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 6 s.h. guided electives.

Students can declare this major at any time and they are advised in the department after they have earned 30 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:1140 Human Biology 4 s.h.
- BIOL:1141 Introductory Animal 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:1380 Calculus and Matrix Algebra for Business 4 s.h.
- MATH:1440 Mathematics for the Biological Sciences 4 s.h.
- MATH:1460 Calculus for the Biological Sciences 4 s.h.
- MATH:1850 Calculus I 4 s.h.
- PSQF:4143/STAT:4143 Introduction to Statistical Methods 3 s.h.
- STAT:1020/PSQF:1020 Elementary Statistics and Inference 3 s.h.
- STAT:1030 Statistics for Business 4 s.h.
- STAT:3510/IGPI:3510 Biostatistics 3 s.h.

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**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.

**Track Core Courses: Health Promotion (16 s.h.)**

- HHP:3200 Health Behavior and Health Promotion 3 s.h. (prerequisite HHP:2200, HHP:2310)
- HHP:3430 Health Management and Administration 3 s.h. (prerequisite HHP:3200)
- HHP:4010 Behavioral and Clinical Health Assessment Laboratory 4 s.h. (prerequisite HHP:2200, HHP:2310, HHP:1100, HHP:1300)
- HHP:4020 Health Communication and Coaching Strategies 3 s.h. (prerequisite HHP:2200, HHP:2310)
- HHP:4420 Planning and Evaluating Health Interventions 3 s.h. (prerequisite HHP:3200)

**Health Promotion Applied Learning**

3 s.h. from theses:
- HHP:3420 Practicum in Health Education and Outreach 3 s.h.
- HHP:3820 Guided Practicum: Worksite Wellness 3 s.h.
- HHP:4350 Health and Human Physiology Practicum 1-3 s.h.
- HHP:4365 Practicum in Health Coaching 3 s.h.
- HHP:4400 Health Promotion Clinical Practicum 1 s.h.
- HHP:4405 Health Promotion Community and Worksite Practicum 1 s.h.
- HHP:4490 International Medicine: Experiential Learning 3 s.h.
- HHP:4500 Undergraduate Independent Study arr.
- HHP:4900 Honors Research 3 s.h.

**Health Promotion Major Electives (6 s.h.)**

Students must complete at least 6 s.h. selected from courses number HHP:2000 or above.

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