

DEPARTMENT OF KINESIOLOGY & HEALTH (KNH)



Updated 5-15-09

Health Studies

The Health Studies major leads to a Bachelor of Science in Kinesiology and Health Degree. In this program health refers to optimal functioning, a process of achieving mental, social, emotional, physical, and spiritual potential. The Health Studies curriculum is cross-disciplinary in nature, focusing on the sociology, history, pedagogy, psychology, physiology, and biology of health. A student completing this major at Miami University will be able to facilitate individual health behavior maintenance and/or change, and also will have an understanding of how individual, social, and environmental forces interact in shaping health practices. The intent of this program is to prepare students to be direct providers of health information, informed health advocates, and to be health educators in corporate, classroom, community, work-site, and/or clinical settings.

Because people's health practices, resources, and opportunities vary across the life span, students in the Health Studies program are required to choose a specialization in one of three modules that emphasize a particular segment of the population. These specialized modules include: (a) Child and Adolescent Health; (b) Young and Middle Adult Health; and (c) Older Adult Health. The modules are not setting-specific. That is, if students would like to work in corporate, classroom, community, work-site, and/or clinical settings, the modules prepare them to work in health education/promotion in any of these settings, with children and adolescents, young and middle-aged adults, or older adults. Students should consult with their academic advisor on academic plans that will best prepare them to pursue their professional goals.

INTERESTS

Students can choose specialized study in (a) Child and Adolescent Health; (b) Young and Middle Adult Health; or (c) Older Adult Health.

CAREER OPPORTUNITIES

Specifically, the Health Studies major prepares students to be health educators in community (e.g., Community based organizations, health departments) corporate (e.g., employee assistant and health programs) classroom, and/or clinical (e.g., hospital health promotion) settings. The Health Studies major and Bachelor of Science in Kinesiology and Health Degree also can serve as a foundation for graduate studies in a number of health related fields.

ADMISSION REQUIREMENTS FOR HEALTH STUDIES

Students must enroll in the Department of Kinesiology & Health to take courses as pre-majors. Students are eligible to apply to become a major after fulfilling all of the following requirements:

- a. Enrolled as a Health Studies pre-major;
- b. Completed 24 credit hours;
- c. Completed 12 credit hours in the Miami Plan (included in the 24);
- d. Completed KNH 102, KNH 188, and KNH 242; and
- e. Achieved a 2.5 GPA in the courses listed in c and d (combined).

Upon completion of the above requirements and after all grades have been posted to your DARS, download the **Health Promotion** Application from the KNH Student link on Blackboard to change your status from pre-major to major. Complete the form, attach your DARS, and submit them to the Undergraduate Secretary, 106-D Phillips Hall. Students will be notified of their acceptance via their Miami e-mail address.

YOUR KNH ACADEMIC ADVISOR will be listed on your STUDENT TAB in *MyMiami*. Meet with your academic advisor regularly & bring a current copy of your DARS for each meeting.

Sources of Additional Information

Department of Kinesiology and Health
106 Phillips Hall / 513-529-2700

Program requirements, advising, professional and career opportunities

Check the website:

KNH Homepage: <http://www.muohio.edu/knh>

Office of Career Services
241 Hoyt Hall
513-529-3831
Career Resource Center

Student Counseling Services
Career Exploration & Testing Center
195 Health Services Center
513-592-4634
Career Counseling
Career Resource Library

Dictionary of Occupational Titles and Occupational Outlook Handbook

Miami Plan for Liberal Education (Health Studies)

Foundation	Course #	Hours	Course Title
IA	ENG 111	3	College Composition
IB	ENG 112	3	Composition & Literature
IIA	Fine Arts	3	Choice
IIB	Humanities	3	Choice
IIC	KNH 188	3	Exercise and Health
II A, B, or C	KNH 242 or KNH 276	3	Select from courses in your major program marked II A, B, or C below
IIIA	U.S. Cultures	3	Choice
IIIB	World Culture	3	Choice
IV A	ZOO 161 (lab)	4	Principals of Human Physiology (pre-requisite to several courses in the major)
IV B	Physical Science	3	Choice
IV A or B	Biological or Physical Science	3	Choose to complete 9 hour requirement in MP IV
V	STA 261	4	Statistics
Thematic Sequence	Choice	9	Choice
Senior Capstone	KNH 402 (recommended)	3	Critical Reflection on Practices in Kinesiology and Health

Note: Remember historical (H) and non-dominant (ND) perspective requirements of the Miami Plan.

