

**Bachelor of Arts in Wellness and Health Promotion Practice**

**Main Campus Advising Worksheet – Academic Year 2024-2025**

The Bachelor of Arts degree with a major in Wellness and Health Promotion Practice offers students the opportunity to develop the knowledge, ethics, and skills to provide professional services and interventions. As such, students learn to work with diverse populations at different ages and stages of life in order to promote a healthy lifestyle and overall wellness. For the purposes of this degree, wellness means a state of being in optimal health. Students learn to promote optimal wellness within themselves, among individuals, families, and communities. Their practicum and internships are in a variety of settings such as homes, communities, governmental organizations, businesses, health care centers, hospitals, schools, faith-based organizations, and other non-governmental organizations.

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| Track Options:  | For students seeking careers in:  | Students learn about:  |
| Aging and Population Health | Human services, government agencies, retirement communities, nursing homes, health care, and long-term institutional care facilities. | How to meet the needs of our aging society through a public health lens, long-term care management, wellbeing later in life, and gerontology. |
| Health and Wellness | Healthcare settings, community health agencies, implementing programs that use mindfulness, nutrition, and exercise to meet the needs of diverse populations. | Mindfulness practice, health coaching, public health nutrition, and population-level health challenges. |
| Health Education | Schools, workplaces, non-profit agencies, faith-based organizations, governmental agencies, and other wellness-related fields. | Principles of health education and health promotion, how to design and support programs that tackle health problems such as addiction, domestic violence, and behavioral issues through educational promotion and intervention. |

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| **Name:**       | **ID:**       | **Edit Date:**       |
| UA College of Public Health Logo |  | **Curriculum Guide: 2024-2025**Bachelor of Arts in Wellness and Health Promotion Practice Major in Public Health |

**Aspirations for after graduation:**

**Admit Term:       Requirement Term in UBPLH (Spring 2022 and later):       Expected Graduation date:**

**ADVANCED STANDING PREREQUISITE COURSES**

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| **FOUNDATION COURSES** *(grades C or higher)* | Units | Notes | Semester/Year | Grade |
| **First Semester Composition** ENGL 101, 101A, 106 or 107 | 3-4 |       |       |       |
| **Second Semester Composition** ENGL 102, 108, or 109H | 3 |       |       |       |
| **Second Language** Fourth Semester Language Proficiency  | 0-16 |       |       |       |
| **College Algebra** MATH 112 or higher | 3 |       |       |       |
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| **MAJOR REQUIREMENTS** (*Grades C or higher)* | Units | Notes | Semester/Year | Grade |
| **Statistics Skills:** **BIOS 376** Introduction to Biostatistics | 3 | Pre-req: MATH 112 |       |       |
| **Communication Skills** (Choose one)*:* **COMM 114** Introduction to Interpersonal Communication**COMM 117** Culture and Communication **COMM 119** Public Speaking**COMM 201** Introduction to Public Relations**COMM 209** Introduction to Communication Technology**COMM 314** Creative Professional Communication**GHI 414** Intercultural Communication for Health Sciences | 3 | Fall, Spring, and some Summer availabilityFor enrollment in COMM prefix courses contact Isabella Carillo icarrillo@arizona.edu. |       |       |
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| **MAJOR CORE COURSES** *(Grades C or higher)* | Units | Semester Typically Offered | Notes | Semester/Year | Grade |
| **HPS 178** Personal Health and Wellness | 3 | Fall, Spring, Summer |       |       |       |
| **HPS 200** Introduction to Public Health | 3 | Fall, Spring, Summer |       |       |       |
| **PHP 210** Diversity, Health, and Well-Being Later in Life | 3 | Spring |       |       |       |
| **PHP 322** Health Education and Ethical Leadership | 3 | Spring | Pre-reqs: HPS 178 and HPS 200 |       |       |
| **HPS 403** Applications in Health Promotion: Behavioral Theories | 3 | Fall | Pre-req: HPS 178 |       |       |
| **HPS 404** Fundamentals of Evaluation | 3 | Spring |       |       |       |
| **HPS 405** Biology in Public Health | 3 | Fall, Spring |       |       |       |
| *Note: students are eligible to apply for Advanced Standing when the remaining Foundation, Major Requirements, and Major Core coursework is 10 units or fewer.* |
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| **GENERAL EDUCATION COURSES** *(all units required before graduation, grades D or higher; Admitted Spring 2022 & after, use General Education program below. Up to nine (9) units can be double dipped with general education courses and degree requirements.)* |
| Course Attributes | Units | Notes | Semester/Year | Grade |
| **Introduction to General Education Experience** UNIV 101 | 1 |       |       |       |
| **Exploring Perspectives** – Arts  | 3 |       |       |       |
| **Exploring Perspectives** – Humanities  | 3 |       |       |       |
| **Exploring Perspectives** – Natural Sciences  | 3 |       |       |       |
| **Exploring Perspectives** – Social Sciences  | 3 | \*HPS 178 or HPS 200 will satisfy this requirement |       |       |
| **Building Connections** | 3 |       |       |       |
| **Building Connections** | 3 |       |       |       |
| **Building Connections** | 3 |       |       |       |
| **General Education Portfolio** UNIV 301 | 1 |       |       |       |

