

University of Indianapolis – *College of Health Sciences*

2025-2026 Curriculum Guide for Public Health Education and Promotion (PHEP)
Bachelor of Science

Year I Semester I (16 hours)

- **INTD 101** New Student Experience (1)
- **MATH ELEC** 108 or above (150 or above preferred) (3-4)
- **HIST ELEC** General Education History Course (3)
- **KINS 265** Current Topics in Public Health Content I (2)
- **ENGL 101** Intro to College Writing (3)
- **FYS ELEC** Select a First Year Seminar (may meet another General Ed Requirement) (3)

Year I Semester II (15 hours)

- **KINS 190** Intro. to Kinesiology, Health, and Sport Sciences (2)
- **BIOL 203** Biology's Impact on Humans (4) **OR**
BIOL 103 and BIOL 104 (meets general education Natural Science)
- **KINS 260** Intro. to Community Health in Diverse Communities (3)
(Meets Global Awareness for General Education)
- **ARTS ELEC** General Education Arts Course (2)
- **ENGL 102** Literature or Other Literature course meeting Gen Ed Req. (3)

Year II Semester I (12 hours)

- **KINS 236** Theory of Health Behavior (3) [Prerequisites: KINS 260]
- **ELEC ELEC** Directed Elective from List (3)
- **ELEC ELEC** Elective (3)
- **Gen Ed ELEC** Philosophy/Ethics (3)

NOTE: All PHEP majors must pass KINS 260, KINS 236, and BIOL 203 (or BIOL 104 or CHEM 150) with a grade of C or better to move forward into 300-level and above public health courses.

Year II Semester II (15 hours)

- **KINS 330** Methods in Public Health Education (3) [Prerequisites: KINS 260 & KINS 236]
- **KINS 331** Wellness Coaching (3) [Prerequisites: KINS 190 AND KINS 236 or KINS 280]
- **KINS 204** Introduction to Research Methods and Biostatistics (3)
[Prerequisites: Math 108 or higher]
- **Gen Ed ELEC** Social Science (3)
- **ELEC ELEC** Elective (3)

Year III Semester I (14.5-15.5 hours)

- **KINS 101/104** Honors Wellness/Fitness for a Lifetime (1-2)
- **KINS 305** Grant Writing (3) [Prerequisites: KINS 260]
- **INTD 201** L/P Credit (.5)
- **KINS 313** Environmental Health (3) [BIOL 203 OR BIOL 103 and BIOL 104]
- **KINS 445** Skill Applications in Diverse Pub Hlth Settings (3)
[Prerequisites: KINS 236, KINS 330]
- **ELEC ELEC** Elective (4-5)

Year III Semester II (14.5 hours)

- **KINS 275** Current Topics in Public Health Content II (2)
- **KINS 400** Assessment & Research in Health and Physical Activity (3)
[Prerequisites: KINS 204 OR Instructor Permission]
- **KINS 452** Health Policy and Advocacy (3) [Prerequisites: KINS 260]
- **INTD 202** L/P Credit (.5)
- **REL ELEC** Religion Requirement (3)
- **COMM ELEC** Communication course meeting gen ed requirement (3)

Year IV Semester I (15 hours)

- **KINS 440** Epidemiology (3) [Prerequisites: KINS 204 OR KINS 400 OR MATH 220/245]
- **KINS 465** Planning, Implementation, Evaluation in Public Health (3)
[Prerequisites: KINS 236, KINS 330 & KINS 400] (meets Global Awareness & Experiencing Cultural Differences for General Education)
- **KINS 450** Health Disparities (3) [Prerequisites: KINS 260]
- **ELEC ELEC** Elective (6)

Year IV Semester II (12 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]
- **ELEC ELEC** Elective (5)

Directed Electives (Select from the following list)

- **KINS 266** Sexuality & Human Health (3)
- **KINS 245** Principles and Practices of Exercise Science (4)
- **KINS 249** Basic Sport/Community Nutrition (2)
- **KINS 268** Stress Management & Human Health (3)
- **KINS 365** Worksite Health Promotion (3)
- **KINS 425** Research in Kinesiology, Health, and Sport (1-3)
- **KINS 480** Special Topics in Health and Physical Education (1-3)
- **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)
- **HON 490** Honors Project (Variable 1-5)

NOTES

- Public Health Education and Promotion is a 59-hour major.
- A grade of C (2.0 on a 4.0 scale) or higher is required in all courses applying toward the PHEP Major.
- The Bachelor of Science degree requires a minimum of 120 hours.
- See the General Education Core Guide for additional course requirements.

REMEMBER

If you have any questions about the Public Health Education & Promotion Major requirements, contact your academic advisor. Courses and requirements sometimes change so keep in contact with your advisor.