BA in Health and Human Physiology: Health Studies Track

Based on population health models, Health Studies attempts to answer the question “What creates health and well-being?” Students develop an understanding of big picture health determinants and can supplement that knowledge with specific interest areas. The flexible curriculum, including an online degree option, provides Health Studies students the opportunity to supplement their core classwork with electives in areas of interest to prepare for a range of pre-professional and graduate programs including nursing, public health, and healthcare administration.

The Health Studies track in Health and Human Physiology requires 43-45 semester hours. Students can declare this major at any time and advised in the department after they have earned 30 s.h.

The Health Studies core classes can be completed online. Courses offered online are denoted with an asterisk (*).

Science and Math Foundation

Students must complete courses in each of the three science and math foundation areas. Note that the chemistry department lists prerequisites for its courses in the course descriptions. Students may want to consider enrolling in CHEM:1070 General Chemistry I as preparation for the chemistry courses in the Science and Math Foundation.

Chemistry—one of these:
- CHEM:1080 General Chemistry II 3 s.h.
- CHEM:1120 Principles of Chemistry II 4 s.h.

Biology—one of these:
- BIOL:1141 Introductory Animal Biology 4 s.h.
- BIOL:1140 Human Biology 4 s.h.
- BIOL:1411 Foundations of Biology 4 s.h.

Mathematics or Statistics—one of these:
- MATH:1020 Elementary Functions 4 s.h.
- MATH:1440 Mathematics for the Biological Sciences 4 s.h.
- MATH:1460 Calculus for the Biological Sciences 4 s.h.
- MATH:1380 Calculus and Matrix Algebra for Business 4 s.h.
- MATH:1850 Calculus I 4 s.h.
- PSQF:4143/STAT:4143 Introduction to Statistical Methods 3 s.h.
- STAT:1030 Statistics for Business 4 s.h.
- STAT:1020 Elementary Statistics and Inference 3 s.h.
- STAT:3510 Biostatistics 3 s.h.

https://clas.uiowa.edu/hhp/undergraduate/ba/health-studies/curriculum 9/2020
**Departmental Core Courses (12 s.h.)**

**One of these:**
- HHP:1100 Human Anatomy 3 s.h.*
- HHP:1150 Human Anatomy with Lab 4 s.h.

**One of these:**
- HHP:1300 Fundamentals of Human Physiology 3 s.h.*
- HHP:1350 Fundamentals of Human Physiology with Lab 4 s.h.

**Both of these:**
- HHP:2200 Physical Activity and Health 3 s.h.*
- HHP:2310 Nutrition and Health 3 s.h.*

**Health Studies Track Core (9 s.h.)**

- HHP:4030 Policy, Environmental, and Social Determinants of Health 3 s.h. (perquisite HHP:2200, HHP:2310)*
- HHP:4040 Health Services: Current Barriers and Innovative Solutions 3 s.h. (prerequisite HHP:2200, HHP:2310)*
- HHP:4390 Understanding Human Disease 3 s.h. (prerequisite HHP:1300)*

**Health Studies Major Electives (12 s.h.)**

Students must complete at least 12 s.h. selected from courses numbered HHP:2000 or above.

Possible electives to consider:
- HHP:2130 Human Development Through the Lifespan 3 s.h. (no prerequisite)*
- HHP:2280 Cultural Competency in Health Promotion 3 s.h. (no prerequisite)*
- HHP:2500 Physical Activity Psychology 3 s.h. (no prerequisite)*
- HHP:3050 Obesity: Causes, Consequences, Prevention and Treatment 3 s.h. (prerequisites HHP:2200 and HHP:2310)*
- HHP:3200 Health Behavior and Health Promotion 3 s.h. (prerequisites HHP:2200 and HHP:2310)
- HHP:3300 Human Growth and Motor Development 3 s.h. (no prerequisites)*
- HHP:3420 Practicum in Health Education and Outreach 3 s.h. (prerequisites HHP:2200 and HHP:2310)
- HHP:3430 Health Management and Administration (prerequisites HHP:3200 or HHP:4040)
- HHP:3440 Physical Activity Interventions 3 s.h. (no prerequisites)*
- HHP:3850 Promoting Health Globally 3 s.h. (no prerequisites)*
- HHP:3900 Writing for Health and Human Physiology 3 s.h. (no prerequisites)
- HHP:4020 Health Communication and Coaching Strategies 3 s.h. (prerequisites HHP:2200 and HHP:2310)
- HHP:4350 Health and Human Physiology Practicums 1 s.h. (prerequisites: (HHP:1100 or HHP:1150) and HHP:2200 and HHP:2310 and (HHP:1300 or HHP:1350 or HHP:3500)
- HHP:4490 International Med: Experiential Learning (Winter only) 3 s.h. (no prerequisites)

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