



SCHOOL OF HEALTH, PHYSICAL EDUCATION, AND RECREATION

INDIANA UNIVERSITY

Public Health

B.S. in Applied Health Science degree (124 cr)

2.5 GPA required for admission. 2.0 GPA required for graduation.

Effective for students matriculating fall 2006 (revised 2008)

Department of Applied Health Science – HPER 116 – (812) 855-3627

Major (59 Credits)

PUBLIC HEALTH CORE (17 credits, C- min req each course)

- _____ 3 HPER-C 310 Health Care in Diverse Communities*
- _____ 3 HPER-C 366 Community Health
- _____ 3 HPER-C 403 Public Hlth Program Planning (P: C 366 & Jr/Sr only)
- _____ 5 HPER-C 444 Field Experience in Public Health (max. 8 cr.)
(Contact intern coordinator early in semester prior to internship semester)
- _____ 3 HPER-H 311 Human Disease & Epidemiology
(P or C: HPER-H 391)

HEALTH CORE (15 credits, C- min req each course)

- _____ 3 HPER-H 263 Personal Health
- _____ 3 HPER-H 391 Introduction to Health Information and Statistics
- _____ 3 HPER-H 494 Research and Evaluation Methods in Health and
Safety (P or C: HPER-H 391 & Jr/Sr)
- _____ 3 EDUC-R 341 Multimedia in Instructional Technology
- _____ 3 SPEA-H 316 Environmental Health

RELATED CONTENT Select 27 credits from the following (C- min req in each course):

Public Health

- _____ 3 HPER-C 416 Introduction to Health Counseling
- _____ 1-3 HPER-C 440 Research in Public Health
- _____ 1-3 HPER-C 441 Readings in Public Health
- _____ 1-3 HPER-H 317 Topical Seminar in Public Health (variable title)

Public Health: Gerontology

- _____ 3 HPER-C 315 Health in Later Years*
- _____ 3 HPER-C 335 Aging, Health & Diverse Populations
- _____ 3 HPER-C 354 Multidisciplinary Perspectives on Gerontology

Human Development and Family Studies

- _____ 3 HPER-F 150 Intro to Life-Span Human Development
- _____ 3 HPER-F 255 Human Sexuality
- _____ 3 HPER-F 258 Marriage and Family Interaction
- _____ 3 HPER-F 317 Topical Course (Repeatable with different topic)
- _____ 3 HPER-F 341 Effects of Divorce on Children **
- _____ 3 HPER-F 345 Parent/Child Relatns (P: HPER-F150, F258 or equiv.)*
- _____ 3 HPER-F 348 Humn Dvpmt III: Early Mid & Late Adult (P:F150,F258)
- _____ 3 HPER-F 355 Leading Fam Process Discuss Groups (inst consent.)

Topical Health and Health Promotion

- _____ 3 HPER-H 150 Pre-School Children's Health
- _____ 3 HPER-H 160 First Aid
- _____ 3 HPER-H 163 Emerging Health Issues
- _____ 3 HPER-H 172 International Health & Social Issues
- _____ 3 HPER-H 174 Prevention of Violence in American Society
- _____ 3 HPER-H 180 Stress Prevention and Management
- _____ 1 HPER-H 205 Introduction to Health Education (S/F)
- _____ 3 HPER-H 220 Death and Dying
- _____ 3 HPER-H 234 Prevention of Cardiovascular Disease
- _____ 3 HPER-H 235 Obesity and Health
- _____ 3 HPER-H 305 Women's Health

Topical Health and Health Promotion (Continued)

- _____ 3 HPER-H 306 Men's Health
- _____ 3 HPER-H 315 Consumer Health
- _____ 3 HPER-H 318 Drug Use in American Society
- _____ 3 HPER-H 319 Current Issues in Health Promotion
- _____ 3 HPER-H 320 The Nature of Cancer
- _____ 3 HPER-H 326 AIDS & other Sexually Transmitted Diseases ***
- _____ 3 HPER-H 327 Pract in College Death Ed (P: Instructor consent) **
- _____ 3 HPER-H 340 Pract in College Sex Ed (P: Instructor consent)
- _____ 3 HPER-H 350 Complementary & Alternative Approaches Health*
- _____ 3 HPER-H 418 The Nature of Addiction (seniors only) *
- _____ 3 HPER-H 460 Pract in First Aid Instruct (P: HPER-H 160 w/"B" or equiv)
- _____ 3 HPER-H 464 Coordinated School Health Programs
- _____ 3 HPER-N 220 Nutrition for Health (or N 231)
- _____ 3 HPER-S 217 Safety: A Personal Focus
- _____ 3 HPER-T 101 Resource Development/Fundraising

Pre-med

- _____ 3 BIOL-L 111 Intro to Bio: Evolution and Diversity (or L 211)
- Note: BIOL-L 112 is taken as a Life and Phys. Sci. Requirement
- _____ 3 BIOL-L 113 Biology Laboratory
- Note: CHEM-C 117 is taken as a Life and Phys Sci. Requirement
- _____ 3 CHEM-C 341 Organic Chemistry I Lectures
- _____ 3 CHEM-C 342 Organic Chemistry II Lectures
- _____ 2 CHEM-C 343 Organic Chemistry I Lab
- _____ 5 CHEM-N 330 Intermediate Inorganic Chemistry
- _____ 5 PHYS-P 201 General Physics I
- _____ 5 PHYS-P 202 General Physics II

