HEALTH EDUCATION AND BEHAVIOR | HEALTH STUDIES

The Department of Health Education and Behavior, with a foundation in the social and biological sciences, offers coursework focused on health information and theory application. Students learn techniques to promote healthy lifestyle choices in individual and group settings, with special attention given to diversity and culturally appropriate health education methodologies.

About this Program

• College: Health and Human Performance
• Degree: Bachelor of Science in Health Education
• Credits for Degree: 120
• Specializations: Community Health Promotion | Health Studies
• Additional Information
• Related Health Education and Behavior Programs

To graduate with this major, students must complete all university, college, and major requirements.

The Bachelor of Science in Health Education degree program allows students maximum flexibility to choose department specialization coursework during the junior and senior years that relates to personal interests in the health field. Students can focus their coursework on interest areas in health education and health promotion in community, clinical or worksite settings or in health studies as they prepare for professional health occupations.

Related Health Education and Behavior Programs

• Combined Degree
• Bachelor of Science in Health Education and Behavior, Community Health Promotion, UF Online
• Health Promotion minor
• Health Promotion minor, UF Online

Health Studies

Students who want in-depth knowledge of diverse health topics, with the intention to complete postbaccalaureate work in a professional health program such as medicine, dentistry, optometry, pharmacy, physician assistant, occupational therapy and physical therapy should select the health studies specialization. This specialization enables students to gain knowledge on a variety of health issues plaguing diverse population groups and to complete required prerequisite coursework for professional health programs. Students may also pursue graduate programs in health education or related fields (public health, health administration and epidemiology and disease prevention).

Additional science coursework is included within the semester plan to help students meet prerequisites for professional health programs. However, it is imperative that students review the requirements for targeted graduate programs as additional prerequisite coursework outside the curriculum for the major. Students should meet regularly with a pre-health advisor in the Academic Advising Center (100 Farrior Hall) as well as the department academic advisor to ensure adequate preparation for application to professional health programs. Ultimately, students are responsible for ensuring completion of the required prerequisites for their chosen professional health program.

Students majoring in health education and behavior are also eligible for the Bachelor/Master of Science combined degree program, thus receiving both degrees within approximately five years. Students interested in this program should schedule an appointment with the department academic advisor before the start of their junior year. More information about the health education and behavior BS/MS program.

Critical Tracking

Critical Tracking records each student’s progress in courses that are required for entry to each major. Please note the critical-tracking requirements below on a per-semester basis.

Equivalent critical-tracking courses as determined by the State of Florida Common Course Prerequisites may be used for transfer students.

Semester 1

• Complete 2 of 7 critical-tracking courses: APK 2100C, APK 2105C, BSC 2010/BSC 2010L, CHM 2045/CHM 2045L, MAC 1140 or higher level course, PSY 2012, STA 2023
  • 2.8 GPA required for all critical-tracking courses
  • 2.0 UF GPA required

Semester 2

• Complete 2 additional critical-tracking courses
  • 2.8 GPA required for all critical-tracking courses
  • 2.0 UF GPA required

Semester 3

• Complete 2 additional critical-tracking courses
  • 2.8 GPA required for all critical-tracking courses
  • 2.0 UF GPA required

Semester 4

• Complete all 7 critical-tracking courses, including labs
  • 2.8 GPA required for all critical-tracking courses
  • 2.0 UF GPA required (and maintained through semester 8)

All general education requirements, including international (N) and diversity (D), must be completed prior to the final internship semester.

Model Semester Plan

To remain on track, students must complete the appropriate critical-tracking courses, which appear in bold. These courses must be completed by the terms as listed above in the Critical Tracking criteria.

This semester plan represents an example progression through the major. Actual courses and course order may be different depending on the student’s academic record and scheduling availability of courses. Prerequisites still apply.

