

HEALTH SCIENCES: HEALTH COACHING CONCENTRATION, BACHELOR OF SCIENCE

Graduates from the Health Coaching concentration are prepared to work in worksite health promotion programs, insurance disease prevention programs, behavioral health facilities, or in private practice as a health coach assisting clients with behavior change and disease prevention. This is an ideal program for students who would like to assist clients with lifestyle changes and for those who may be interested in a Master's in Behavior Change, Health Promotion or Counseling.

The BS in Health Science Student Learning Outcomes are as follows:

1. Summarize and synthesize information relevant to assessing and improving population health and healthcare issues;
2. Exhibit the ability to read and interpret scientific research with application of the scientific methods, statistics, study design, and reporting in the health sciences;
3. Evaluate and integrate critical concepts and skills acquired in the health sciences curriculum to common professional problems in the health science fields of interest;
4. Exhibit effective oral and written communication as well as mass communication regarding subjects related to the health sciences in an individual and group setting;
5. Apply and demonstrate knowledge, skills and critical problems solving in a field-based and/or clinical setting;

Specific Program Requirements

Course	Title	Credits
BIOL 112	Nutrition	3
BIOL 220	Medical Terminology	2
CIS 103	Introduction to PowerPoint	1
CIS 104	Introduction to Excel Spreadsheets	1
CHEM 111	Principles of Chemistry (GT-SC2)	3
CHEM 111L	Principles of Chemistry Lab (GT-SC1)	1
EPER 162	Personal Health	3
EPER 162L	Personal Health Lab	1
EPER 201	Drugs and Healthy Lifestyles	3
EPER 222	Behavior Facilitation	3
HS 101	Introduction to Health Professions	2
HS 230	Foundations of Public Health	3
HS 312	Nutrition & Food Systems in Public Health	3
HS 322	Health Coaching Concepts	3
HS 330	Epidemiology & Disease Prevention	3
HS 422	Applied Health Coaching	3
HS 493	Seminar	2
HS 498	Internship	6
PSYC 212	Psychology of Diversity	3
PSYC 362	Abnormal Psychology	3
PSYC 405	Positive Psychology	3
PSYC 471	Clinical Psychology	3
Total Credits		58

HS Coaching Electives

Course	Title	Credits
Choose 3 classes for a total of 9 credits:		
PSYC 311	Theories Of Personality	3
SOC 315	Health, Culture, and Society	3
HS 320	Evaluation of Health Issues	3
HS 336	Community and Global Health	3
EPER 344	Exercise Physiology	3
EPER 344L	Exercise Physiology Lab	1
EPER 364	Kinesiology	3
HS 402	Grant Writing & Community Partnerships	3
PSYC 403	Emotional Intelligence	3
SOC 404	Poverty and Inequality in the U.S.	3
HS 430	Public Health Program Planning	3
HS 435	Public Health Program Evaluation	3
EPER 436	Exercise Assessment & Prescription	3
EPER 432	Applied Sport & Exercise Psychology	3
PSYC 465	Behavior Modification	3

Specific General Education Requirements

Course	Title	Credits
BIOL 223	Human Physiology and Anatomy I (GT-SC2)	3
BIOL 223L	Human Physiology and Anatomy I Lab (GT-SC1)	1
BIOL 224	Human Physiology and Anatomy II (GT-SC2)	3
BIOL 224L	Human Physiology and Anatomy II Lab (GT-SC1)	1
CID 103	Speaking & Listening	3
ENG 101	Rhetoric & Writing I (GT-CO1)	3
MATH 156	Introduction to Statistics (GT-MA1)	3
PSYC 151	Human Development (GT-SS3)	3
SOC 101	Introduction to Sociology (GT-SS3)	3
General Education English		3
General Education History		3
General Education Humanities		6
Electives or Minor		18
Total Program Credits		120

All HSHM Majors are required to:

- Complete a concentration of study with a cumulative GPA of 2.50 or higher.
- Earn a 2.0 overall GPA to enroll in 300 or 400-level courses in the department;
- Earn a minimum grade of a "C" in all prerequisite and major courses;
- Repeat prerequisite and major courses with a grade of "D" or lower until a grade of "C" or higher is achieved; and
- Earn a cumulative GPA of 2.0 or higher in required English and speech communication courses.
- Earn at least 120 credit hours with at least 40 upper-division credits.
- Successfully complete an internship course.
- Submit a graduation contract by the deadline the semester of graduation.

Planning Sheet

Disclaimer: The Planning Sheet is designed as a guide for student's planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

Course	Title	Credits
Year 1		
Fall		
CID 103	Speaking & Listening	3
ENG 101	Rhetoric & Writing I (GT-CO1)	3
HS 101	Introduction to Health Professions	2
PSYC 151	Human Development (GT-SS3)	3
MATH 156	Introduction to Statistics (GT-MA1)	3
Credits		14
Spring		
CIS 103	Introduction to PowerPoint	1
CIS 104	Introduction to Excel Spreadsheets	1
EPER 162 & 162L	Personal Health and Personal Health Lab	4
ENG 117	Intro. Scientific/Medical Writing (GT-CO2)	3
SOC 101	Introduction to Sociology (GT-SS3)	3
General Education	Humanities	3
Credits		15
Year 2		
Fall		
BIOL 112	Nutrition	3
BIOL 223 & 223L	Human Physiology and Anatomy I (GT-SC2) and Human Physiology and Anatomy I Lab (GT-SC1)	4
EPER 201	Drugs and Healthy Lifestyles	3
General Education	Humanities and History	6
Credits		16
Spring		
BIOL 220	Medical Terminology	2
BIOL 224 & 224L	Human Physiology and Anatomy II (GT-SC2) and Human Physiology and Anatomy II Lab (GT-SC1)	4
EPER 222	Behavior Facilitation	3
PSYC 212	Psychology of Diversity	3
Elective or Minor		3
Credits		15
Year 3		
Fall		
CHEM 111 & 111L	Principles of Chemistry (GT-SC2) and Principles of Chemistry Lab (GT-SC1)	4
HS 230	Foundations of Public Health	3
HS 322	Health Coaching Concepts	3
PSYC 362	Abnormal Psychology	3
Elective or Minor		2
Credits		15
Spring		
HS 312	Nutrition & Food Systems in Public Health	3
HS 330	Epidemiology & Disease Prevention	3
HS 422	Applied Health Coaching	3
PSYC 405	Positive Psychology	3
Elective or Minor		3
Credits		15

Year 4		
Fall		
HS 493	Seminar	2
Health Coaching Selection Courses EPER 344, 432, 436, HS 320, 336, 402, 430, 435, PSYC 311, 403, 465, SOC 404		6
Elective or Minor		6
Credits		14
Spring		
HS 498	Internship	6
PSYC 471	Clinical Psychology	3
Health Coaching Selection Courses EPER 344, 432, 436, HS 320, 336, 402, 430, 435, PSYC 311, 403, 465, SOC 404		3
Elective or Minor		4
Credits		16
Total Credits		120