

# HEALTH SCIENCE: HEALTH COACHING CONCENTRATION, BACHELOR OF SCIENCE

Graduates from the Health Coaching concentration are prepared to work in worksite health promotion programs, insurance prevention programs, or in private practice as a health coach assisting clients with behavior change and disease prevention.

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

## Specific Core Requirements

Course	Title	Credits
HS 101	INTRODUCTION TO HEALTH PROFESSIONS	2
CHEM 111 & 111L	PRINCIPLES OF CHEMISTRY and PRINCIPLES OF CHEMISTRY LAB <sup>1</sup>	4
NSG 207	NURSING PATHOPHYSIOLOGY	3
BIOL 220	MEDICAL TERMINOLOGY	2
Total Credits		11

<sup>1</sup> Students interested in Physical Therapy, Physician Assistant or Occupational Therapy should take CHEM 121 GENERAL CHEMISTRY I (4.0 c.h.) & CHEM 121L GENERAL CHEMISTRY LAB I (1.00 c.h.).

## Specific Concentration Requirements

Course	Title	Credits
CIS 103	INTRODUCTION TO POWERPOINT	1
CIS 104	INTRODUCTION TO EXCEL SPREADSHEETS	1.00
BIOL 112	NUTRITION	3
EPER 162	PERSONAL HEALTH	3.0
EPER 201	DRUGS AND HEALTHY LIFESTYLES	3.0
PSYC 212	PSYCHOLOGY OF DIVERSITY	3.0
EPER 222	BEHAVIOR FACILITATION	3.0
HS 322	HEALTH COACHING CONCEPTS	3
HS 330	EPIDEMIOLOGY AND DISEASE PREVENTION	3
PSYC 362	ABNORMAL PSYCHOLOGY	3.0
PSYC 405	POSITIVE PSYCHOLOGY	3.0
PSYC 471	CLINICAL PSYCHOLOGY	3.0
HS 422	APPLIED HEALTH COACHING	3

EPER 494	FIELD EXPERIENCE	6
Total Credits		41

## Electives

Course	Title	Credits
<b>Choose 6 classes for a total of 18 credits:</b>		<b>18</b>
PSYC 311	THEORIES OF PERSONALITY	3.0
SOC 315	HEALTH, CULTURE, AND SOCIETY	3
HS 320	EVALUATION OF PUBLIC HEALTH ISSUES	3
HS 336	COMMUNITY AND GLOBAL HEALTH	3
EPER 344	EXERCISE PHYSIOLOGY	3.0
EPER 344L	EXERCISE PHYSIOLOGY LAB	1.0
SOC 352	SOCIAL PSYCHOLOGY	3
EPER 364	KINESIOLOGY	3.0
PSYC 403	EMOTIONAL INTELLIGENCE	3.0
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	3.0
EPER 432	APPLIED SPORT & EXERCISE PSYCHOLOGY	3.0
PSYC 465	BEHAVIOR MODIFICATION	3.0
Total Credits		18

## Specific General Education Requirements

Course	Title	Credits
ENG 101	RHETORIC & WRITING I	3
ENG 102	RHETORIC & WRITING II	3
PSYC 151	HUMAN DEVELOPMENT	3.0
SOC 101	INTRODUCTION TO SOCIOLOGY	3
BIOL 223	HUMAN PHYSIOLOGY AND ANATOMY I	3
BIOL 223L	HUMAN PHYSIOLOGY AND ANATOMY I LAB	1
BIOL 224	HUMAN PHYSIOLOGY AND ANATOMY II	3
BIOL 224L	HUMAN PHYSIOLOGY AND ANATOMY II LAB	1
MATH 156	INTRODUCTION TO STATISTICS	3
COMR 103	SPEAKING AND LISTENING	3
General Education Humanities		6
General Education History		3
Courses outside the major		15
<b>Total Credits</b>		<b>50</b>
<b>Total Program Credits</b>		<b>120</b>

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 or field experience 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
<b>Year 1</b>		
<b>Fall</b>		
COMR 103	Speaking and Listening	3
ENG 101	Rhetoric & Writing I (GT-CO1)	3
HS 101	Introduction to Health Professions	2
PSYC 151	Human Development (GT-SS3)	3
General Education		3
		14
<b>Spring</b>		
CIS 103	Introduction to PowerPoint	1
CIS 104	Introduction to Excel Spreadsheets	1
EPER 162 & 162L	Personal Health and Personal Health Lab	4
ENG 102	Rhetoric & Writing II (GT-CO2)	3
MATH 156	Introduction to Statistics (GT-MA1)	3
SOC 101	Introduction to Sociology (GT-SS3)	3
		15
<b>Year 2</b>		
<b>Fall</b>		
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		6
		16
<b>Spring</b>		
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
		15
<b>Year 3</b>		
<b>Fall</b>		
CHEM 111 & 111L	Principles of Chemistry (GT-SC2) and Principles of Chemistry Lab (GT-SC1)	4
HS 322	Health Coaching Concepts	3
HS 330	Epidemiology and Disease Prevention	3
PSYC 362	Abnormal Psychology	3
Elective or Minor		2
		15
<b>Spring</b>		
HS 422	Applied Health Coaching	3
PSYC 405	Positive Psychology	3
NSG 207	Nursing Pathophysiology	3
Health Coaching Selection Courses	EPER 344, 432, 436, HS 320, 336, 430, 435, PSYC 403, 465, SOC 404	3

Elective or Minor		3
		15
<b>Year 4</b>		
<b>Fall</b>		
Health Coaching Selection Courses	EPER 344, 432, 436, HS 320, 336, 430, 435, PSYC 403, 465, SOC 404	9
Elective or Minor		6
		15
<b>Spring</b>		
PSYC 471	Clinical Psychology	3
HS 494	Field Experience	6
Health Coaching Selection Courses	EPER 344, 432, 436, HS 320, 336, 430, 435, PSYC 403, 465, SOC 404	6
		15
		120