ABOUT THE DEPARTMENT
The Department of Nutrition and Health Science teaches human life sciences and their use in promoting health and preventing disease. Our department offers a number of courses to meet the University’s core requirements for UCC-21. These are as follows:

<table>
<thead>
<tr>
<th>TIER 1</th>
<th>TIER 2</th>
<th>TIER 3</th>
</tr>
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<tbody>
<tr>
<td>HSC 160</td>
<td>HSC 180</td>
<td>HSC 479</td>
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<tr>
<td>HSC 261</td>
<td>HSC 471</td>
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HEALTH EDUCATION AND PROMOTION
The primary focus of this program is to prepare students for entry-level jobs as community health educators. It promotes the application of scientific health principles to human life, primarily through health education in community health agencies, health-care facilities, and worksites.

CAREER OPPORTUNITIES FOR HEALTH EDUCATION MAJORS
Successful completion of the health education and promotion program can prepare graduates for jobs in community health education. Health educators teach people about behaviors that promote wellness and encourage people to make healthy decisions. The primary career settings in which most students are placed include health agencies, health care facilities (e.g., hospitals, clinics, nursing homes), health insurance agencies (e.g., HMO/managed care), and business/industry worksites.

PROGRAM ACCREDITATION
A degree in health education and promotion will prepare students to become Certified Health Education Specialists (C.H.E.S.). The program also meets accreditation requirements of the Society of Public Health Education/American Association for Health Education (SOPHE/AAHE) and Council on Education for Public Health (CEPH).

MINOR IN PUBLIC HEALTH, 18 HRS*
This program includes courses in public health, health science, and political science. The minor combines well with majors in nursing, natural resources, biology, and family & consumer sciences.

*Minor is not available to students pursuing a major in Health Education and Promotion

HEALTH EDUCATION ONLINE
National Commission for Health Education Credentialing – www.nchec.org
Society for Public Health Education (SOPHE) – www.sophe.org
American Public Health Association – www.apha.org
Indiana SOPHE - www.insophe.org
Indiana Public Health Association - www.inpha.org

www.bsu.edu/nutritionandhealth

CONTACT US
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Interim Chairperson

Rebecca Brey, Ph.D.
Associate Chairperson

Sarah Gremer, MEd
Primary Dept. Advisor
sagremer@bsu.edu
# Recommended Program of Study: Health Education & Promotion

## Freshman Year
- **FALL SEMESTER**: Begin University Core Curriculum requirements including HSC 160, begin electives* and second major or minor(s).
  - HSC 160: Fund Hlth 3 CR
  - HSC 180: Princ Hlth 3 CR

## Sophomore Year
- **FALL SEMESTER**: Continue coursework for University Core Curriculum, electives* and second major or minor(s).
  - HSC 200: Intro to Health Ed (Mjrs/Minors only) 3 CR
  - ANAT 201: Fund Human Anat 3 CR

## Junior Year
- **FALL SEMESTER**: Continue coursework for minor(s), electives*
  - HSC 301: Pro plan HP I (210 & 220 Mjrs/Minors only) 3 CR
  - HSC 344: Dis Mgt Hlp (160, 210 & PHYS 205) 3 CR

## Senior Year
- **FALL SEMESTER**: Continue coursework for minor(s), electives*
  - HSC 487: Resrch writ eval (367 & Sr. status) 3 CR
  - HSC 494: Hlth comm (220 & 301) 3 CR

## Electives, (12 Credits)
- Choose one course from EACH of the following four areas:
  - Population Health and Policy
  - Diversity Studies in Health
  - Biomechanical and Clinical Sciences
  - Applied Public Health

### Electives Options
- **Population Health and Policy**
  - CPSY 230 MKG 310
  - EDPS 430 NREM 309
  - GERO 440 POLS 342
  - HSC 462 POLS 347
  - HSC 468 PSYS 324
  - HSC 469 SOC 424
  - HSC 472 SOC 431

- **Diversity Studies in Health**
  - ANTH 311 PSYS 424
  - ANTH 427 SOC 320
  - CPSY 470 SOC 328
  - EDMU 206 SOC 421
  - FCFC 202 WGS 220
  - NREM 357

- **Biomechanical and Clinical Sciences**
  - BIO 313 NUTR 340
  - CPSY 360 HSC 261
  - EDPS 350 HSC 464
  - EDPS 351 HSC 467
  - EDPS 355 HSC 471
  - FCFN 240 HSC 481
  - FCFN 275 PSYS 277

- **Applied Public Health**
  - CPSY 400 FCFC 484
  - CPSY 420 NREM 347
  - ECON 348 SOC 341
  - EMHS 350 SOC 433
  - EMHS 351 TDPT 301
  - FCFC 450 TDPT 360

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**Students are responsible for prerequisites.**