

# EXERCISE, SPORT, & HEALTH SCIENCES

## Community Health Ed & Promotion



The Exercise, Sport, and Health Sciences degree with an emphasis in CHEP offers students the opportunity to be actively involved in helping people in communities develop healthy active lifestyles. The degree provides graduates with knowledge of strategies, leadership skills, and abilities to plan, implement, and evaluate health and exercise programs. Exercise, Sport, and Health Sciences majors must have a cumulative GPA of 2.30 or greater to graduate.

### Curricular requirements – 121 semester credits total for graduation

#### MOVEMENT SCIENCES CORE (3CRS)

<b>MVSC 201</b> Physical Activity, Wellness & Behavior Change <i>Prereq or coreq: PEP 100</i>	3
---	---

#### MOVEMENT SCIENCES THEORY & LAB (33CRS)

<b>BIOL 120</b> Human Anatomy (F) <i>Suggested sophomore standing</i>	4
<b>BIOL 121</b> Human Physiology (S) <i>Prereq: BIOL 120</i>	4
<b>FCS 205</b> Concepts in Human Nutrition	3
<b>H&amp;S 245</b> Introduction to Athletic Injuries (S)	3
<b>H&amp;S 451</b> Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
<b>PEP 100</b> Introduction to Exercise Science & Health (F)	1
<b>PEP 300</b> Applied Human Anatomy & Biomechanics (F) <i>Prereq: BIOL 120 or permission</i>	3
<b>PEP 360</b> Motor Behavior (S) <i>Prereq: BIOL 120</i>	3
<b>PEP 418/PEP 418L</b> Physiology of Exercise & Lab <i>Prereq: MVSC 201, BIOL 120 &amp; BIOL 121; or permission</i>	3
<b>PEP 455</b> Design & Analysis of Research in Movement Sciences <i>Prereq: Junior or Senior standing</i>	3
<b>PEP 493</b> Fitness Assessment & Prescription <i>Prereq: Senior standing &amp; PEP 418; or permission</i>	3

#### COMMUNITY HEALTH ED & PROMOTION (32CRS)

<b>FCS 486</b> Nutrition In Life Cycle <i>Prereq: FCS 205 or permission</i>	3
<b>H&amp;S 301</b> Peer Health Education (F)	2
<b>H&amp;S 328</b> Community Health: Theory, Systems & Practice (F) <i>Prereq: MVSC 201</i>	3
<b>H&amp;S 423</b> School Health Education Methods and Administration (F) <i>Prereq: MVSC 201</i>	3
<b>H&amp;S 450</b> Critical Health Issues (F) <i>Prereq: BIOL 120 &amp; 121, or MVSC 201</i>	3
<b>H&amp;S 490</b> Health Promotion (S) <i>Prereq: H&amp;S 450 or permission;</i>	3
<b>H&amp;S 498</b> Internship ( <i>all major coursework must be completed prior to internship</i> )	6
<b>MVSC 445</b> Internship Preparation & Professional Development <i>Prereq: MVSC 201</i>	1
<b>MVSC 486</b> Healthy Active Lifestyle Assessment & Intervention (S)	3
<b>PEP 495</b> Practicum (2 classes) <i>Prereq: permission</i>	2
<b>STAT 251</b> Statistical Methods	3

#### ELECTIVES TO ACHIEVE 121 TOTAL CREDITS (17CRS)

<b>Community Health Ed &amp; Promotion Electives</b>	17
--	----

#### UI GENERAL EDUCATION REQUIREMENTS

*UI core requirements may overlap degree requirements; students should check with their academic advisor for specific information.*

#### COMMUNICATIONS (5CRS)

<b>ENGL 102</b> College Writing & Rhetoric <i>The UI catalog requires students take ENGL 109, 101 OR 102 (depending on placement scores) every semester until ENGL 102 is satisfied.</i>	3
<b>COMM 101</b> Speech ( <i>also a major requirement</i> )	2

#### NATURAL & APPLIED SCIENCES (7-8CRS)

<b>Gen Ed Lab Science</b>	4
<b>Gen Ed Lab Science OR CORS</b>	3-4

#### MATH, STATISTICS & COMPUTER SCIENCE (3-4CRS)

<b>Gen Ed Math OR Stats</b> (see advisor) <i>(Suggested completion of Math within first year)</i>	3-4
--	-----

