



BALL STATE UNIVERSITY

College of Health
Department of Nutrition
and Health Science

BACHELOR OF SCIENCE HEALTH EDUCATION AND PROMOTION

ABOUT THE DEPARTMENT

The Department of Nutrition and Health Science teaches human life sciences and their use in promoting health and preventing disease.

The primary focus of this program is to prepare students for entry-level jobs as community health educators. It promotes the application of scientific health principles to human life, primarily through health education in community health agencies, health-care facilities, and worksites.

CAREER OPPORTUNITIES FOR HEALTH EDUCATION MAJORS

Successful completion of the health education and promotion program can prepare graduates for jobs in community health education. Health educators teach people about behaviors that promote wellness and encourage people to make healthy decisions. The primary career settings in which most students are placed include health agencies, health care facilities (e.g., hospitals, clinics, nursing homes), health insurance agencies (e.g., HMO/managed care), and business/industry worksites.

PROGRAM ACCREDITATION

The Bachelor of Science in Health Education and Promotion is an applicant for accreditation by the Council on Education for Public Health. A degree in health education and promotion will prepare students to become Certified Health Education Specialists (C.H.E.S.).

HEALTH EDUCATION ONLINE

National Commission for Health Education Credentialing – www.nchec.org
Society for Public Health Education (SOPHE) – www.sophe.org
American Public Health Association – www.apha.org
Indiana SOPHE - www.insophe.org
Indiana Public Health Association - www.inpha.org

MAJOR HEALTH EDUCATION AND PROMOTION 72 HOURS*

In addition to the basic twelve courses that all majors must take, each student must select four additional courses that will help them prepare for a specific career setting. A minor is recommended for this program. Minors often selected include, interpersonal relations, marketing, communication studies, management, psychology of human development, sociology, and workplace wellness.

*An internship with an approved health agency or educational institution is required for major. This professional experience takes place under the supervision of a university supervisor and the agency administrator for a period of time commensurate with academic credit.

MINOR PUBLIC HEALTH, 18 HOURS*

This program includes courses in public health, health science, and political science. The minor combines well with majors in nursing, natural resources, biology, and family & consumer sciences.

*Minor is not available to students pursuing a major in Health Education and Promotion

Minor Courses as follows:			
HSC 180	Prin. of Comm. Health	3 CR	<input type="checkbox"/>
HSC 200	Intro to Health Education	3 CR	<input type="checkbox"/>
HSC 310	Healthcare System	3 CR	<input type="checkbox"/>
HSC 387	Quant. Methods & Epi	3 CR	<input type="checkbox"/>
HSC 482	Environmental Health	3 CR	<input type="checkbox"/>
Choose 1	HSC 261, HSC 344, HSC 365, HSC 367, HSC 371, HSC 372, OR HSC 381	3 CR	<input type="checkbox"/>
Total		18 CR	

CONTACT US

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STUDENT CHECK SHEET HEALTH EDUCATION AND PROMOTION

Please use this check sheet, along with your DegreeWorks student report and course catalog, to help you keep track of "where you are" in your major.

BACCALAUREATE DEGREES

Students will be guided by the outline of baccalaureate degrees, the University Core Curriculum & the health education and promotion major outlined below. To graduate in 4 academic years (8 semesters), students must average over 16 credits per semester & complete the internship (HSC 479) during the spring semester of senior year. Students should assume no other classes can be taken to complete the degree.

The recommended course of study is to complete the following 8 semesters below.

**PAY ATTENTION
TO PREREQUISITES!**

If you register for a course but have not successfully completed its prerequisite, you will be dropped from the class.

