

HEALTH PROMOTION SUGGESTED FOUR YEAR SCHEDULE

1 ST SEMESTER (FALL)		2 ND SEMESTER (SPRING)		1 ST SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
EN 111	3	EN 112	3		
HI 101 OR 201	3	HI 102 OR 202	3		
BI 101 OR 111	4	BI 102 OR 112	4		
HPE 175 Es/Healthy Liv	3	SO/Beh Sci OR SO 221	3		
HPE 102 OR HPE 105	1	HPE 213 Found of Health	3		
HPE 140 Aerobic Dance	1	HPE 102 OR HPE 105	1		
TOTAL	15	TOTAL	17		

3 RD SEMESTER (FALL)		4 TH SEMESTER (SPRING)		2 ND SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
BI 241 Human A&P I	4	BI 242 Human A&P II	4		
COM 201 Speech	3	CIS 125 BusApps Micro Sof	3		
Literature	3	Humanities	3		
HPE 221 Into to HPE	3	Fine Arts	3		
HPE 233 First Aid	3	MA	3		
TOTAL	16	TOTAL	16		

5 TH SEMESTER (FALL)		6 TH SEMESTER (SPRING)		3 RD SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
HPE 360 Intro to Fit Test	3	HPE 350 Applied Nutrition	3		
HPE 352 Kinesiology	3	HPE 351 Chronic Diseases	3		
HPE 406 Human Sexuality	3	HPE 353W Phys of Exer	3		
HPE 443 Mtg of HPEA	3	HPE 402 Exer Rx/Healthy	3		
SO/Beh Sci OR PY 201	3	HPE 408 Consumer Health	3		
HPE 130 OR 131 Swim	1	COM 410 Layout & Design	3		
TOTAL	16	TOTAL	18		

7 TH SEMESTER (FALL)		8 TH SEMESTER (SPRING)		4 TH SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
HPE 410 Health Promo	3	HPE 466W Legal Issues	3		
HPE 424 Drugs in Society	3	MK 360 Prin of Marketing	3		
HPE 430 Beh Mod Interv	3	HPE 498 Internship	6		
HPE 451 Applied Stats	3	HPE 000 Sr. Portfolio	0		
HPE 494 Exer Rx/Mod Ris	3				
TOTAL	15	TOTAL	12		
		TOTAL	125		

HEALTH PROMOTION CONCENTRATION

Improving the quantity and quality of life by creating healthy lifestyles as well as impacting educational, social, economic, and environmental issues to support positive health efforts.

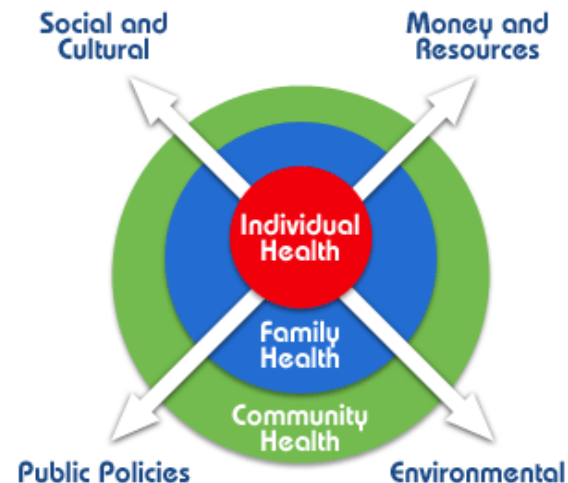
Health Promotion at UNA

Through Health Promotion concentration in the Department of Health, Physical Education and Recreation at the University of North Alabama, students will be prepared to assist people, in a variety of settings, to achieve a state of health and wellness in accordance with the environment in which they live. Skills will be developed to deal with educational, social, economic, and political issues to improve the health of the population. Opportunities for employment include:

- YMCA/YWCA
- Corporate/Worksite Wellness
- Hospital Wellness
- Fitness Clubs
- Health Promotion Specialist in public health settings
- Health Promotion Specialist in non-profit health settings
- Health Promotion Specialist in senior/elder settings
- Health Coach
- Wellness Facilitator

For additional information contact the:

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