**Arizona transfer students: AGEC Complete?** □ YES □ NO □ IN PROGRESS

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| **APPLIED PRACTICE REQUIREMENTS** Must have Advanced Standing to enroll in the below courses.  |
| **Practicum** *Complete 6 units; grades C/P or higher** This practicum reflects *faculty-supervised* group or individual field-based experiential learning. Choose from this list or talk with your advisor about options.
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| Course Number and Title | Units | Semester Typically Offered | Notes | Semester/Year | Grade |
| **HPS 394** Practicum | 1-3 | Fall, Spring, Summer | \*Need faculty approval |       |       |
| **HPS 394B** Introduction to Sleep Health Coaching | 3 | Spring |       |       |       |
| **HPS 497E** Public Health for Community Wellness | 2 | Fall, Spring | Pre-req: HPS 350 |       |       |
| **HPS 497F** Community and School Garden Workshop | 2-6 | Fall, Spring |       |       |       |
| **HPS 497L** Public Health for School and Community Based Childhood Obesity Prevention | 2 | Fall, Spring | Pre-req: HPS 350 |       |       |
| **EPID 497S** Skin Cancer Prevention in Community Settings | 1-2 | Fall, Spring |  |       |       |
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| **Internship** *Complete 3 units; must earn grade of P or S** The required internship reflects preceptor-led (preceptor can be a primary HPS faculty member, community organization, healthcare or behavioral health setting government organization, business, etc.), faculty-assessed, experiential learning experiences.
* Required: three (3) units of practicum (see above) must be completed before enrolling in internship units.
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| **HPS 493X** Internship  | 3 | Fall, Spring, Summer | Pre-req: 3 units of practicum completed |       |       |
| **PUBLIC HEALTH WELLNESS AND HEALTH PROMOTION PRACTICE EMPHASIS COURSES** *Choose one track and complete 15 units; grades C or higher* |
| **Aging and Population Health Emphasis:** |
| *Select any 15 units from the following courses to complete the Aging and Population Health emphasis* | Units | Semester Typically Offered | Notes | Semester/Year | Grade |
| **PHP 301** Introduction to Gerontology | 3 | Spring |       |       |       |
| **PHP 305** Public Health in the Digital Age | 3 | Spring, Summer |       |       |       |
| **PHP 312** Health Promotion and Well-being in Later Life | 3 | Fall |       |       |       |
| **HPS 412** Public Health Approaches to Mental Health Disorders in the US | 3 | Spring |       |       |       |
| **HDFS 413** Issues in Aging | 3 | Fall, Spring |       |       |       |
| **PHP 419** Alzheimer's Disease, Other Dementias, and the Role of Public Health | 3 | Fall |       |       |       |
| **PHP 424** Optimizing Well-being and Resilience in Older Adults | 3 | Fall |       |       |       |
| **EHS 425** A Public Health Lens to Climate Change | 3 | Spring |       |       |       |
| **PHP 436** Aging, Environment and Wellbeing | 3 | Spring |       |       |       |
| **PHP 437** Management and Leadership in Long-term Care | 3 | Fall |       |       |       |
| **HPS 442** Nicotine Dependence, Treatment, and Coaching Interventions | 3 | TBD |       |       |       |
| **EPID 454A** Healthy Aging in Action I | 3 | Spring |       |       |       |
| **EPID 454B** Healthy Aging in Action II | 3 | Fall |       |       |       |
| **PHPM 458** Health Care Marketing | 3 | Spring |       |       |       |

