

Kinesiology: Health Promotion Emphasis (B.A.)

The Health Promotion emphasis offers Kinesiology undergraduate students the opportunity to construct a course of study that will serve various career goals in the field of health and wellness promotion. Students in the Health Promotion emphasis are required to complete the following coursework:

Kinesiology 10	Introduction to Kinesiology
Kinesiology 14	Introduction to Health Promotion (CE)
Kinesiology 15	Research Methods and Writing in Kinesiology (WID)
Kinesiology 108	Legal and Administrative Issues
Kinesiology 118	Community Health**
Kinesiology 127	Health Promotion: Planning & Evaluation**
Kinesiology 195	Internship



Students must select **TWO** of the following courses:

Kinesiology 106	Women in Sport (AD, TCG)	Kinesiology 114	Sociology of Sport & Phy. Activity (SHCU)
Kinesiology 111	History of Sport	TRS 142	Medical Ethics (TU) (Prereq: TRS 97 or 189)
Kinesiology 112	Sport and Exercise Psychology		

Students must take a minimum of **TWO** courses from each of the following groups. Take **no more than two classes** from the same department.

1. Environmental Health

ANTH 114	Urban Anthropology (Prereq: Anthro 1 or 5)	GRS 100	Cult. Geography & Global Societies (Prereq: GRS 1)
ECON 150	Environmental & Natural Resources Economics	JCL 130	Environmental Justice (CE, TCG) (Prereq: JCL 10 or Permission)
EES 60	Urban Environmental Issues (CE)	POL 135	Environmental Politics
EES 92	Intro to Environmental Science (SU, TCG)	SOC 114	Urban Studies
EES 120	Sustainability (Prereq: English 5)		

2. Health and Human Diversity

ANTH 112	Global Perspectives on Race (Prereq: Anth 1 or 5)	KINES 130	Multicultural Health and Wellness** (AD, TCG)
ANTH 117	Religion (Prereq: Anth 1 or 5)	PSY 140	Human Development (Prereq: PSY 1)
ANTH 118	Culture, Health, & Healing (Prereq: Anth 1 or 5)	PSY 142	Adolescent Development (Prereq: PSY 140)
ANTH 119	Cultures of the Americas (Prereq: Anth 1 or 5 or ES 1)	PSY 165	Cross-Cultural Psychology (AD, CE) (Prereq: PSY 1)
ANTH 121	World Cultures (Prereq: Anth 1 or 5)	PSY 169	Attitudes & Attitude Change (Prereq: PSY 1)
ANTH 125	Gender and Culture (Prereq: Anth 1 or 5 or WAGS 1)	SOC 112	Race and Ethnicity
ANTH 131	Cultural Geography (Prereq: Anth 1 or 5 or GRS 1)	SOC 115	Wealth and Poverty
KINES 107	Nutrition for Sport and Physical Activity	SOC 116	Global Migration (GP)
KINES 128	Global Impact of Physical Inactivity (GP)		

3. Health Communications & Advocacy

COMM 10	Argument & Advocacy	COMM 161	Communication & Social Justice (CE, TCG)
COMM 112	Interpersonal Communication (SHCU)	POL 125	Human Rights (SHCU, TCG)
COMM 116	Advertising & Civic Engagement	POL 126/127	Food Politics & Field Work** (CE, TCG)
COMM 125	Intro to Media, Technology, & Culture (AA, CP)	POL 140	Gender Politics** (CE)

**Offered alternative years

*All students must complete 36.00 course credits, 17 of which must be upper division course credits.

*All core curriculum course requirements, major, and minor (if applicable) requirements must be completed.

*All prerequisites must be passed with a grade of C- or higher.

*All students must have a cumulative and major grade point average of at least 2.00.

Career Opportunities in Health Promotion

Graduates in the field of health promotion are employed in a wide variety of health related careers in diverse settings. They work to encourage healthy lifestyles and wellness through educating individuals and communities about behaviors that can prevent diseases, injuries, and other health problems and promote wellness and optimal health.

Potential Job Titles in this area include:

- Health Education Specialist
- Health Coach
- Dietician
- Wellness Specialist
- Health & Wellness Coordinator
- Fitness Specialist
- Exercise Physiologist
- Healthcare Consultant
- Medical & Health Service Manager
- Health Specialties Teacher
- Occupational Health & Safety Specialist
- Nutritionist
- Epidemiologist
- Industrial Safety & Health Engineer
- Environmental Health Scientist & Specialist
- Advocacy Director
- Chronic Disease Health Educator/
Promotion Program Coordinator
- Health Economist
- Health Lobbyist
- Disease Prevention Activist

The options listed above are only some examples of the career choices in Health Promotion.
A professional certification or post graduate education may be required.

Potential Employers include:

- Health Care Facilities
- Colleges and Universities
- State, Local and Federal Government Agencies
- Nonprofits (including community health organizations)
- Private Businesses
- Corporate Wellness Facilities
- Fitness Clubs

Useful Resources:

- American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD): www.aahperd.org
- American Association for Health Education (AAHE): www.aahperd.org/aahe
- National Commission for Health Education Credentialing (NCHEC): www.ncheec.org
- Society for Public Health Education (SOPHE): www.sophe.org