

Health Promotion – Non-Teacher Certification Option

College
of Education

Requirements for Program

The Department of Kinesiology and Health Promotion offers undergraduate courses and degree programs in kinesiology (exercise science and physical education) and health promotion. The health promotion program includes two tracks (health promotion non-teaching certification and health promotion teaching certification).

Students with the degree in Health Promotion non-teaching certification will be eligible to take the Certified Health Education Specialist (CHES) exam, apply to graduate schools in health related areas of study, seek employment in hospitals, health departments, worksite wellness, state or national agencies and organizations, or other similar settings.

Health promotion is the process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behavior towards a wide range of social and environmental interventions. 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 Health Promotion track 2 is guided by the standards of the National Commission for Health Education Credentialing (NCHEC).

The B.S. in Education with a major in Health Promotion (non-teaching certification) requires completion of the following: (1) the UK Core requirements; (2) specified course work in Program Related Studies and Health Promotion course requirements; (3) practicum internship hours; and (4) completion of a university-approved minor.

Probation, Dismissal and Reinstatement Policy

An undergraduate health promotion major may be dismissed from the College of Education Kinesiology and Health Promotion Department for failure to make satisfactory progress. In the KHP program, the college continuously monitors the progress of all KHP students. Consistent with University regulations and the College of Education, requirements are that KHP programs have policies for terminating a student's enrollment for reasons of academic and professional performance.

The following rules apply in the College of Education, Kinesiology and Health Promotion Department, Health Promotion major (non-teaching certification).

Academic Performance

- All students in the health promotion track 2 will enter the major with lower-division standing.
- Students must take KHP 230, ANA 209 and PGY 206 or ANA 109 and ANA 110, and BIO 103 to be admitted to upper division standing.
- At 45 hours, students will have to have taken the courses listed above and have an overall 2.2 grade-point average (GPA) to be admitted to upper division standing.
- For students in the nonteaching health promotion major (track 2), these courses will be restricted to those who have upper division standing: KHP 330, 420G, 520, 509, 510, and 590. Students who are enrolled in the minor in health promotion and students taking these courses as electives will still be allowed to enroll in the courses.
- Students will fill out a brief application form to gain upper division status and turn this form in to their advisor. KHP advisors in the College of Education will assume responsibility to review students' transcripts to determine if students should gain upper division status.
- A 3-person appeals committee of Health Promotion faculty will be established to determine standards for accepting students who may have extenuating circumstances and to review appeals.

- Once admitted to upper division status, students will be required to maintain a 2.2 GPA. Should their GPA drop below a 2.2, they would have one semester to bring their GPA up to a 2.2. If that does not occur, the student will no longer be in the program.
- After admittance to the program, students must not only maintain a 2.2 GPA, they must continue to exhibit desirable professional characteristics to remain in the program. Students who demonstrate a lack of commitment, effort, professional behavior, and knowledge may be removed from the program until these characteristics are demonstrated.

UK Core Requirements

See the *UK Core* section of the 2021-2022 *Undergraduate Bulletin* 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.

I. Intellectual Inquiry in Arts and Creativity

Choose one course from approved list.....3

II. Intellectual Inquiry in the Humanities

Choose one course from approved list.....3

III. Intellectual Inquiry in the Social Sciences

SOC 101 Introduction to Sociology.....3

IV. Intellectual Inquiry in the Natural, Physical, and Mathematical Sciences

BIO 103 Basic Ideas of Biology.....3

V. Composition and Communication I

CIS/WRD 110 Composition and Communication I.....3

VI. Composition and Communication II

CIS/WRD 111 Composition and Communication II.....3

VII. Quantitative Foundations

Choose one course from approved list.....3

VIII. Statistical Inferential Reasoning

STA 210 Making Sense of Uncertainty:
An Introduction to Statistical Reasoning.....3

IX. Community, Culture and Citizenship in the USA

Choose one course from approved list.....3

X. Global Dynamics

Choose one course from approved list.....3

UK Core hours 30

Graduation Composition and Communication Requirement (GCCR)

KHP 300 Psychology and Sociology
of Physical Education and Sport.....3

Graduation Composition and Communication Requirement hours (GCCR)..... 3

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University of Kentucky is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate, baccalaureate, masters, and doctorate degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or online at www.sacscoc.org for questions about the accreditation of University of Kentucky.

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Program Related Studies Course Sequence (16-18 hours)

Hours

PSY 100 Introduction to Psychology.....	4
SOC 101 Introduction to Sociology.....	3
BIO 103 Basic Ideas of Biology.....	3
ANA 209 Principles of Human Anatomy and	
PGY 206 Elementary Physiology.....	6
OR	
ANA 109 Anatomy and Physiology for Nursing I and	
ANA 110 Anatomy and Physiology for Nursing II.....	8

Professional Health Promotion Requirements

(44 hours)

Hours

KHP 190 First Aid and Emergency Care.....	2
KHP 220 Sexuality Education.....	3
KHP 222 Drug Education.....	3
KHP 230 Human Health and Wellness.....	3
KHP 240 Nutrition and Physical Fitness.....	3
KHP 270 Introduction to Health Education and Health Promotion.....	3
KHP 300 Psychology and Sociology of Physical Education and Sport.....	3
KHP 330 Planning and Implementing Health Education Programs.....	3
KHP 420G Physiology of Exercise.....	3
KHP/EDP/EPE 520 Program Evaluation.....	3
KHP 509 Workshop in Health and Safety.....	3
KHP 510 Community Organizing in Health Promotion.....	3
KHP 590 Critical Issues in Health Promotion.....	3
COM 471 Introduction to Health Communication.....	3
CPH 201 Introduction to Public Health.....	3

Practicum (6 hours)

KHP 577 Practicum in Kinesiology and Health Promotion.....	6
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Electives (5-6 hours)

Select two courses from the following list:

BSC 331 Behavioral Factors in Health and Disease.....	3
FAM 350 Consumer Issues	
FAM 352 Issues in Family Sciences.....	3
GRN 250 Aging in Today's World.....	3
HHS 353 Ethics in Health Care.....	3
SW 320 Global Poverty: Responses Across Cultures.....	3
HSP 255 Medicine, Health, and Society.....	3
KHP 509 Workshop in Health and Safety (can be retaken for up to 6 hours, topic varies).....	6

Free Elective (2-3 hours)

Students must take one free elective.

Minor (18-21 hours)

One or more university approved minors (18-21 hours). **Note:** University approved minors outside the College of Education must be planned with an advisor in the appropriate college.

TOTAL HOURS **120-126**