BA in Health and Human Physiology: Health Promotion Track

Health promotion is the process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behavior towards a wide range of social and environmental interventions. – World Health Organization

The Health Promotion track in Health and Human Physiology requires 45-47 s.h. of work in the major, which consists of 10-12 hours math/science foundation, 12 s.h. departmental core, 15 s.h. health promotion core, and 9 s.h. guided electives.

Students can declare this major at any time and they are advised in the department after they have earned 24 s.h.

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 Human Biology: Health Professions (4 s.h.)
- BIOL:1140 Human Biology: Nonmajors (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.)
• STAT:1030 Statistics for Business (4 s.h.)
• STAT:1020 Elementary Statistics and Inference (3 s.h.)
• STAT:3510 Biostatistics (3 s.h.)
• PSQF:4143/STAT:4143 Introduction to Statistical Methods (3 s.h.)

Departmental Core, Health Promotion Core, and Elective Courses

Departmental Core Courses (12 s.h.)
• HHP:1100 Human Anatomy (3 s.h.)
  OR
  HHP:1150 Human Anatomy with Lab (4 s.h.)
• HPP:1300 Fundamentals of Human Physiology (3 s.h.)
  OR
  HHP:1350 Fundamentals of Human Physiology with Lab (4 s.h.)
• HHP:2200 Physical Activity and Health (3 s.h.)
• HHP:2310 Nutrition and Health (3 s.h.)

Health Promotion Track Core Courses (15 s.h.)
• HHP:3200 Health Behavior and Health Promotion (3 s.h.) \textit{prereq} HHP:2200, HHP:2310
• HHP:3430 Health Management and Administration (3 s.h.) \textit{prereq} HHP:3200
• HHP:4010 Behavioral and Clinical Health Assessment Laboratory (3 s.h.) \textit{prereq} HHP:2200, HHP:2310, HHP:1100, HHP:1300
• HHP:4020 Health Communication and Coaching Strategies (3 s.h.) \textit{prereqs} HHP:2200, HHP:2310
• HHP:4420 Planning and Evaluating Health Interventions (3 s.h.) \textit{prereq} HHP:3200

Health Promotion Guided Electives (9 s.h.)
Students must complete at least 9 s.h. selected from HHP numbered courses for which they meet the prerequisites, except HHP:3020.

For a complete list of courses in HHP, please take a look at the UI Catalog.