



**BALL STATE
UNIVERSITY**

Department of Nutrition
and Health Science

BACHELOR OF SCIENCE

HEALTH EDUCATION AND PROMOTION

ABOUT THE DEPARTMENT

The Department houses accredited undergraduate majors in dietetics, health education and promotion, respiratory therapy and radiography, a minor in public health, graduate programs in Nutrition and Dietetics, Health Science, and an accredited Dietetic Internship.

The focus of the **Health Education and Promotion** 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 public/community health agencies, health-care facilities, and worksites.

CAREER OPPORTUNITIES FOR 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

The BA/BS in Health Education and Promotion program at Ball State University is accredited by the Council on Education for Public Health (CEPH) as a stand-alone baccalaureate program. The final self-study and complete review for accreditation report are available for reference purposes.

<https://www.bsu.edu/academics/collegesanddepartments/nutrition-health-science/academic-programs/health-education-and-promotion-major>

A degree in health education and promotion will prepare students to become Certified Health Education Specialists (C.H.E.S.). For more information scan a QR code below:

DEPARTMENT



ADMISSIONS



BACCALAUREATE DEGREES

Students will be guided by the outline of baccalaureate degrees, the University Core Curriculum, and the health education and promotion major outlined on the next page. To graduate in four academic years (eight semesters), students must average over 16 credits per semester, and complete the internship (HSC 479) during the spring semester of senior year. Students should assume no other classes can be taken to complete the degree. The recommended eight semester course of study is on the back of this page.

MAJOR HEALTH EDUCATION AND PROMOTION, 75 HOURS*

In addition to the 20 required courses, each student must select four additional approved elective courses that will help them prepare for a specific health career setting. A minor is recommended for this program. Students often select minors in interpersonal relations, marketing, communication studies, management, psychology of human development, sociology, and workplace wellness.

*An internship with an approved health agency or educational institution is required for major. This professional experience takes place under the supervision of a university supervisor and the agency administrator for a period of time commensurate with academic credit.

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 Public Health Association - www.inpha.org
Indiana SOPHE - www.insophe.org
Indiana Public Health Association – www.inpha.org

OTHER QUESTIONS?

Contact the undergraduate advisor Abby Slye (aslye@bsu.edu) OR the Department Chair Alyce Fly, PhD (adfly@bsu.edu OR 765-285-5961) OR the Program Director Lan Yao, PhD (lanyao@bsu.edu).

	FALL SEMESTER				SPRING SEMESTER			
FRESHMAN	Begin University Core Curriculum Requirements including HSC 160, begin electives* and second major or minor							
	HSC 160	Fundamentals of Human Health	3 CR	<input type="checkbox"/>	HSC 180	Principles of Public Health	3 CR	<input type="checkbox"/>
SOPHOMORE	Continue coursework for University Core Curriculum, electives* and second major or minor(s)							
	HSC 200	Introduction to Health Education and Promotion	3 CR	<input type="checkbox"/>	HSC 210	Health Behavior Theories	3 CR	<input type="checkbox"/>
	ANAT 201	Fundamental Human Anatomy	3 CR	<input type="checkbox"/>	HSC 220	Population, Race, and Culture in Health Education and Promotion	3 CR	<input type="checkbox"/>
					PHYS 205	Fundamental Physiology	3 CR	<input type="checkbox"/>
					NUTR 275 or 340	Personal Nutrition OR Principles of Human Nutrition (CHEM 100, 101, or 111)	3 CR	<input type="checkbox"/>
JUNIOR	Continue coursework for minor(s), electives*							
	HSC 301	Program Planning in Health Education and Promotion 1 (HSC 200)	3 CR	<input type="checkbox"/>	HSC 302	Program Planning in Health Education and Promotion 2 (200, 301)	3 CR	<input type="checkbox"/>
	HSC 344	Disease Management in Health Education and Promotion (PHYS 205)	3 CR	<input type="checkbox"/>	HSC 310	Healthcare Systems	3 CR	<input type="checkbox"/>
	HSC 387	Quantitative Methods & Epidemiology in Health Promotion (MATH 108 or 110+)	3 CR	<input type="checkbox"/>	HSC 388	Organization and Administration in Health Education and Promotion	3 CR	<input type="checkbox"/>
	HSC 482	Environmental Health	3 CR	<input type="checkbox"/>	HSC 330	Intervention Strategies for Health Promotion and Disease Prevention	3 CR	<input type="checkbox"/>
SENIOR	Continue coursework for minor(s), electives*							
	HSC 487	Appl. Research, Writing, Evaluation in Health Education Promotion (387, Sr. Status)	3 CR	<input type="checkbox"/>	HSC 479	Internship **	6 CR	<input type="checkbox"/>
	HSC 494	Health Communication (200, 210, 301, 302)	3 CR	<input type="checkbox"/>	**Must have earned minimum cumulative 2.5 GPA in HSC 200, 210, 301, 302, 310, 344, 387, 388, 487, 494. This senior capstone course should be the last course taken; students should not plan to take other courses.			
	HSC 495	Professional Preparation in Health Education and Promotion (200,210, 301, 302)	3 CR	<input type="checkbox"/>				

* Electives (12 Credits) – Choose one course from EACH of the following four areas, 3 credits each:

Population Health		Class, Culture & Diversity		Applied Health Practice			Special Topics in Health	
EXSC 302 Activity Through Lifespan	NUTR 448 Weight Management	CPSY 470 Cross-Cultural Counseling	SOC 328 Global and the Social World	COMM 320 Persuasion	COMM 335 Communication & Health	MKG 375 Social Media Marketing	CPSY 400 Fundamentals of Counseling	HSC 367 Drug Dependency & Abuse
GERO 440 Women and Aging	PSYS 324 Psychology of Women	HOSP 395 Food & Culture	SOC 434 Human Sexuality	EMHS 351 Intro to Emergency Management	HSC 295 Read & Teach School Health	WWIN 310 Work Wellness Admin	EDPS 351 Adolescent Psychology	HSC 381 Stress Management
HSC 365 Health & Aging	SOC 341 Sociology of Health & Illness	HSC 261 Health, Sex, and Family Life	WGS 220 Internl. Women's Iss.	CPSY 420 Psychological Interventions	MGT 300 Managing Org. Behavior	WWIN 405 Work Well-ness Coaching	HSC 371 Death and Dying	PSYS 301 Health Psychology
HSC 372 Women and Health	WWIN 201 Worker Wellbeing	SOC 320 Social Inequality		EMHS 350 Hazmat Health and Safety		HSC 350 Elementary School Health	EDPS 355 Adult Psychology	

NUTR 360
Cardio MB Disease
If you register for a course but have not successfully completed its prerequisite, you will be dropped from the class. Prerequisites are listed in parenthesis after the course title.