

HEALTH PROMOTION AND HEALTH EQUITY, BS

WISCONSIN EXPERIENCE

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UW–Madison’s vision for the total student experience, the Wisconsin Experience (<https://wisconsinexperience.wisc.edu/about/>), combines learning in and out of the classroom. Tied to the Wisconsin Idea (<https://www.wisc.edu/wisconsin-idea/>) and steeped in long-standing institutional values – the commitment to the truth, shared participation in decision-making, and service to local and global communities – the Wisconsin Experience describes how students develop and integrate these core values across their educational experience.

UW–Madison encourages students to mindfully engage in four core concepts throughout their time on campus: Empathy & Humility, Relentless Curiosity, Intellectual Confidence, and Purposeful Action (<https://wisconsinexperience.wisc.edu/intellectual-confidence/>).

Since its inception, the School of Education has embraced the concepts of the Wisconsin Experience, providing opportunities for students to learn in venues beyond the traditional classroom. Our students also independently seek out related activities and experiences, thus creating their own unique Wisconsin Experience.

HEALTH PROMOTION AND HEALTH EQUITY (HPHE) AND THE WISCONSIN EXPERIENCE Community Engagement and Research Opportunities

Health Promotion and Health Equity majors are encouraged to get involved in research. Students have participated in labs such as the Promotion of Health Equity & Adapted Physical Activity (PHEAPA) (<https://kinesiology.education.wisc.edu/research/pheapa-lab/>) lab or the Pain, Context, and Innovation (<https://www.shinyekim.com/>) lab.

Students also participate in programs run through the Wisconsin Area Health Education Centers (AHEC), such as the Community Health Internship Program (<https://ahec.wisc.edu/chip/>).

Student Organizations

There are numerous campus student organizations (<https://win.wisc.edu/>) that Health Promotion and Health Equity majors can join to connect with students with similar interests. The Health Promotion and Health Equity Learning Community is an organization led by students in the major; they organize different alumni panels and study groups for students to connect.

Study Abroad

Health Promotion and Health Equity students can participate in School of Education led study abroad opportunities. These 2-3 week summer courses make it possible for students to have a study abroad experience and still have time to work or pursue other activities during the summer.

- Movement as Medicine in Portugal examines the connection between sedentary behavior and health outcomes in Portugal. Participants review definitions and rates of sedentary behavior, physical activity and physical inactivity in the U.S. and across the

globe. While in Lisbon, participants hear from local experts and members of the healthcare and educational systems about how physical activity is viewed and promoted across the population. Side trips to relevant cultural local places contribute to the full picture of health in Portugal. An overnight trip to Porto and two additional day trips provide additional opportunities to learn more about local culture and history. Credit is given for KINES 250 Sedentary Behavior in the U.S. and Abroad or C&E SOC 400 Study Abroad in Community and Environmental Sociology.

- Inclusive Activity and Sports in Ireland offers a unique learning opportunity for UW–Madison students interested in pursuing careers in allied health, fitness and well-being, health education, and public health. Ireland has a distinct history, culture, and approach to health and movement. It is in the midst of comprehensive and progressive reforms to their health and social care with an emphasis on providing better outreach and rehabilitation services for people with disabilities. This course will focus on applying models, research, and best practices in motor control and motor learning to inclusive physical activity, sports, and rehabilitation for individuals with disabilities in Ireland. Students participate in training seminars led by Active Disability Ireland, Sport Ireland in Dublin, and Munster Technological University in Tralee. Included are visits to rehabilitation facilities and community organizations to attend guest lectures from occupational therapists, physical and physiotherapists, athletes with disabilities, and government employees. At the University of Limerick, students learn about bachelor’s and graduate degree programs in the health sciences and hear about relevant research in physical activity, sedentary behavior, sport, and health for individuals with diverse abilities. Co-curricular activities provide an opportunity to explore and participate in sports, recreation, and physical activities through the lens of a tourist/participant with disabilities. Credit is given for KINES 260 Inclusive Physical Activity, Sport & Rehabilitation in Ireland.

HPHE majors have crafted their Wisconsin Experience in some of the following ways:

- A student majoring in HPHE is the event coordinator of a new student organization, the HPHE Learning Community. This individual is also part of a research team that codes conversations about the health and well-being of Latino children and is a teaching assistant for the Waisman Early Childhood Program.
- An HPHE student developed a passionate interest in social justice-based public health after interning at Milwaukee’s Gerald Ignace Indian Health Center and the Philippine Cultural and Civic Center Foundation. They are currently working with the Wisconsin Division of Public Health as an enteric disease research analyst and beginning research on Asian American health under Dr. Dorothy Edwards and the NIH’s All of Us (<https://allofus.wisc.edu/?elqTrackId=38719B11F064F2937F31EA8EC23D7CFB&elq=c21876d204e4>) program. This semester they will continue participating on the Asian Pacific Islander Desi American (APIDA) Heritage Month Planning Committee, the Kinesiology department’s Equity Climate, and Diversity Committee, and has joined the HPHE Learning Community.
- Another one of our students is combining HPHE with the Gender and Women’s Studies Certificate. This student has spent time as a research and communications intern of the Social Media

Adolescent Health Research Team (SMAHRT) and presented at two national conferences. They also assumed the role of a fellow in the Undergraduate Research Scholars Program of the College of Letters & Science, facilitating conversations among undergraduate students in a weekly seminar. Previously, they worked as an intern lead for the Technology and Mental Wellness Program Youth Advisory Board, and internationally as a volunteer at the Galway Autism Partnership (GAP) in Galway, Ireland.

- An HPHE student with certificates in environmental studies, French, and global health is part of a team working on developing an evidence-based physical activity program for adolescents. Last summer was spent teaching in a low-income neighborhood.
- While also completing the Certificate in Disability Rights and Services, this student serves as the co-president of the HPHE Learning Community and helped to found the organization. They work as a social media and marketing assistant for two UW-affiliated organizations and as a peer advisor with the Cross College Advising Service.
- A student majoring in HPHE and working toward certificates in environmental studies and global health is the treasurer of the HPHE Learning Community student organization and has been elected to serve in a financial position for the Slow Food Club on campus.