<p>PROGRAM REQUIREMENTS – KNH CORE: KNH 102 Fundamentals of Nutrition (3)* KNH 184 Motor Skill Learning & Performance (3) KNH 184.L Motor Skill Learning & Performance Lab (1) KNH 276 The Meaning of Leisure (3) (MPF IIC) (H) (ND) or KNH 274 Critical Perspectives on the Body (3)</p>	<p>KNH 188 Exercise & Health (3)(MPF II C)* or KNH 242 Personal Health (3) (MPF II C)* or KNH 245 Personal Health and Pedagogy for Early Childhood Teachers (3)</p>
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*Pre-major requirements for Health Studies Majors

<p>HEALTH STUDIES MAJOR REQUIREMENTS (27-28 HRS) Take all of these courses: ZOO 161 Human Physiology (4) (MPFIVA) KNH 362 Health Education Pedagogy (4) KNH 462 Health Program Planning & Evaluation (3) STA 261 Statistics (4) (MPFIV, MPT STA2)</p>	<p>Choose two (2) of the following six (6) courses:** MBI 131 Community Health Perspectives (2) (MPFIVA) SOC 221 Human Sexuality (3) SOC 357 Medical Sociology (3) KNH 329 Psychological Perspectives on Health (3) EDP 201 Human Development & Learning in Social & Educational Contexts (3) (MPFIIC) PSY 231 Psychology (3) (MPT PSY2, PSY4)</p>
<p>Choose two (2) of the following three (3) courses: KNH 205 Drugs: A Health Perspective (3) KNH 206 AIDS: Etiology, Prevalence & Prevention (3) (MPFIIC) KNH 453 Health Seminar (3) {must be approved by Advisor}</p>	

**You are responsible for completing any prerequisites for these courses; consult your academic advisor!

Health Studies Specialized Modules (10-15 hours): Choose one of these three areas of specialization. Health Education students who elect a secondary major in Health Studies must elect (b) or (c) under specialization modules.

<p>(a) Child and Adolescent Health (Choose at least 4): KNH 190 Professional Perspectives in Health & Physical Education (2) FSW/KNH 207 Serving & Supporting Children, Youth & Families I (4) (MPT FSW1) (Ham/Mid) FSW/KNH 208 Serving & Supporting Children, Youth & Families II (5) (MPT FSW1) (Ham/Mid) KNH 232 Health Issues of Children & Youth (2) KNH 245 Personal Health & Pedagogy for Early Childhood Teachers (3) KNH 408 Perinatal & Childhood Nutrition (3) KNH 415 Wellness Perspectives for Adolescents (3)</p>	<p>(c) Older Adult Health (Choose at least 4): KNH 243 Women’s Health Care: Prob. & Prac. (3) KNH 385 Contemporary Issues in Men’s Health (3) KNH 386 African Americans & Health Issues (3) KNH 407 Nutrition and Aging (3) KNH 471 Sport, Leisure & Aging (4) (MPT PSY4) NSG 441 Health & Aging: Concurrent Perspective & Issues (3) Ham/On-Line GTY 154 Aging in American Society (3) (MPFIIC) (MPT GTY1) GTY 365 Social Policy & Programs in Gerontology (3) GTY 464 Sociology of Retirement (3) GTY 468 The Aging Individual in a Changing Society (3) (MPC)</p>
<p>(b) Young & Middle Adult Health (Choose at least 4): KNH 243 Women’s Health Care: Prob. & Prac. (3) KNH 385 Contemporary Issues in Men’s Health (3) KNH 386 African Americans & Health Issues (3) KNH 471 Sport, Leisure & Aging (4) (MPT PSY4) Analysis (3) (MPFIIC) (H)</p>	<p>FSW 261 Diverse Family Systems Across the Life Cycle (3) (MPFIIC) PSY 334 Adulthood & Aging (3) (MPT PSY2) REL 360.C Homosexual & Lesbian Experience (4)</p>

Four Year Guideline for Major in Health Studies

YEAR ONE			
ENG 111 College Comp. & Lit. (MPFI)	3	ENG 112 College Comp. & Lit. (MPFI)	3
KNH 188 Exercise and Health (MPFIIC)	3	KNH 102 Fundamentals of Nutrition	3
KNH 242 Personal Health (MPFIIC)	3	KNH 184 Motor Skill Learn. & Perf.	3
Humanities Course (MPFIIB)	3	KNH 184.L Motor Skill Lab	1
U.S. Cultures or World Cultures (MPFIII)	<u>3</u>	ZOO 161 (MPFIVA)	4
	15	Fine Arts Course (MPIIA)	<u>3</u>
			17
Consider studying abroad between your 2 nd and 3 rd <u>or</u> 3 rd and 4 th years.			
YEAR TWO			
KNH 206 AIDS (MPFIIC)	3	KNH 205 Drugs	3
KNH 274 Critical Perspectives in Body	3	Health Studies Specialized Module	6
MBI 131 Com.Health Persp.(MPFIVA)	2	SOC 221 Human Sexuality	3
STA 261 Statistics (MPFIV)	4	Physical Science (MPFIVB)	<u>3</u>
U.S. Cultures or World Cultures (MPFIII)	3		15
Thematic Sequence or Elective course	<u>3</u>		
	18		
YEAR THREE			
Health Studies Specialized Module	6	KNH 420.E Internship	4
Minor, Thematic Sequence or Electives	<u>9</u>	KNH 362	3
	15	Health Studies Specialized Module	<u>9</u>
		Minor, Thematic Sequence or Electives	16
Consider arranging a full semester internship during your 4 th year so that you can fully experience your field.			
YEAR FOUR			
KNH 462 Health Program Planning	3	KNH 420.E Internship	4
KNH 402 or other Miami Plan Capstone	3	Minor, Thematic Sequence or Electives	<u>12</u>
Minor, Thematic Sequence or Electives	<u>10</u>		16
	16		

NOTE: Courses may not be offered every semester. This document is to be used as a guide, in consultation with your academic advisor.

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