

# 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 UK educator preparation unit's theme of Research and Reflection for Learning and Leading. 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.S. in Health Promotion requires completion of the following: (1) the UK Core requirements; (2) specified course work in Program Related Studies and Professional Education; and (3) the health promotion major. 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 pages 187-188 of the 2011-2012 *UK 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

## UK Core Requirements

See the *UK Core* section of the 2011-2012 *Undergraduate Bulletin* at: [www.uky.edu/Registrar/bulletinCurrent/ukc.pdf](http://www.uky.edu/Registrar/bulletinCurrent/ukc.pdf) for the complete UK Core requirements. The courses listed below are (a) recommended by the college, or (b) required courses that also fulfill UK Core areas. Students should work closely with their advisor to complete the UK Core requirements.

|  |           |
|--|-----------|
| <b>I. Intellectual Inquiry in Arts and Creativity</b>                                  |           |
| Choose one course from approved list .....   | 3         |
| <b>II. Intellectual Inquiry in the Humanities</b>                                      |           |
| Choose one course from approved list .....   | 3         |
| <b>III. Intellectual Inquiry in the Social Sciences</b>                                |           |
| SOC 101 Introduction to Sociology .....  | 3         |
| <b>IV. Intellectual Inquiry in the Natural, Physical, and Mathematical Sciences</b>    |           |
| BIO 103 Basic Ideas of Biology .....   | 3         |
| <b>V. Composition and Communication I</b>  |           |
| CIS/WRD 110 Composition and Communication I .....                                      | 3         |
| <b>VI. Composition and Communication II</b>  |           |
| CIS/WRD 111 Composition and Communication II .....                                     | 3         |
| <b>VII. Quantitative Foundations</b>   |           |
| Choose one course from approved list .....   | 3         |
| <b>VIII. Statistical Inferential Reasoning</b>   |           |
| STA 210 Making Sense of Uncertainty:<br>An Introduction to Statistical Reasoning ..... | 3         |
| <b>IX. Community, Culture and Citizenship in the USA</b>                               |           |
| Choose one course from approved list .....   | 3         |
| <b>X. Global Dynamics</b>  |           |
| Choose one course from approved list .....   | 3         |
| <b>UK Core Hours .....</b>   | <b>30</b> |

## Program Related Studies Course Sequence (19 hours)

|   | Hours |
|---|-------|
| PSY 100 Introduction to Psychology .....  | 4     |
| SOC 101 Introduction to Sociology .....   | 3     |
| BIO 102 Human Ecology .....               | 3     |
| BIO 103 Basic Ideas of Biology .....      | 3     |
| PGY 206 Elementary Physiology .....       | 3     |
| ANA 209 Principles of Human Anatomy ..... | 3     |

## Professional Education Course Sequence (25 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     |
| *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.

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## 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<br>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 .....                          | 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 Study in Kinesiology and Health Promotion ..... | 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.*

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) 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 School<br>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 Study in Kinesiology and Health Promotion ..... | 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.

### Electives

Electives for 120 total credit hours chosen with the help of an advisor.

**TOTAL HOURS** ..... **120**