

HEALTH EDUCATION AND PROMOTION (BS)

Health and Human Enrichment

The Health Education and Promotion program is designed to prepare well-qualified health educators and health promotion specialists. The coursework is organized to understand human behavior and to help people lead healthier lives. Additionally, students develop professional skills needed for planning, organizing, and implementing programs about many health issues. Some of the health areas studied include nutrition, diseases, physical activity, stress management, and health across the lifespan. Graduates are prepared to take a national certification exam to become a certified health education specialist (CHES) and have the option of also becoming certified as an American College of Sports Medicine Physical Activity and Public Health Specialist (PAPHS). Health Education and Promotion graduates find careers with community agencies, hospitals, worksites, campus and community wellness centers, and public health programs. Many of the theory courses require health education experiences outside the classroom (e.g., school and health promotion observations and practical experiences, community and corporate wellness fairs, professional conference/seminar attendance). Students should expect additional costs for printing and supplies for professional education and clinical assignments, vaccinations, professional attire, criminal record check, and transportation. In addition to day and evening classes, professional health education courses may meet on the weekends.

Degree Requirements

Course	Title	Credits
Major Requirements		
HE 2300	Principles of Health	3
HE 2400	Physical Activity and Health	3
HE 2900	Disease, Safety, and Environment (WECO)	3
HE 3200	Stress Management (WECO)	3
HE 3220	Applied Nutrition for Healthy Living (TECO)	3
HE 3230	Promoting Health Across the Lifespan	3
HE 3240	Health Promotion Planning and Evaluation (WRCO)	4
HE 3320	Health Promotion Skills	4
HE 3660	CPR and First Aid Instructor	1.5
BU 2450	Principles of Marketing	3
IS 4360	Cultural Diversity and American Society (DICO,INCO)	3
PE 4010	Exercise and Health Psychology (INCO)	3
Health Promotion		
Complete one course from the following:		3
HE 3700	Drug Behavior (WECO)	
HE 3710	Sex and Family Living Education	
HE 4080	Lifestyle and Wellness Coaching	
Capstone		
Complete one course from the following:		3-12
HE 4090	Qualitative Research in Health Promotion	
HE 4540	Applied Health Promotion	
HE 4880	Health Promotion Internship ¹	
Quantitative Reasoning in the Discipline Connection		

MA 2300 or PE 3565	Statistics I (QRCO) Measurement and Assessment in Physical Education (QRCO,WRCO)	3
General Education (https://coursecatalog.plymouth.edu/general-education)		
EN 1400	Composition	4
IS 1111	The First Year Seminar: Critical Thinking and the Nature of Inquiry	3
MA	Mathematics Foundations	3-4
CTDI	Creative Thought Direction	3-4
PPDI	Past and Present Direction	3-4
SIDI	Scientific Inquiry Direction	3-4
SSDI	Self and Society Direction	3-4
Directions (choose from CTDI, PPDI, SIDI, SSDI) ²		4-8
GACO	Global Awareness Connection	3-4
Electives		30.5-41.5
Total Credits		120

- ¹ Health Promotion Internship (HE 4880) requires a minimum grade point average of 2.70 (cumulative and major).
- ² Directions should total 20 credits (unless the major has a waiver for a specific Direction).

Recommended Course Sequence

Check all course descriptions for prerequisites before planning course schedule. Course sequence is suggested but not required.

Course	Title	Credits
Year One		
EN 1400	Composition	4
IS 1111	The First Year Seminar: Critical Thinking and the Nature of Inquiry	3
MA (https://coursecatalog.plymouth.edu/general-education/#MATH)	Mathematics Foundations	3-4
HE 2300	Principles of Health	3
HE 2900	Disease, Safety, and Environment (WECO)	3
CTDI (https://coursecatalog.plymouth.edu/general-education/#CTDI)	Creative Thought Direction	3-4
PPDI (https://coursecatalog.plymouth.edu/general-education/#PPDI)	Past and Present Direction	3-4
SSDI (https://coursecatalog.plymouth.edu/general-education/#SSDI)	Self and Society Direction	3-4
Elective		1-5
Credits		26-34
Year Two		
HE 2400	Physical Activity and Health	3
HE 3200	Stress Management (WECO)	3
BU 2450	Principles of Marketing	3

Quantitative Reasoning in the Discipline Connection:		
MA 2300 or PE 3565	Statistics I (QRCO) or Measurement and Assessment in Physical Education (QRCO,WRCO)	3
SIDI (https:// coursecatalog.plymouth. general-education/ #SIDI)	Scientific Inquiry Direction	3-4
Directions (choose from CTDI, PPD, SIDI, SSDI) (https:// coursecatalog.plymouth.edu/general-education) ¹		4-8
Electives		7-10
Credits		26-34
Year Three		
HE 3220	Applied Nutrition for Healthy Living (TECO)	3
HE 3230	Promoting Health Across the Lifespan	3
HE 3240	Health Promotion Planning and Evaluation (WRCO)	4
HE 3660	CPR and First Aid Instructor	1.5
Complete one Health Promotion Course from the following:		3
HE 3700	Drug Behavior (WECO)	
HE 3710	Sex and Family Living Education	
HE 4080	Lifestyle and Wellness Coaching	
PE 4010	Exercise and Health Psychology (INCO)	3
GACO (https:// coursecatalog.plymouth.edu/ general-education/ #GACO)	Global Awareness Connection	3-4
Electives		8.5-9.5
Credits		29-31
Year Four		
HE 3320	Health Promotion Skills	4
IS 4360	Cultural Diversity and American Society (DICO,INCO)	3
Complete one Capstone Course from the following:		3-12
HE 4090	Qualitative Research in Health Promotion	
HE 4540	Applied Health Promotion	
HE 4880	Health Promotion Internship	
Electives		11-20
Credits		21-39
Total Credits		120

¹ Directions should total 20 credits (unless the major has a waiver for a specific Direction).