### Major: Health Education

**First Year Seminar (3 s.h. required)**
- UCO 1200 or HON 1515 or WGC 1103 (US 1150-Transfer)

**Writing Across the Curriculum (6 s.h. required)**
- ENG 1000 or FL 1000 or WGC 1103
- ENG 2001 or WGC 2202 or WGC 2205

**Major Requirements**
- Junior writing in the discipline *
- Senior capstone experience *

(*These hours count in the major requirements, not in the 44 hours of General Education requirements.)

**Designations in Perspectives (one of each required)**
- Fine Arts
- Historical Studies
- Literary Studies

**Wellness Literacy (2 s.h. required)**
- Choose from the following:
  - 1 s.h. COURSES: PE 1700-1877 (1)______________ (2)______________
  - 2 s.h. COURSES: ___HP 1105, ___HED 1000, ___DAN 1400, ___DAN 1410, ___DAN 1420, ___DAN 2400, ___DAN 2410, ___DAN 2420, ___DAN 3280, ___DAN 3480, ___DAN 3580
  - 3 s.h. COURSES (additional hour counts as elective): ___FCS 2202, ___PE 3008, ___DAN 4460, ___PE 1718, ___PE 1719, ___PE 1768, ___PE 1769

**Perspectives:** Choose one theme from each perspective. You must choose an 8 hour theme from the science perspective, two 6 hour themes and one 9 hour theme from each of the remaining perspectives (29 s.h. required). Italicized courses appear in multiple themes; however, courses may not be applied to more than one theme. Students must select one or more fine arts (FA) designation, one course with a historical studies (HS) designation, and one course with a literary studies (LS) designation.

#### Science Inquiry Perspective (8 s.h. required)
- Biology and Society: ___BIO 1101, ___BIO 1102
- Chemistry Connections to Our Changing World: ___CHE 1101/ CHE 1110, ___CHE 1102/ CHE 1120
- Contemporary Science: ___GSP 1010, ___GSC 1020, ___GSG 1030, ___GSG 1040
- Global Environmental Change: ___BIO 1103, ___GHY 1011, ___GHY 1012, ___GLY 1104
- How Things Work: ____PHY 1101, ____PHY 1102
- Life, Earth and Evolution: ____ANT 1430, ____BIO 1102, ____GLY 1102
- Physics of Self Expression: ____PHY 1101/ ____PHY 1810, ____PHY 1812, ____PHY 1814
- Physics with Calculus: ____PHY 1150, ____PHY 1151
- Restless Planet: Earth, Environment and Evolution: ____GLY 1101, ____GLY 1102, ____GLY 1103
- The Blue Planet: ____GLY 1104, ____GLY 1105
- The Physics of Our Technological World: ____PHY 1103, ____PHY 1104
- Voyages Through the Cosmos: ____AST 1001, ____AST 1002

#### Aesthetic Perspective (6-9 s.h. from one theme; students may only take one course per discipline in the chosen theme)
- Analyzing Style and Form: ___DAN 2010 (FA), ___MUS 2011 (FA), ___PHL 2013, ___THR 2010 (FA), ___THR 2022 (FA)
- Cultivating Creative Expression: ___ART 2222 (FA), ___MUS 2222 (FA), ___THR 2022 (FA)
- Expressions of Belief: ___ANT 2300, ___COM 3533, ___REL 2020 (LS)
- How We Tell Stories: ___ENG 2170, ___FL 2025 (LS), ___THR 2005 (FA), ___THR 2610 (FA), ___PHL 1502, ___REL 2020 (LS)
- Social Change Through the Arts: ___ART 3534 (FA)/SOC 1100, or ___THR 2017/SOC 1100 (Linked classes)
- The Body: Expression, Presentation and Representation: ___DAN 3430, ___IDS 2210, ___THR 3640 (FA)
- Traditions and Innovations: ___ART 2130 (FA), ___HIS 1110 (HS), ___ENG 2050 (LS), ___PHL 2013

#### Historical and Social Perspective (6-9 s.h. from one theme; students may only take one course per discipline in the chosen theme)
- Ancient Worlds: ___ANT 1420, ___ART 2030 (FA), ___HIS 2312 (HS), ___REL 2010 (LS)
- Appalachia: ___AS 2410, ___AS 2411, ___COM 3118, ___HIS 3726 (HS), ___AS/MUS 2016, ___SOC 3710, ___Cultural Diversity: ___ANT 1415, ___GHY 1040, ___HIS 1120 (HS), ___REL 1110, ___SOC 4560, ___WS 2421
- Individual and Society: ___ANT 2420, ___FCS 2111, ___PHL 2000, ___PSY 1200, ___SOC 1000, ___WS 2400
- Mind: ___FL 2050, ___HIS 3923 (HS), ___IDS 3260, ___PHL 1501, ___PSY 1200
- Religion, Myth and Society: ___ANT 2430, ___ART 2030 (FA), ___IDS 3261, ___REL 1110, ___THR 3730
- Revolutions and Social Change: ___COM 3532, ___HIS 1501 (HS), ___PHL 3030, ___REL 2120, ___SOC 1100
- This American Life: ___ECO 2030, ___ENG 2350 (LS), ___HIS 1200 (HS), ___PS 1100, ___PS 3722