RECOMMENDED PROGRAM OF STUDY: HEALTH EDUCATION & PROMOTION

(Prerequisites)	FALL SEMESTER				SPRING SEMESTER			
FRESHMAN YEAR	Begin University Core Curriculum requirements including HSC 160, begin electives* and second major or minor(s).							
	HSC 160	Fund Hlth	3 CR	<input type="checkbox"/>	HSC 180	Princ Hlth	3 CR	<input type="checkbox"/>
SOPHOMORE YEAR	Continue coursework for University Core Curriculum, electives* and second major or minor(s).							
	HSC 200	Intro to Health Ed (Mjrs/ Minors only)	3 CR	<input type="checkbox"/>	HSC 210	Hlth Behav Theory (180 & 200)	3 CR	<input type="checkbox"/>
	ANAT 201	Fund Human Anat	3 CR	<input type="checkbox"/>	HSC 220	Pop Race Culture (180 & 200)	3 CR	<input type="checkbox"/>
					PHYS 205	Fund Phys	3 CR	<input type="checkbox"/>
JUNIOR YEAR	Continue coursework for minor(s), electives*							
	HSC 301	Pro plan HP I (210 & 220 Mjrs/Minors only)	3 CR	<input type="checkbox"/>	HSC 302	Pro plan HP II (301)	3 CR	<input type="checkbox"/>
	HSC 344	Dis Mgt Hlp (160, 210 & PHYS 205)	3 CR	<input type="checkbox"/>	HSC 310	Hlthcr syst (180, 200 & Jr. status)	3 CR	<input type="checkbox"/>
	HSC 387	Quant Mthd Epi (180, Math 108+ & Jr. Status)	3 CR	<input type="checkbox"/>	HSC 388	Org & Admin (301)	3 CR	<input type="checkbox"/>
	HSC 482	Envir Hlth (180)	3 CR	<input type="checkbox"/>	NUTR 340	Prin. of Human Nutrition (Chem 100,101, or 111)	3 CR	<input type="checkbox"/>
SENIOR YEAR	Continue coursework for minor(s), electives*							
	HSC 487	Resrch writ eval (387 & Sr. status)	3 CR	<input type="checkbox"/>	HSC 479	Internship **	6 CR	<input type="checkbox"/>
	HSC 494	Hlth comm (220 & 301)	3 CR	<input type="checkbox"/>	**Must have earned a minimum cumulative GPA of 2.5 in HSC 200, 210, 301, 302, 310, 344, 387, 388, 487 and 494. As a senior capstone, this course should be the last course taken and students should not plan to take other courses.			
	HSC 495	Prof prep HP (302)	3 CR	<input type="checkbox"/>				

* Electives, (12 Credits) – Choose one course from EACH of the following four areas 3 CR each:

Population Health		Class, Culture & Diversity		Applied Health Practice			Special Topics in Health	
EXSC 302 Activity Through Lifespan	NUTR 448 Weight Management	CPSY 470 Cross-Cult Counseling	SOC 328 Global and the Social World	COMM 320 Persuasion	EMHS 351 Intro Emergency Mgt.	WWIN 310 Work Wellness Admin	CPSY 400 Fundamentals of Counseling	HSC 367 Drug Depen- dency & Abuse
GERO 440 Women and Aging	PSYS 324 Psychology of Women	HOSP 395 Food & Culture	SOC 434 Human Sexuality	COMM 335 Communication & Health	HSC 295 Reading & Tech in School Health	WWIN 405 Work Wellness Coaching	EDPS 351 Adolescent Psychology	HSC 381 Stress Management
HSC 365 Health & Aging	SOC 341 Sociology of Health & Illness	HSC 261 Health, Sex, and Family Life	WGS 220 International Womens Issues	CPSY 420 Psychological Interventions	HSC 350 Elementary School Health	MKG 375 Social Media Marketing	HSC 371 Death and Dying	PSYS 301 Health Psychology
NUTR 360 Cardio MB Disease	WWIN 201 Worker Wellbeing	SOC 320 Social Inequality		EMHS 350 Hazmat Health and Safety	MGT 300 Managing Org Behavior		EDPS 355 Adult Psychology	