Course | Title | Credits
--- | --- | ---
Semester One | | |
CHM 2045 | General Chemistry 1 | 4
& 2045L | and General Chemistry 1 Laboratory (Critical Tracking: State Core Gen Ed Physical Sciences)
HSC 3102  Personal and Family Health (Gen Ed Social and Behavioral Sciences; complete before the end of Semester five) 3
IUF 1000  What is the Good Life (Gen Ed Humanities) 3
MAC 1140  Precalculus Algebra (Critical Tracking; State Core Gen Ed Mathematics) 3

State Core Gen Ed Composition; Writing Requirement 3

**Semester Two**

**PSY 2012**  General Psychology (Critical Tracking; State Core Gen Ed Social and Behavioral Sciences) 3

**STA 2023**  Introduction to Statistics 1 (Critical Tracking; Gen Ed Mathematics) 3

Select one (complete before the end of Semester Five):

**SYG 2000**  Principles of Sociology (Gen Ed Social and Behavioral Sciences) 3

**SYG 2010**  Social Problems (Gen Ed Social and Behavioral Sciences) 3

**Gen Ed Composition; Writing Requirement:** 6,000 words 3

**CHM 2046 & 2046L**  General Chemistry 2 and General Chemistry 2 Laboratory (recommended elective) 4

**Credits** 16

**Semester Three**

**APK 2100C**  Applied Human Anatomy with Laboratory (Critical Tracking; Gen Ed Biological Sciences) 4

**BSC 2010 & 2010L**  Integrated Principles of Biology 1 and Integrated Principles of Biology Laboratory 1 (Critical Tracking; Gen Ed Biological Sciences) 4

Elective (Writing Requirement: 6,000 words) 3

State Core Gen Ed Humanities 3

**Credits** 14

**Semester Four**

**APK 2105C**  Applied Human Physiology with Laboratory (Critical Tracking; Gen Ed Biological Sciences) 4

**HUN 2201**  Fundamentals of Human Nutrition (Gen Ed Biological Sciences; complete before the end of Semester five) 3

Elective (Writing Requirement: 6,000 words) 3

Recommended electives: 2

**BSC 2011**  Integrated Principles of Biology 2 3

**BSC 2011L**  Integrated Principles of Biology Laboratory 2 3

**CHM 2210**  Organic Chemistry 1 3

**Credits** 15

**Semester Five**

Select one:

**AEC 3030C**  Effective Oral Communication 3

**SPC 2608**  Introduction to Public Speaking 3

**HSC 3032**  Foundations of Health Education (Critical Tracking) 3

**HSC 3537**  Health and Medical Terminology (Critical Tracking) 3

**HSC specialization course** 3

Select one elective: 2

**PHY 2053 & 2053L**  Physics 1 and Laboratory for Physics 1 3

**Credits** 15

**Semester Six**

**HSC 4233**  Patient Health Education (Critical Tracking) 3

**HSC 4713**  Planning and Evaluating Health Education Programs (Critical Tracking) 3

**HSC specialization course** 3

Recommended electives: 2 6

**PHY 2054**  Physics 2 6

**PHY 2054L**  Laboratory for Physics 2 6

**BCH 4024**  Introduction to Biochemistry and Molecular Biology 3

**DEP 3053**  Developmental Psychology (or other advanced psychology) 3

**Credits** 15

**Semester Seven**

**HSC 4300**  Methods and Materials in Health Education (Critical Tracking) 3

**HSC 4800**  Health Education Professional Development (Critical Tracking) 3

**HSC specialization course** 6

Elective (genetics or science course) 2 3

**Credits** 6

**Semester Eight**

**HSC 4876**  Internship in Health Education 4 3

**Credits** 15

**Total Credits** 121

1 Or higher level MAC course.
2 These science courses may not be required for your career goal.
3 Students following a pre-health track may want to begin CHM 2210 during the summer term prior to semester five.
4 Students must register for fulltime internship (15 credits) or part-time internship (6 credits). If the part-time internship option is selected, the student may concurrently register for up to 9 credits of electives or pre-health requisites.

