

COMMUNITY HEALTH

People interested in assisting individuals and communities live a healthier, happier life choose Community Health as a major. Community Health Educators work with groups of people, usually in a community setting, promoting physical activity, protecting and preserving health. The Community Health Educator then works as a catalyst to assist the individual, or community, to modify and enhance lifestyles to promote health and prevent disease. Community Health Educators are interested in developing community-based educational programs which promote healthy lifestyles that help prevent disease.

In preparation towards becoming a Community Health Educator, students will learn skills that will enable them to assist communities and individuals in achieving their goal of a healthy lifestyle and risk management reduction. These skills then become the “tools” to aid in the healthy lifestyle changing process. Skills taught include: assessing individual/community needs and assets; planning, implementing and administering health education programs; evaluating the effectiveness of health education programs; and facilitating/understanding group dynamics and individuals across the lifespan.

The curriculum is designed following the Society of Public Health Education and the American Association for Health Education Baccalaureate Programs “Recommendations for Community Health.” The criteria assure that graduates have the needed competencies to become certified Health Education Specialist’s (CHES). The Community Health program is designed to provide advanced areas of study dependent upon the individual’s unique needs and interests. One area of concentration should be selected from the following:

- Concentration I:** *American Humanics:* a specific certification for those interested in management of non-profit organizations;
- Concentration II:** *Health Behavior:* enhanced study of health focusing on factors influencing human behavior and the resultant health decision-making practices; or
- Concentration III:** *Physical Activity:* for those individuals seeking expertise in fitness and wellness venues, program designed to comply for American College of Sports Medicine (ACSM) Health Fitness Instructor and National Strength and Conditioning Association (NSCA) guidelines. We are an NSCA Education Recognition Program 2004-2007.

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Total Hours: 128			
<u>Freshman Year</u>	<u>Sem. Hrs.</u>	<u>Sophomore Year</u>	<u>Sem. Hrs.</u>
English 105, 115	6	English (200-level literature)	3
Communications 135	3	Humanities	3
Biological Sciences 120, 280	7	Biological Sciences 282	3
Mathematics, 121, 122	6	HPE 143	2
Fine Arts 140 or Music 120	3	KHS 225, 281	6
Psychology 152	3	Social Sciences ¹	3
History 145 or 146	3	Communications 120	3
HPE 100, 128	2	Chemistry 121	3
KHS 215	1	Physical Science ¹	3
	34	Psychology 216	3
			32
<u>Junior Year</u>	<u>Sem. Hrs.</u>	<u>Senior Year</u>	<u>Sem. Hrs.</u>
KHS, 310, 311, 334, and 338	12	KHS 405, 410	6
KHS 425	4	KHS 462	6
Health Content Core Elective	3	KHS 491	1
Social Science ¹	3	Psychology 455	3
Electives Concentration	9	Health Content Core Elective	6
	31	Electives Concentration	9
			31

¹See “General Education Course Requirements” under **DEGREE REQUIREMENTS** for restrictions.

Health Education Process Core: KHS 225, 310, 334, 338, 405, 410, 425, 462, and 491

Health Content Core: KHS 215, 281, 311, and 9 cr. hrs. electives from 235, 312, 315, 490

Physical Education Service and Fitness Courses: HPE 100, 128, and 143

18 hours from one Concentration

Concentration I: *American Humanics:* ACT 205, POLI 201, 392 (1,1,1), 492, 493; MKT 301; other Electives

Concentration II: *Health Behavior:* PSY 426, KHS 333, 333, 490; LDSH 405; SOCL 375; ENSC Elective; PSYCH 450; Other Electives

Concentration III: *Physical Activity:* KHS 308, 313, 320, 327, 425, 340, 423, 440, 460 and other electives.