Community Health, B.S. *major*

A total of 120 semester credits are needed for the **Community Health B.S.** degree and include the following:

- Completion of a minimum of 40 upper division credits (level 3000/4000)
- Completion of all required major credits
- Completion of Core Curriculum credits (Minnesota Transfer Curriculum [MnTC] Goal Areas 1-10 with a minimum of 40 credits) required for all baccalaureate degrees
- Completion of BSU Focus and Nisidotaading Course Requirements

Dual Degrees
Students wishing to complete two degrees concurrently, (example: Bachelor of Science and Bachelor of Arts) must complete a minimum of an additional 30 credits above the required 120 credits.

Multiple Credentials
Any additional major, minor or certificate in a degree must have at least 6 credits of course work not used to meet the requirements of another major, minor or certificate in the degree.

Required Credits: 61
Required GPA: 2.25

I REQUIRED COURSES

Select 1 of the following courses:

- BIOL 1110 Human Biology (4 credits)
- BIOL 1400 Cellular Principles (4 credits)

Complete the following courses:

- BIOL 1111 Anatomy and Physiology for Allied Health I (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 2800 Multicultural Health in America (2 credits)
  *or*SOWK 2110 Intercultural Communication (3 credits)
- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)
- HLTH 3200 Personal and Consumer Health (3 credits)
- HLTH 3300 Nutrition (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- HLTH 4410 Health Programming (3 credits)
- PHED 1890 Lifetime Fitness (2 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PSY 3401 Basic Statistics for Research (4 credits)
  or STAT 3660 Statistics for the Health Sciences (3 credits)

Complete the following course:

- HLTH 3970 Internship: Field Experience in Community Health (1-3 credits)

Complete the following course:

- HLTH 4920 Directed Group Study: Health Seminar (1 credit)

Complete 10-12 credits of the following course:

- HLTH 4970 Internship (1-12 credits)

II ELECTIVES

Select 12 credits from the following courses:

- BIOL 1300 Medical Terminology (2 credits)
- HLTH 3400 Health and Drugs in Society (2 credits)
- LEAD 3500 Theories and Contexts of Leadership (3 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 2200 A Lifestyle for Wellness (2 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- PSY 2200 Human Sexuality (4 credits)
- PSY 3387 Topics in Psychology (1-4 credits)
  *or*PSY 4587 Advanced Topics in Psychology (2-4 credits)
- PSY 3500 Psychology of Aging (4 credits)
- PSY 3367 Social Psychology (3 credits)

Up to 6 credits of Indigenous Studies courses accepted:

Up to 6 credits of Nursing coures accepted; note that most NRSG courses are for Nursing majors only

Alternative to completing the 12 credits of electives
*Succesful completion of an accredited Community Health Worker Certificate curriculum (earning this credential also fulfills HLTH 3970 - Internship: Practicum in Health)

Program Learning Outcomes | Community Health, B.S.

1. Advocate for health promotion and disease prevention: Address cultural, social, behavioral, and environmental factors that contribute to disease progression and health promoting behaviors as part of a health promotion program or intervention. Understand health promotion and disease prevention.

2. Educate, Collaborate and Engage: Educate, collaborate and engage with external partners from a variety of disciplines to promote healthy choices, including physical activity at multiple settings and in a variety of populations.

3. Work with partners to promote health/physical activity: Work with organizations and individuals to capitalize on complementary strengths, capabilities, resources and opportunities for the promotion of PA.

4. Communicate effectively: Apply a variety of communication methods and techniques.

5. Contribute to the broader community via various activities: Community Health students are required to complete a minimum of __6__ hours of service learning. Students are also encouraged to participate in additional community service orientated volunteer opportunities.

6. Demonstrate in-depth knowledge, values and abilities: How well do students demonstrate that they have attained an in-depth knowledge, values, and abilities associated with Community Health.

7. Demonstrate proficiency in writing/speaking English: Students present on community health related topics to peers and professors and are evaluated on the clarity and effectiveness of their speech and written (PowerPoint) text. Students complete written papers that require interpretation and analysis of peer-

reviewed journals related to the field of community health. Students demonstrate a basic understanding of various community health topics through verbal presentations.Students demonstrate the ability to interview for a community health related position.

8. Plan programming using evidence: Initiate a plan of action and review and recommend best and evidence-based practices and procedures for the development and implementation.

Suggested Semester Schedule | Community Health, B.S.

The following is a list of required Community Health Major, B.S. courses arranged by year. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions and this schedule is flexible.

Freshman

- BIOL1110
  or BIOL1400
- HLTH2100
- Core Curriculum requirements

Sophomore

- BIOL1111
- PHED1890
- HLTH2800
  or SOWK2110
- HLTH3150
- HLTH3200
- Complete Core Curriculum requirements

Junior

- HLTH3300
- HLTH3500
- HLTH3710
- HLTH3970
- PSY3401
  or STAT3660
- Major electives

Senior

- HLTH4410
- HLTH4920
- PHED4309
- HLTH4970
- Major electives