## Approved Electives

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**HSC Specialization Courses: 12 Credits**

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**Semester Six**

**HSC 4233**  Patient Health Education (Critical Tracking) 3

**HSC 4713**  Planning and Evaluating Health Education Programs (Critical Tracking) 3

**HSC specialization course** 3

Recommended electives: 2 6

**PHY 2054**  Physics 2 6

**PHY 2054L**  Laboratory for Physics 2 6

**BCH 4024**  Introduction to Biochemistry and Molecular Biology 3

**DEP 3053**  Developmental Psychology (or other advanced psychology) 3

**Credits** 15

**Semester Seven**

**HSC 4300**  Methods and Materials in Health Education (Critical Tracking) 3

**HSC 4800**  Health Education Professional Development (Critical Tracking) 3

**HSC specialization course** 6

Elective (genetics or science course) 2 3

**Credits** 6

**Semester Eight**

**HSC 4876**  Internship in Health Education 4 3

**Credits** 15

**Total Credits** 121
Critical Thinking

Content
1. Identify and apply theories-based strategies for assessing individual and community needs for health education/promotion.
2. Identify and utilize appropriate theory-based models for planning effective health education/promotion programs.
3. Identify and apply a variety of theories, models and strategies for implementing health education/promotion programs.
4. Identify and apply methods and procedures appropriate for evaluating the effectiveness of health education/promotion programs.
5. Coordinate the provisions of health education/promotion services.
6. Describe and employ methods to obtain and disseminate health education/promotion information.
7. Identify and apply the major concepts and principles related to nutrition, substance abuse, emotional health, human sexuality and environmental health.

Academic Learning Compact
The Bachelor of Science in health education prepares students to work as a health education specialist in schools, government agencies, voluntary health organizations, philanthropic foundations, colleges and universities, private-sector industry and healthcare settings. Health education specialists improve the health and well-being of individuals, families, groups and community populations.

Grounded in social, behavioral, biological and health sciences, the curriculum develops understanding of the causes and determinants of mortality and morbidity and develops specific competencies required of entry-level health education specialists. Graduates will be eligible to take the Certified Health Education Specialist examination governed by The National Commission for Health Education Credentialing, Inc.

Before Graduating Students Must

- Satisfactory performance on at least one major assignment or examination for each core course required for the degree, as determined by performance criteria developed specifically for the assignment.
- Satisfactory completion of the 15 credit health education internship (HSC 4876) as indicated on the final performance appraisal.
- Complete requirements for the baccalaureate degree, as determined by faculty.

Students in the Major Will Learn to

Student Learning Outcomes (SLOs)

Content
1. Identify and apply theories-based strategies for assessing individual and community needs for health education/promotion.
2. Identify and utilize appropriate theory-based models for planning effective health education/promotion programs.
3. Identify and apply a variety of theories, models and strategies for implementing health education/promotion programs.
4. Identify and apply methods and procedures appropriate for evaluating the effectiveness of health education/promotion programs.
5. Coordinate the provisions of health education/promotion services.
6. Describe and employ methods to obtain and disseminate health education/promotion information.
7. Identify and apply the major concepts and principles related to nutrition, substance abuse, emotional health, human sexuality and environmental health.

Critical Thinking

8. Examine situations, conditions and events to solve problems independently and to evaluate health education/promotion outcomes.

9. Select health education/promotion programs and services based on best-evidence.

Communication

10. Communicate health needs, concerns and resources to identified clients and consumers.
11. Communicate health concepts and health information using a variety of channels to individuals, families and groups from diverse backgrounds in various settings.

Curriculum Map

I = Introduced; R = Reinforced; A = Assessed

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Assessment Types

- Assignments
- Projects
- Internship evaluations
- Exit survey
- Certified Health Education Specialist (CHES) exam
- Florida Department of Health HIV/AIDS 501 Client-Centered Counseling and Testing Certificate