#### ADDITIONAL UI GEN ED REQUIREMENTS (—CRS)\*

<b>ISEM 101</b> Integrated Seminar	3
<b>Humanities</b> ( <i>from 2 different disciplines</i> )	6
<b>Social Sciences</b> ( <i>from 2 different disciplines</i> )	6
<b>American Diversity**</b>	1 class
<b>International**</b>	1 class
<b>ISEM 301</b> Great Issues	1
<b>H&amp;S 498</b> Senior Experience	6

*\* Additional coursework may be required. See advisor for more information.*

*\*\*American Diversity & International Courses: One course each is required from approved list. There are some Humanities or Social Science courses that count for the International or American Diversity requirements. See advisor for more information.*

(F) = Class offered only in the Fall term  
(S) = Class offered only in the Spring term  
Prereq = Prerequisite is a class that is required prior to taking another class

www.uidaho.edu/ed  
coestudentservices@uidaho.edu  
(208) 885-6039

# EXERCISE, SPORT, & HEALTH SCIENCES

Community Health Ed & Promotion



## Sample Four-Year Plan 2018-2019

FRESHMAN FALL (16CRS)			FRESHMAN SPRING (16CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	FCS 205	Concepts in Human Nutrition	3
ENGL 102	College Writing and Rhetoric	3	International	General Education International	3
ISEM 101	Integrated Seminar	3	Science	General Education Natural Science with Lab	4
Science	General Education Natural Science with Lab	4	Humanities	General Education Humanities	3
MATH	General Education Math	3	Soc Sci	General Education Social Science	3
COMM 101	Fundamentals of Public Speaking	2			
SOPHOMORE FALL (16CRS)			SOPHOMORE SPRING (15CRS)		
BIOL 120	Human Anatomy (F) <i>(recommended sophomore standing)</i>	4	BIOL 121	Human Physiology (S) <i>Prereq: BIOL 120</i>	4
MVSC 201	Physical Activity & Behavior Change <i>Prereq or coreq: PEP 100</i>	3	H&S 245	Introduction to Athletic Injuries (S)	3
Am. Diversity	General Education American Diversity	3	STAT 251	Statistical Methods	3
Humanities	General Education Humanities	3	Electives	Electives to reach 121 credits	4
Soc Sci	General Education Social Science	3	ISEM 301	Great Issues	1
JUNIOR FALL (15CRS)			JUNIOR SPRING (16CRS)		
H&S 301	Peer Health Education (F)	2	H&S 451	Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
H&S 328	Community Health: Theory, Systems & Practice (F) <i>Prereq: MVSC 201</i>	3	H&S 490	Health Promotion (S) <i>Prereq: H&amp;S 450 OR permission (S)</i>	3
PEP 300	Applied Human Anatomy & Biomechanics (F) <i>Prereq: BIOL 120 or permission</i>	3	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 120</i>	3
PEP 418 & PEP 418L	Physiology of Exercise & Lab <i>Prereq: MVSC 201, BIOL 120, BIOL 121 OR permission</i>	3	PEP 455	Design & Analysis of Research in Movement Sciences <i>Prereq: Junior or Senior standing</i>	3
PEP 495	Practicum <i>Prereq: Permission</i>	1	Elective	Elective to reach 121 credits	4
Elective	Elective to reach 121 credits	3			
SENIOR FALL (14CRS)			SENIOR SPRING (15CRS)		
FCS 486	Nutrition In Life Cycle <i>Prereq: FCS 205 or permission</i>	3	H&S 498	Internship in Exercise Science & Health <i>(Prereq: All major courses)</i>	9
H&S 423	School Health Education Methods and Administration (F) <i>Prereq: MVSC 201</i>	3	Electives	Electives to reach 121 credits	6
H&S 450	Critical Health Issues (F) <i>Prereq: MVSC 201 OR BIOL 120 and BIOL 121</i>	3			
MVSC 445	Internship Preparation & Professional Development <i>Prereq: MVSC 201</i>	1			
PEP 493	Fitness Assessment & Prescription <i>Prereq: Senior Standing, PEP 418 OR permission</i>	3			
PEP 495	Practicum <i>Prereq: Permission</i>	1			

(F) = Class offered only in the Fall term  
(S) = Class offered only in the Spring term  
Prereq = Prerequisite is a class that is required prior to taking another class

www.uidaho.edu/ed  
coestudentservices@uidaho.edu  
(208) 885-6039