

# HEALTH PROMOTION AND HEALTH EQUITY, B.S.

## REQUIREMENTS

### UNIVERSITY GENERAL EDUCATION REQUIREMENTS

All undergraduate students at the University of Wisconsin–Madison are required to fulfill a minimum set of common university general education requirements to ensure that every graduate acquires the essential core of an undergraduate education. This core establishes a foundation for living a productive life, being a citizen of the world, appreciating aesthetic values, and engaging in lifelong learning in a continually changing world. Various schools and colleges will have requirements in addition to the requirements listed below. Consult your advisor for assistance, as needed. For additional information, see the university Undergraduate General Education Requirements (<http://guide.wisc.edu/undergraduate/#requirementsforundergraduatestudytext>) section of the *Guide*.

General Education	<ul style="list-style-type: none"> <li>• Breadth—Humanities/Literature/Arts: 6 credits</li> <li>• Breadth—Natural Science: 4 to 6 credits, consisting of one 4- or 5-credit course with a laboratory component; or two courses providing a total of 6 credits</li> <li>• Breadth—Social Studies: 3 credits</li> <li>• Communication Part A &amp; Part B *</li> <li>• Ethnic Studies *</li> <li>• Quantitative Reasoning Part A &amp; Part B *</li> </ul>
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\* The mortarboard symbol appears before the title of any course that fulfills one of the Communication Part A or Part B, Ethnic Studies, or Quantitative Reasoning Part A or Part B requirements.

### SCHOOL OF EDUCATION LIBERAL STUDIES REQUIREMENTS

All students are required to complete a minimum of 40 credits of Liberal Studies (<http://guide.wisc.edu/undergraduate/education/#requirementstext>) coursework. This requirement provides an opportunity to do some academic exploration beyond the scope of the major. Students take courses in areas of particular interest and also have an opportunity to sample the wide selection of courses offered across the university. Coursework is required in humanities, social studies, science, and cultural and historical studies. Some elective coursework is also needed to reach the required number of credits.

**The School of Education's Liberal Studies Requirements automatically satisfy most of the University General Education Requirements outlined above, including ethnic studies, humanities/literature, social studies, and science.** Students pursuing most School of Education degree programs may also complete Communication Part B, Quantitative Reasoning Part A, and Quantitative Reasoning Part B through courses required by their degree program. If a student cannot complete a General Education Requirement within the curriculum of their chosen School of Education

program, academic advisors can offer suggestions for courses that meet the requirement and augment the student's primary area of study.

A basic outline of the liberal studies is included below. Students must consult the detailed version of the requirements (<http://guide.wisc.edu/undergraduate/education/#requirementstext>) for information about course selection and approved course options.

#### Humanities, 9 credits

All students must complete a minimum of 9 credits to include:

- Literature
- Fine Arts
- Humanities Electives

#### Social Studies (Social Science)

All students must complete a minimum of 9 credits. Teacher certification programs and Kinesiology have unique requirements in this category.

#### Science

All students must complete a minimum of 9 credits to include:

- Biological Science
- Physical Science
- Laboratory Science
- Science Electives

#### Cultural and Historical Studies

All students must complete three requirements (9 credits) met by separate courses. Any of these courses can also be used to meet the Humanities or Social Studies (Social Sciences) requirements if it has the relevant breadth designation.

- Ethnic Studies
- U.S./European History
- Global Perspectives

**Complete Liberal Studies Electives (<http://guide.wisc.edu/undergraduate/education/#requirementstext>) to total 40 Credits.**

### PROGRAM STRUCTURE

The Bachelor of Science (B.S.) degree program in Health Promotion and Health Equity has three primary components:

- *Liberal studies* courses expose students to a broad range of academic disciplines. The university-wide *General Education* requirements also encourage this breadth of study.
- *Major requirements* provide an opportunity to study the interrelated areas of physical health, mental health, and disability.
- *Additional electives* to reach the minimum of 120 degree credits. These credits allow students to pursue additional health-related courses, enroll in course work required for admission to graduate-level programs or develop other areas of interest. Health Promotion and Health Equity majors may also use these elective credits to complete an additional major to augment their interest in health or to explore a completely different subject.

### MAJOR REQUIREMENTS

Complete a minimum of 40 credits with a 2.5 gpa across all major course work. At least 15 credits of upper-level major course work (courses

numbered 300 and above) must be taken in residence with a minimum 2.5 grade point average.

## REQUIRED HEALTH PROMOTION CORE, 31 CREDITS

Code	Title	Credits
ANAT&PHY 235	Human Physiology and Health	4
KINES 150	Foundations of Health Behavior and Health Equity	3
KINES 370	Planning, Facilitating & Assessment in Movement and Health Professionals	3
KINES 566	Promoting Health in the Community	3
RP & SE 316	Health Promotion for Individuals with Disability and Chronic Illness	3
RP & SE 325	Self Management of Chronic Illness and Disability	3
RP & SE 505	Biological, Psychosocial, and Vocational Aspects of Disabilities	3
COUN PSY 237	Mental Health, Self-Awareness, and Social Justice: Working in Diverse Communities	3
COUN PSY 531	Prevention and Intervention in Mental Health Across the Lifespan	3
COUN PSY 655	Clinical Communication Skills	3

## MAJOR ELECTIVES, 9 CREDITS

Select courses from one of the following areas of emphasis, or select courses across these areas.

