University of Indianapolis – *College of Health Sciences*

*Curriculum Guide for Public Health Education and Promotion (PHEP)*

Worksite Health Promotion Concentration

*Bachelor of Science*

*updated 05/17*

**NOTE:** Some courses at UIndy may have prerequisites that are not required by the Gen Ed Core or the major. Please consult the Academic Catalog regularly for prerequisite information.

**CONSULT THE GENERAL EDUCATION CORE CURRICULUM GUIDE WHEN CHOOSING CORE CLASSES.**

**Year I Semester I (16 hours)**

- **BIOL 103**  Principles of Human Anatomy (4)#
- **KINS 106**  NSE: Kinesiology (1)*
- **HIST 102**  World History since 1700 or other History course (3)*
- **KINS 265**  Current Topics in Public Health Content I (2)#
- **ENGL 101**  English Composition (3)*
- **FYS ELEC**  Select a First Year Seminar (meets another General Education Requirement) (3)*

**Year I Semester II (16-17 hours)**

- **KINS 190**  Intro. to Kinesiology, Health, and Sport Sciences (2)#
- **BIOL 104**  Principles of Human Physiology (4)*#
- **KINS 260**  Intro. to Community Health in Diverse Communities (3) (meets Global/Local Theoretical for General Education)#
- **KINS 275**  Current Topics in Public Health Content II (2)#
- **FA ELEC**  Fine Arts Lecture (2-3)*
- **ENGL ELEC**  Western World Literature or other Literature course (3)*

**Year II Semester I (15 hours)**

- **KINS 236**  Theory of Health Behavior (3) [Prerequisites: KINS 260]#
- **MATH ELEC**  150 or above preferred (4)*
- **FA ELEC**  Fine Arts Applied (3)*
- **ATRG 104**  Athletic Health Care (2)#
- **KINS 325**  Exercise Leadership & Programming (3) [Prerequisite: KINS 190, BIOL 103]#

**Year II Semester II (16 hours)**

- **KINS 330**  Methods in Public Health Education (3) [Prerequisites: KINS 260 & KINS 236]#
- **KINS 331**  Wellness Coaching (3) [Prerequisites: KINS 190 & KINS 236 or KINS 280]#
- **Gen Ed ELEC**  Social Science (3)*
- **Gen Ed ELEC**  Philosophy/Ethics (3)*
- **KINS 245**  Intro to Exercise Physio & Perform. (4) [Prerequisites: BIOL 103 & BIOL 104]#

**Spring Term (3 credits)**

*=UIndy core;  # = Public Health Major.*

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Year III Semester I (15.5 hours)
- KINS 101/104 Honors Wellness/Fitness for a Lifetime (1-2)*
- KINS 305 Grant Writing (3) [Prerequisites: KINS 260] (meets W/S requirement for general education)*#
- COMM ELEC Public Speaking OR Business and Professional Communication (3)*
- INTD 201 L/P Credit (.5)*
- LANG ELEC Modern Language (4)*
- ELEC ELEC Directed Elective from List (2)#
- ELEC ELEC Elective (1-2)

Year III Semester II (15.5 hours)
- KINS 400 Assessment & Research in Health and Physical Activity (3) [Prerequisites: MATH 108 or Above AND KINS 260]#
- KINS 452 Health Policy and Advocacy (3) [Prerequisites: KINS 260]#
- INTD 202 L/P Credit (.5)*
- KINS 365 Worksite Health Promotion (3) [Prerequisites: KINS 190 & KINS 260 or Permission]#
- KINS 375 Progressive Resistance Exercise and Sports Conditioning (2)#
- REL ELEC Judaic-Christian Traditions Requirement (3)*
- ELEC ELEC Elective (1)

Year IV Semester I (15 hours)
- KINS 440 Epidemiology (3) [Prerequisites: KINS 400 OR MATH 220/245]#
- KINS 465 Planning, Implementation, Evaluation in Public Health (3) [Prerequisites: KINS 236, KINS 330 & KINS 400] (meets Global/Local Experiential for General Education)*#
- ELEC ELEC Elective (9)

Year IV Semester II (15 hours)
- KINS 486 Directed Readings in Public Health (1)#
- KINS 495 Field Experience in Public Health Ed. & Prom. (6) Senior Status [Prerequisites: All major courses] (meets Capstone for General Education)*#
- ELEC ELEC Elective (8)

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Directed Electives (Select from the following list):

- KINS 266  Sexuality & Human Health (3)
- KINS 249  Basic Sport/Community Nutrition (2)
- KINS 268  Stress Management & Human Health (3)
- KINS 420  Drugs & Social Involvement (3)
- KINS 480  Special Topics in Health and Physical Education (1-3)
- PSY 220  Child and Adolescent Development (3)
- PSY 245  Lifespan Development (3)
- PSY 360  Adult and Development and Aging (3)
- ANTH 335  Global Health (3)
- GERO 301  Interdisciplinary Perspectives in Aging (3)
- ENGL 489  Writing/Editing for Nonprofits (3)
- SOC 235  Environmental Sociology (3)
- SOC 220  Race and Ethnic Relations (3)
- SOC 250  Gender Issues in Law and Society (3)
- SOC 315  Cities and Communities (3)

Public Health Education and Promotion is a 60 hour major.  
A grade of C (2.0 on a 4.0 scale) or higher is required in all courses applying toward the Public Health Education & Promotion Major. The Bachelor of Science degree requires a minimum of 120 hours. This program may require attendance in both day and extended programs classes.
See the General Education Core Guide for additional course requirements.
A student may complete more than one major as long as each major has at least 24 discrete hours. Please see the Academic Catalog for additional details.

REMEMBER: If you have any questions about the Public Health Education & Promotion Major requirements, contact the Center for Advising and Student Achievement (788-2057; Schwitzer Center, Room 206). Courses and requirements sometimes change so keep in contact with your advisor.