#### Local to Global Perspective (6-9 s.h. from one theme; students may only take one course per discipline in the chosen theme)
- Empire, Colonialism, and Globalization: ___ANT 1415, ___ANT 2130 (FA), ___ENG 2040 (LS), ___GLS 2000, ___HIS 1400 (HS)
- Global Resources: ___ECO 3620, ___FCS 2351, ___GHY 1020, ___TEC 3601
- Identity, Culture and Media: ___ART 2011 (FA), ___COM 3531, ___ENG 2170, ___PHL 1503, ___Origins and Migrations: ___ENG 2030 (LS), ___FCS 2103, ___GLS 2000, ___HIS 1600 (HS)
- Performance of Culture: ___COM 3535, ___DAN 2020, ___FL 1050 (CHN/FRE/GER/JPN/RUS/SNH), ___MUS 2018 (FA), ___THR 2020
- Regions in Global Context: ___ENG 2040 (LS), ___FL 1050 (CHN/FRE/GER/JPN/RUS/SNH), ___GHY 1020, ___HIS 1130 (HS)
- Sustainability and Global Change: ___FCS 2110, ___PHL 2015, ___PHY 1830, ___TEC 2029, ___SD 2400
I. General Education Requirements  
44 S.H.

II. Professional Education Requirements  
A minimum grade of "C" (2.0) is required in the following courses.  
24 S.H.

- CI 2800 Teachers, Schls & Lrns (3)**
- CI/FDN/RE 3850 Literacy, Tech, & Inst. (3)***
- FDN 3800 Fdns of Amer Ed (3)#**
- PSY 3000 Ed. Psych. (3) +**
- CI 4900 Student Teaching (12)#

Proficiencies:  
NTE Exam:  
Reading ___  
*English ___  
*Speech ___  
*PPST Mathematics ___  
PRAXIS I:  
PPST Reading ___  
*PPST Writing ___  
*PPST Mathematics ___  
PRAXIS II:  
Health Education Area ___

III. Major Requirements (FCS 2202 can be taken for General Education)  
40

- HED 2100 Intro. To HED (3)+
- HED/HP 3100 Adv First Aid & CPR (3)+
- HED 3120 Consumer Health (3)
- HED 3450 School Hlth Progs (3)+
- HED 3655 Methods & Mater. (3)**#
- HED 3900 Internship in HED (3)
- HED 4650 Drug Ed./Prev. (3)
- HED/HPC 4710 Teach. Sex Ed. (3)
- HED 4730 Stress Mgt./E.H. (3)
- BE/CI 4660 Classroom Mgmt. & Assess.(3)
- FCS 2202 Nutrition & Hlth (3)
- FDN 3100 Classroom Use Comp. (2)
- RE 4630 Read in Cnt. Area (2)**#
- HP 2200 Lifestyle Dis. Risk (3)

#Cannot be taken before being admitted to Teacher Education  
*Should be taken before junior year (Prerequisite to enter teacher education)  
+Must be completed with a grade of "C" (2.0) or better  
** Must be taken before student teaching

IV. Second Major Concentration  
12 - 18

Total of 18 sh required. Hours required will vary depending on second major selected and courses required in second major taken in General Education.

- Biology  
- History  
- Psychology

Other SACs may be taken with the approval of the academic advisor or program coordinator.

V. Electives (Students must take sufficient elective hours to reach a total of 122 semester hours for graduation) (Minimum of 2 required for all students)  
2 SH (minimum)

VI. TOTAL HOURS IN PROGRAM  
122 - 128

Students must have a minimum of 122 SH to graduate
GOALS AND OBJECTIVES
HEALTH EDUCATION
Bachelor of Science


2. Explain the role and function of the health educator in schools, community agencies, worksites, and hospitals and clinics.

3. Identify important concepts of nutrition, consumer health, family life/sexuality, mental health, chronic and communicable diseases, first aid and safety, and environmental health.

4. Demonstrate a variety of methods and skills in planning, implementing and evaluating health education programs.

5. Identify resources in health education and explain the interaction of schools and agencies in health promotion efforts.