General Education (51 Credits)

HUMANITIES (15 credits)

Required courses:

- _____ 3 CMCL-C 121 Public Speaking (C122 may not sub for C121)
- _____ 3 ENG-W 131 Elementary Composition 1 (C- minimum) OR
ENG-W 170 Projects in Reading and Writing (C- minimum)
- _____ 3 ENG-W 231 Professional Writing Skills

Select 6 credits of course work in a single foreign language or 6 credits from the following:

- _____ 3 CMCL-C 122 Interpersonal Communication
- _____ 3 CMCL-C 223 Business and Professional Communication
- _____ 3 CMCL-C 225 Discussion and Decision Making
- _____ 3 CMCL-C 228 Argumentation and Debate
- _____ 3 CMCL-C 324 Persuasion(R:C121& C223orC228 or C229)
- _____ 3 ENG-W 103 Introductory Creative Writing
- _____ 3 JOUR-J 210 Visual Communication
- _____ 3 TEL-T 101 Media Life

LIFE & PHYSICAL SCIENCES (22-24 credits)

- _____ 5 ANAT-A 215 Basic Human Anatomy
- _____ 5 PHSL-P215 Basic Human Physiology
- _____ 5 BIOL-L 100 Man and Biological World (or L 104 or L 112)

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- _____ 3 BIOL-M 200 Micro Organisms in Nature and Disease *
- _____ 3 CHEM-C 101 Elementary Chemistry I (or C 103 or C 117)
- _____ 3 MATH-A 118/M118 Finite Mathematics **OR**
 MATH-M 119 Calculus **OR**
 MATH-D 116 + D 117 Introduction to Finite Math I & II (4 cr)

SOCIAL & BEHAVIORAL SCIENCES (12 credits required)

Required Courses:

- _____ 3 PSY-P 101 Introductory Psychology I
- _____ 3 PSY-P 102 Introductory Psychology II (P: P 101 or P 151)

Select 6 credits of S&B electives (1 COLL E 104 only)

- _____ 3 _____
- _____ 3 _____

Recommended S&B Electives

- 3 SOC-S 101 Social Problems and Policies
- 3 SOC-S 217 Social Inequality
- 3 SOC-S 316 Sociology of the family
- 3 SOC-S 335 Race & Ethnic Relations (P: 3 cr. soc or instr. Consent)

Free Electives (14 Credits) P/F allowed

- _____
- _____
- _____
- _____
- _____

Recommended Free Electives

Computer Literacy (CSCI-A 110, HPER-P 200 or HPER-R 237 for students who do not have the basic computer literacy knowledge & skills).

* = Fall only ** = Spring only *** = Summer only

No Pass/Fail except for free electives

FOR YOUR INFORMATION:

Students are encouraged to explore the following with this major: Minors in Gerontology, Human Development and Family Studies, Human Sexuality, Psychology or Area Certificate in Human Biology.

Membership in a professional organization is **STRONGLY** recommended.

INDIANA PUBLIC HEALTH ASSOCIATION

PO Box 1705
Indianapolis, IN 46225

INDIANA ASSOCIATION OF HEALTH EDUCATORS

P.O. Box 44407
Indianapolis, IN 46244

ETA SIGMA GAMMA (National Health Science Honorary)

Check with Academic Advisor about membership in NU chapter (Indiana University). [Dr. Trent Applegate, faculty advisor, 856-4887]

C H E S (Certified Health Education Specialist)

NATIONAL COMMISSION FOR HEALTH EDUCATION CREDENTIALING, INC.

888-673-5445
www.nchec.org

AMERICAN PUBLIC HEALTH ASSOCIATION (APHA)

202- 777-2742
www.apha.org

IU STUDENT COUNCIL ON FAMILY RELATIONS

(Campus organization for students interested in Human Development and Family Studies)

[Dr. Kathleen Gilbert, faculty advisor, 855-5209]

Suggested Course Sequence Public Health

FRESHMAN YEAR

Fall Semester		Spring Semester	
ENG-W 131	(3)	CMCL-C 121	(3)
PSY-P 101	(3)	MATH-M 118/119	(3)
Related Content	(3)	PSY-P 102	(3)
HPER-H 263	(3)	Related Content	(3)
Elective	(3)	Elective	(3)

SOPHOMORE YEAR

Fall Semester		Spring Semester	
CHEM-C 101	(3)	ANAT-A 215	(5)
ENG-W 231	(3)	Related Content	(3)
Biology	(3)	Related Content	(3)
Soc/Beh elective	(3)	ENG or CMCL-C course	(3)
ENG or CMCL	(3)		

JUNIOR YEAR

Fall Semester		Spring Semester	
PHSL-P215	(5)	HPER-H 311	(3)
Elective	(3)	HPER-H391 or PSY-K300	(3)
HPER-C 310	(3)	Soc/Beh Elective	(3)
Related Content	(3)	HPER-C 366	(3)
		SPEA-H 316	(3)

SENIOR YEAR

Fall Semester		Spring Semester	
HPER-C 403	(3)	EDUC-R 341	(3)
HPER-H 494	(3)	Elective	(3)
Related Content	(3)	Related Content	(3)
BIOL-M 200	(3)	Related Content	(3)
Elective	(3)	Related Content	(3)

Summer I

HPER-C 444	(5)
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