTH PROMOTION

Prerequisite: Instructor consent.

HPE 490 **3**

SEMINAR IN HEALTH PROMOTION AND WELLNESS

A capstone course in Health Promotion and Wellness to review theories and concepts, explore current developments in the field, and prepare for entering the profession. Requires service hours to explore professional venues and gain practical experience in a variety of settings and continued membership in both the student health and wellness campus organization and a national professional association. Prerequisites: HPE 158, 210, 214, 410, 420, 450.