Code	Title	Credits
<b>Physical Activity and Public Health</b>		
KINES 100	Exercise, Nutrition, and Health	2
KINES 123	Living well: Lifestyle Redesign and Health Promotion for College Students	2
KINES 501	Theory-Based Health Education and Health Promotion Programs	3
KINES 540	Diversity in Health and Physical Activity Settings	3
KINES 547	Skills for Health: Methods and Practicum of Teaching Health	3
<b>Chronic Illness, Disability, and Health</b>		
RP & SE 100	Disability and Society	3
RP & SE 121	Disability and Substance Abuse	3
RP & SE 125	Health and Rehabilitation Professions	3
RP & SE 310	Positive Psychology and Well Being	3
<b>Health Equity, Mental Health, and Well-Being</b>		
COUN PSY 225	Intersectionalities, Self Awareness, and Social Actions for Social Change	3
COUN PSY 230	Race and the Developing Child	3
COUN PSY/CHICLA 331	Immigrant Health and Wellbeing	3
COUN PSY 332	Gender and Queer Issues in Psychology	3

COUN PSY/CHICLA 525	Dimensions of Latin@ Mental Health Services	3
<b>Social Determinants of Health</b>		
MED HIST/HIST SCI/POP HLTH 553	International Health and Global Society	3
NUTR SCI/A A E/AGRONOMY 350	World Hunger and Malnutrition	3
SOC/C&E SOC 140	Introduction to Community and Environmental Sociology	4
SOC/C&E SOC 533	Public Health in Rural & Urban Communities	3
INTL ST/A A E 373	Globalization, Poverty and Development	3
CSCS 125	Community and Social Change	3
CSCS 460	Civil Society and Community Leadership	3
HDFS 469	Family and Community Influences on the Young Child	3
HDFS 474	Racial Ethnic Families in the U.S.	3
<b>Health Sciences</b>		
ANAT&PHY 337	Human Anatomy	3
GEN&WS 103	Gender, Women, Bodies, and Health	3
NUTR SCI 132	Nutrition Today	3
NUTR SCI 332	Human Nutritional Needs	3
POP HLTH 370	Introduction to Public Health: Local to Global Perspectives	3
PSYCH 202	Introduction to Psychology	3-4

## GPA AND OTHER GRADUATION REQUIREMENTS

### GRADUATION REQUIREMENTS

These requirements are based on UW–Madison coursework.

- 2.5 minimum cumulative grade point average. This may be modified by the Last 60 Credits Rule.
- Cumulative major grade point average: 2.5 cumulative grade point average in all major course work.
- Upper-level major course work: 2.5 cumulative grade point average in all upper-level (courses numbered 300 and above) major course work.
- Major Residency: Students must complete at least 15 upper level major credits while enrolled in residence on the UW–Madison campus.
- Senior Residency: Degree candidates must complete their last 30 credits in residence on the UW–Madison campus, excluding retroactive credits and credits granted by examination.
- Total Credits: A minimum of 120 credits are required for graduation in the Health Promotion and Health Equity degree program.

### DEGREE AUDIT (DARS)

UW–Madison uses “DARS” to document a student’s progress toward the completion of their degree, including any additional majors and certificates. A DARS (Degree Audit Reporting System) report shows all the requirements for completing a degree and, against courses that are planned or completed, shows the requirements that have been met, and those that are unmet. A report can offer suggestions about courses that may be taken to meet specific requirements and can assist in the

academic planning and enrollment process. Students can access a DARS report in the Course Search & Enroll app or Student Center via My UW.

DARS also has a "what-if" function. This feature makes it possible to request a DARS report as if pursuing another program, major or certificate. It is an excellent tool if considering a new or additional area of study. School of Education students in a pre-professional classification such as Pre-Elementary (PRE), or Pre-Kinesiology should request a "what if" DARS report of their professional program of interest.

More information on how to request a DARS report is available on the registrar's website (<https://registrar.wisc.edu/dars-student/>).

DARS is not intended to replace student contact with academic advisers. It creates more time in an advising appointment to discuss course options, research opportunities, graduate school, or issues of personal interest or concern to students.

DARS is used as the document of record for degree program, major and certificate completion in the School of Education.

## UNIVERSITY DEGREE REQUIREMENTS

**Total Degree** To receive a bachelor's degree from UW–Madison, students must earn a minimum of 120 degree credits. The requirements for some programs may exceed 120 degree credits. Students should consult with their college or department advisor for information on specific credit requirements.

**Residency** Degree candidates are required to earn a minimum of 30 credits in residence at UW–Madison. "In residence" means on the UW–Madison campus with an undergraduate degree classification. "In residence" credit also includes UW–Madison courses offered in distance or online formats and credits earned in UW–Madison Study Abroad/Study Away programs.

**Quality of Work** Undergraduate students must maintain the minimum grade point average specified by the school, college, or academic program to remain in good academic standing. Students whose academic performance drops below these minimum thresholds will be placed on academic probation.