

Health Education and Promotion

Sample Curriculum Plan 2020-2021

First Year (Freshman)

Fall Term

- WRIT 1101 Writing Colloquium (3)
- SPCH 1110 Basic Speech (3)
- MATH Basic Math Skills (3)
- CHEM 1101 Intro to Chemistry (3) (QPS option) *suggested*
- PSYC 1100 Intro to Psychology (3) *suggested*

Spring Term

- WRIT 1102 Research Writing (3)
- NUTR 2241 Nutrition Through the Life Cycle (3) [Mesa students take NUTR 2231]
- Artistic/Creative (QCA) (3)
- Religions/Theological (QRT) (3)
- Elective/Minor (3)

Second Year (Sophomore)

Fall Term

- HLED 3271 Health Education Planning (3)
- Political/Global/Economic (QPE) (3)
- IDS Catholic & Benedictine Intellectual Trad (3)
- Elective/Minor (6)

Spring Term

- NUTR 2364 Food Systems and Policy (3)
- HLED 2280 Community Health Programs (3)
- HLED 3357 Health Communications (3)
- Life Science (QLS) (3)
- Elective/Minor (3)

Third Year (Junior)

Fall Term

- HLED 3363 Management of Health Initiatives (3)
- HLED 4394 Health Research Methods and Program Evaluation (3)
- PHIL (suggest Ethics) (3)
- Elective/Minor (6)

Spring Term

- HLED 4360 Dimensions of Wellness (3) – see Dept Chair for course replacement options
- Literary/Rhetorical (QLR) (3)
- Historical (QHT) (3)
- Elective/Minor (6)

Fourth Year (Senior)

Fall Term

- PSYC 2250 Statistics (3)
- ~~HLED 4381 Social and Beh Aspects of PH (MPH 601) (3)~~
- HLED 4369 Health Coaching (3)
- Electives/Minor (9)

Spring Term

- HLED 4366 Health Education Field Experience (3)
- IDS Human Dignity or Common Good (3)
- Electives/Minor (9)

Major Specific Notes

Students must have a cumulative Benedictine University GPA of 2.8/4.000 to complete specific coursework and graduate with this major.

Second Degree Program

A Second Degree is available to those who enter the program following completion of bachelor's degree elsewhere. As a minimum, all courses required for the Health Education and Promotion major must be completed, including cognates, in order to complete a Second Degree in Health Education and Promotion.