



# Health Promotion

College of Education

### Requirements for Program

The Department of Kinesiology and Health Promotion offers undergraduate courses and degree programs in kinesiology (physical education) and health promotion. These programs support the College of Education's theme of teacher as reflective decision maker. The process of reflective decision-making is imbedded in the departmental philosophy that students learn best through experiencing. The Health Promotion Program is guided by the standards of the American Association of Health Education (AAHE) and the Kentucky New Teacher Standards.

The health promotion program ensures an understanding of and knowledge about the structure of the health promotion discipline through the content and methodology courses in sexuality education, drug education, human health and wellness, nutrition, and program planning in health education. The purpose of health promotion is to promote quality of life for all people. This area of study is interdisciplinary, extending into biology, psychology, sociology, and medicine. Health promotion generally focuses on the whole individual, including social and emotional dimensions, not just the physical.

The B.A. in Health Promotion requires completion of the following: (a) the University Studies Program; (b) specified course work in Program Related Studies and Professional Education; (c) the health promotion major; and (d) a minimum of 128 semester hours. Students wishing to pursue certification both in health and kinesiology must follow the kinesiology program description.

### Continuous Assessment

1. All students in the health promotion program are expected to meet the standards and rules for Admission, Retention, and Exit from Teacher Education Programs as set forth in the section "Admission, Retention and Exit from Teacher Education Programs" on page 120 of the 2001-2002 undergraduate *Bulletin*.

2. The health promotion program stimulates higher performance goals for high-performing students by offering several modes of performance. Examples are: (a) skills in performing physical activities; (b) skills in writing and oral presentations in theory courses; (c) computer technological skills in some courses; and (d) leadership skills demonstrated by high-performing students who serve as class leaders, peer tutors, and/or assistant instructors.

3. After admittance to the program, students not only must maintain a 2.50 GPA, they must continue to exhibit desirable professional characteristics to remain in the program. Students who demonstrate a lack of commitment, effort, professional behavior, knowledge, or teaching skills may be removed from the program until these characteristics are demonstrated.

### Statement on Student Teaching

Students who are majoring in Health Promotion will enroll in:

KHP 371 Student Teaching in Health Education ..... 12

### University Studies (39-53 hours)

\*See *University Studies Program* section of the 2001-2002 undergraduate *Bulletin* for listing of allowable USP courses.

### Program Related Studies Course Sequence (19 hours)

	Hours
*PSY 100 Introduction to Psychology .....	4
*SOC 101 Introductory Sociology .....	3
*BIO 102 Human Ecology .....	3
*BIO 103 Basic Ideas of Biology .....	3
PGY 206 Elementary Physiology .....	3

\*May be taken for USP credit.

### Professional Education Course Sequence (26 hours)

	Hours
EDP 202 Human Development and Learning .....	3
EDP 203 Teaching Exceptional Learners in Regular Classrooms ...	3
EPE 301 Education in American Culture .....	3
*EDC 317 Introduction to Instructional Media .....	1
*EDA 401 The Professional Teacher: Legal Perspectives .....	1
*KHP 430 Methods of Teaching Health Education .....	3
*KHP 371 Student Teaching in Health Education .....	12

\*These courses require admission to the Teacher Education Program.

### Majors and Minors (48-51 hours)

#### Plan 1

Health Promotion Major (30 hours) and one or more university approved minors (18-21 hours). **Note:** University-approved minors outside of the College of Education must be planned with an advisor in the appropriate college if the student wishes to have the minor appear on his/her transcript.

Students wishing to pursue certification in both Health Promotion and Kinesiology must follow the Kinesiology major program description.

### Major in Health Promotion (30 hours)

	Hours
KHP 190 First Aid and Emergency Care .....	2
KHP 220 Sexuality Education .....	2
KHP 222 Drug Education .....	2
KHP 230 Human Health and Wellness .....	3
KHP 330 Planning and Implementing Health Education Programs .....	3
KHP 420G Physiology of Exercise .....	3
KHP 445 Introduction to Tests and Measurements .....	3
KHP 509 Workshop in Health and Safety (Experiential Health Education) .....	3
NFS 101 Human Nutrition and Wellness .....	3

Choose at least **six** hours from the following courses:

KHP 240 Nutrition and Physical Fitness .....	3
KHP 395 Independent Work in Health and Safety or Physical Education or Recreation .....	3
*KHP 509 Workshop in Health and Safety .....	1-3
BSC 331 Behavioral Factors in Health and Disease .....	3
FAM 252 Introduction to Family Science .....	3
HSM 250 Introductory Epidemiology .....	3

\*May be repeated under different topic names for up to three credit hours.

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Other health related elective courses than the above list may be selected with permission of the Health Promotion faculty and must be relevant to the student's professional preparation program.

**Minor in Health Promotion (24 hours)**  
**(not for teacher certification)**

	<b>Hours</b>
KHP 190 First Aid and Emergency Care .....	2
KHP 220 Sexuality Education .....	2
KHP 222 Drug Education .....	2
KHP 230 Human Health and Wellness .....	3
KHP 330 Planning and Implementing Health Education Programs .....	3
KHP 445 Introduction to Tests and Measurements .....	3
NFS 101 Human Nutrition and Wellness .....	3
Choose at least six hours from the following electives:	
KHP 395 Independent Work in Health and Safety or Physical Education or Recreation .....	3
KHP 509 Workshop in Health and Safety .....	1-3
KHP 535 School Health Dilemmas of Special Populations .....	3
BSC 331 Behavioral Factors in Health and Disease .....	3
FAM 252 Introduction to Family Science .....	3
HSM 250 Introductory Epidemiology .....	3

Other health related elective courses than the above list may be selected with permission of the Health Promotion faculty and must be relevant to the student's professional preparation program.