



Community Health Education, Health and Physical Activity, BSED

Program: Health and Physical Education, Community Health Education Track
Department: Kinesiology, Health, & Sport Science
College: Health and Human Services
Website: <https://www.iup.edu/kines/undergrad/community-health-education-health-and-physical-education-bsed.html>

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Accreditation: Nationally Accredited by CAEP. State accredited by PA Department of Education.

Program Description: This program of study focuses on health promotion and disease prevention through community educational services. This track prepares individuals to develop trainings and implement curriculum focused on better health and educational outcomes. Graduates of this program can seek employment with health and education agencies involved in community-based training and prevention related to HIV/STI/AIDS, obesity, dating violence and bullying, communicable diseases, tobacco, drugs and alcohol, sexual health, and/or pregnancy prevention. Students can specialize in several emphasis areas, including Communications, Aging Populations, Nutrition, Lifetime Physical Activity, Human Service, Child Studies, and Women’s and Gender Studies. Graduates will be eligible to sit for the NCHEC’s Certified Health Education Specialist (CHES) exam. Requirements for the Community Health Education Track include the university’s Liberal Studies requirements, the departmental core courses, and the Community Health Education required courses. Students must also maintain a cumulative GPA of 2.7 and a “C” or better in all of the required core courses within this track.

Career Opportunities: Employment of health educators is projected to grow 21 percent from 2012 to 2022, faster than the average for all occupations. Growth will be driven by efforts to improve health outcomes and to reduce healthcare costs by teaching people about healthy habits and behaviors and utilization of available health care services. Source: U.S. Bureau of Labor Statistics, Employment Projections program.

Student Organizations: We encourage all Community Health Education students to become members of the IUP HPED Major’s Club. Student members regularly participate in fundraising and volunteer activities that provide experiences that will improve their resume. Student members also have many opportunities for professional development by traveling to state and national conferences. Students have recently traveled to Nashville, Salt Lake City, Boston, and Tampa to participate and present at educational events.

Experiential Learning: Students in this program are exposed to many experiential opportunities that enhance their education and marketability when seeking jobs. This program offers experiences working with multiple groups in a variety of settings. Students also work with community and government agencies to advance the health and well-being of the community.



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Department: Kinesiology, Health, & Sport Science **Four-year Course Sequencing**
College: Health and Human Services
Degree: Bachelor of Science in Education
Calendar Year: 2022-2023
Website: <https://www.iup.edu/kines/undergrad/community-health-education-health-and-physical-education-bsed.html>

Four-year Sequencing: The below four-year plan outlines the courses required in each semester of your baccalaureate degree. The goal is for you to visualize the years to come and understand what courses or other requirements are needed in order to graduate in four years. This also allows you to plan with your advisor for important engagement activities that support your higher education goals, such as planning for an internship, research, and/or study abroad. The summer and winter terms are also an opportunity to take courses or accomplish other goals.

Freshman Year: Fall			Freshman Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
KHSS 135	Careers in Kines, Health & Sport	1	KHSS 175	Prevention & Care	2
PHIL/RLST	Philosophy or Religious Studies	3	ENGL 121	Humanities Literature	3
PSYC 101	General Psychology	3	EDSP 102	Educational Psychology	3
MATH 101	Foundations of Mathematics	3	MATH 217	Probability & Statistics	3
ENGL 101	Composition I	3	KHSS 209	Motor Behavior	3
ARHI 101	Introduction to Art	3	Elective	Free Elective	2
Total Fall		16	Total Spring		16

Sophomore Year: Fall			Sophomore Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
BIOL 104	How the Human Body Works w/ lab	4	ENGL 202	Composition II	3
Global (LS)	LS GMA Requirement	3	BIOL (LS)	LS Requirement without Lab	3
KHSS 143	Physical Well Being	3	HIST (LS)	History 196, 197, or 198	3
Social Science	Select from the list of options	3	KHSS 318	Pre-Professional Experience I	3
KHSS 370	Adapted HPE	3	KHSS 341	Evaluation in HPE	3
Total Fall		16	Total Spring		15

