Health Promotion

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: (a) the University Studies Program; (b) specified course work in Program Related Studies and Professional Education; and (c) 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 page 177 of the 2010-2011 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

University Studies (39-53 hours)
*See University Studies Program section on pages 84-88 of the 2010-2011 UK Bulletin for listing of allowable USP courses.

Program Related Studies Course Sequence (19 hours)

Professional Education Course Sequence (25 hours)

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)

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.

2010-2011 Series

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<tr>
<th>Minor in Health Promotion (24 hours) (not for teacher certification)</th>
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<tr>
<td>KHP 190 First Aid and Emergency Care</td>
<td>2</td>
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<td>KHP 220 Sexuality Education</td>
<td>2</td>
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<td>KHP 222 Drug Education</td>
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<td>KHP 230 Human Health and Wellness</td>
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<td>KHP 330 Planning and Implementing School</td>
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<td>Health Education Programs</td>
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<td>KHP 445 Introduction to Tests and Measurements</td>
<td>3</td>
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<tr>
<td>NFS 101 Human Nutrition and Wellness</td>
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Choose at least six hours from the following electives:
- KHP 395 Independent Study in Kinesiology and Health Promotion
- KHP 509 Workshop in Health and Safety
- KHP 535 School Health Dilemmas of Special Populations
- BSC 331 Behavioral Factors in Health and Disease
- FAM 252 Introduction to Family Science
- HSM 250 Introductory Epidemiology

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.