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| **Health Education Emphasis:**  |
| *Complete 6* ***required units (\*\*HPS 350 and HPS 481)*** *and 9 additional units (check with advisor to determine recommended* [*CHES*](https://www.nchec.org/responsibilities-and-competencies) *courses)* | Units | Semester Typically Offered | Notes | Semester/Year | Grade |
| Required – 6 units:  |
| **\*\*HPS 350** Principles of Health Education and Health Promotion | 3 | Fall, Spring | Pre-reqs: HPS 178 and HPS 200 |       |       |
| **\*\*HPS 481** Health Education Intervention Methods | 3 | Spring | Pre-req: HPS 350 |       |       |
| Complete 9 additional units from the list below:  |
| **PHP 305** Public Health in the Digital Age | 3 | Spring, Summer |       |       |       |
| **HPS 306** Drugs and Society | 3 | Fall, Spring, Summer |       |       |       |
| **HPS 311** Childhood Obesity | 3 | Fall |       |       |       |
| **HPS 330** Human Sexuality | 3 | Fall, Spring, Summer |       |       |       |
| **HPS 400** Contemporary Community Health Problems | 3 | Spring, Summer |       |       |       |
| **HPS 412** Public Health Approaches to Mental Health Disorders in the US | 3 | Spring |       |       |       |
| **EHS 425** A Public Health Lens to Climate Change | 3 | Spring |       |       |       |
| **HPS 442** Nicotine Dependence, Treatment, and Coaching Interventions | 3 | TBD |       |       |       |
| **HPS 449** Family Violence | 3 | Fall |       |       |       |
| **PHPM 458** Health Care Marketing | 3 | Spring |       |       |       |
| **HPS 488** Adolescent Health | 3 | Spring |       |       |       |

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| **Health and Wellness Emphasis:** |
| *Select any 15 units from the following courses to complete the Health and Wellness emphasis* | Units | Semester Typically Offered | Notes | Semester/Year | Grade |
| **HPS 311** Childhood Obesity  | 3 | Fall |       |       |       |
| **NSC 312** Weight Stigma, Nutrition & Health | 3 | Spring, Summer | Pre-reqs: NSC 170C1 or NSC 101 |       |       |
| **NSC 320** Nutrition, Physical Activity and Health Promotion | 3 | Fall, Spring | Pre-reqs: NSC 170C1 or NSC 101 |       |       |
| **GHI 325** Dietary Assessment in Public Health Practice | 3 | Spring | Pre-reqs: NSC 170C1 or NSC 101 |       |       |
| **NSC 332** Health Coaching | 3 | Spring |       |       |       |
| **HPS 402** Corporate Wellness | 3 | Summer |       |       |       |
| **HPS 412** Public Health Approaches to Mental Health Disorders in the US | 3 | Spring |       |       |       |
| **HPS 416** The World’s Food and Health | 3 | Fall | Pre-req: EPID 309 |       |       |
| **EHS 425** A Public Health Lens to Climate Change | 3 | Spring |       |       |       |
| **HPS 442** Nicotine Dependence, Treatment, and Coaching Interventions | 3 | TBD |       |       |       |
| **PHPM 458** Health Care Marketing | 3 | Spring |       |       |       |
| **HPS 488** Adolescent Health | 3 | Spring |       |       |       |
| **HPS 478** Public Health Nutrition | 3 | Fall, Spring | Pre-reqs: HPS 350 and EPID 309 |       |       |
| **SBS 301A** Foundations of Mindfulness | 1 | Fall, Spring |       |       |       |
| **SBS 301B** Mindful Semester: Mindfulness-based Study Tools | 1 | Fall, Spring |       |       |       |
| **SBS 301C** Mindful Semester: Mindfulness-based Movement | 1 | Fall, Spring |       |       |       |
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| **GENERAL ELECTIVES**C*onsult with your advisor about how many units you need to reach the University minimum of 120 total units. Grades D or higher. Some students will add a minor or certificate for general elective units.* |
| **Estimated general electives needed to get to 120 units (based on in-progress, completed, and remaining required units):** 120 units required -       completed units\* -       in-progress units -       remaining required units =       general electives units needed**Estimated upper division (UD) units needed to get to 42 (most students will need an additional 3-6 UD units):** 42 UD units required -       completed UD units\* -       UD units in-progress =      UD units needed*\*completed units includes posted transfer units and test credits.***IMPORTANT**: Check with your Academic Advisor at each advising appointment if you have questions about the above calculations.----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------Notes:       |
| Course Number and Title | Units | Notes (upper division/lower division) | Semester/Year | Grade |
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