Junior Year: Fall			Junior Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
Elective	Controlled Elective	3	Elective	Controlled Elective	3
Elective	Free Elective	3	Elective	Free Elective	3
KHSS 316	Instr. Of Child Health Concepts	3	KHSS 420	Health Education & Promotion	3
KHSS 325	School & Community Health	3	KHSS 442	Senior Seminar	3
Elective	Free Elective	3	KHSS 426	Health Science Instruction	3
Total Fall		15	Total Spring		15

Senior Year: Fall			Senior Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
Elective	Controlled Elective	3	EDUC 493	Internship	6
Elective	Free Elective	3	Elective	Free Elective	3
KHSS 417	Contemporary Issues in Health	3	Elective	Free Elective	3
KHSS 442	Senior Seminar	3			
Elective	Free Elective	3			
Total Fall		15	Total Spring		12

Total Credits for Degree: 120



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Summary of Requirements: Health & Physical Education/Community Health Education major requires 42 credits between the department program core requirements, 9-12 credits of controlled electives, 17-20 credits of free electives, and 43 credits of IUP Liberal Studies course. The total credits required is 120. Students must also maintain a cumulative GPA of 2.7 and a "C" or better in all the required core courses within this track

Liberal Studies (43 credits)

Course	Credits	Grade
Learning Skills: English Composition (6 credits)		
ENG 101 Composition	3	
ENGL 202 Composition II	3	

Learning Skills: Mathematics (3 credits)		
MATH 101 Foundations of Mathematics	3	

Humanities (9 credits)		
HIST 196 or 197 or 198	3	
ENGL 121 Humanities Literature	3	
PHIL/RLST Select one from the course list	3	

Fine Arts (3 credits)		
Select one from the list	3	

Natural Sciences, one of the below (7 credits)		
BIOL 104 Human Biology	4	
Natural Science without a lab	3	

Social Sciences (9 credits)		
PSYC 101 General Psychology	3	
Select from the course list (GMA)	3	
Select a social science from course list	3	

Health and Wellness (3 credits)		
KHSS 143 Health and Wellness	3	

Liberal Studies Electives (3 credits)		
MATH 217 Probability and Statistics	3	

Major Required Core (18 credits)

Course	Credits	Grade
KHSS 135 Careers in Kines, Health & Sport	1	
KHSS 175 Prevention & Care	2	
KHSS 209 Motor Behavior	3	
KHSS 256 Applied Human Structure & Cond	3	
KHSS 341 Eval and Analysis in Kinesiology	3	
KHSS 441 Psychosocial Implication for Health	3	
KHSS 442 Senior Seminar	3	

Community Health Education Required (24 credits)

EDSP 102 Educational Psychology	3	
KHSS 316 Instruction of Child Health Concepts	3	
KHSS 318 Preprofessional Experience I	3	
KHSS 325 School and Community Health	3	
KHSS 370 Adapted Health and PE	3	
KHSS 417 Contemporary Issues in School	3	
KHSS 420 Health Ed and Promotion at Work	3	
KHSS 426 Health Science Instruction	3	
KHSS 493 Internship	1-12	

Controlled Elective (9-12) Must choose one emphasis area from A-G

A. Communications (9): COMM 101, 205 and 230
B. Nutrition (12): FDNT 212, 213, 245, & 402
C. Lifetime Physical Activity (12): FDNT 245; KHSS 213, 350, & 413
D. Aging Population (12): KHSS 350, 413, PSYC 312; & SOC 357
E. Human Service (12): PSYC 235; SOC 320, 336, and 391
F. Women's Studies (12): PSYC 379; SOC 251 & 427; WGS 200
G. Child Studies (9): SOC 231, 333, and 428

Free Electives (17 – 20 credits)

- [Writing Intensive](#), 6 credits required, but programs have these courses built into the coursework, so talk with your advisor.
- [Global/Multicultural](#), 3 credits required but if you choose a Global Multicultural in the Social Sciences category, this is completed.
- Review [Degree Works](#) for your progress toward the degree