

HEALTH AND KINESIOLOGY, MS

Vision Statement

The School of Health and Kinesiology (H&K's) graduate program prepares students for careers in health, physical education, exercise science, athletic training, and physical activity. By fostering the development of evidence-based work, we train students to be lifelong learners who can perform leadership roles as educators, practitioners and researchers.

Program Contact Information

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Program Website (<https://www.unomaha.edu/college-of-education-health-and-human-sciences/health-kinesiology/graduate/>)

Fast Track Public Health/Health Behavior Integrated Undergraduate/Graduate Program (IUG)

The School of Health and Kinesiology has developed a Fast Track program for highly qualified and motivated students providing the opportunity to complete a bachelor's degree and a master's degree in an accelerated time frame. With Fast Track, students may count up to nine (9) graduate hours toward the completion of their undergraduate program as well as the graduate degree program.

Program Specifics:

- This program is available for undergraduate students pursuing a BS in Public Health major desiring to pursue a MS in Health & Kinesiology with a Health Behavior concentration, or those pursuing a BS in Kinesiology major desiring to pursue a MS in Health & Kinesiology with an Exercise Science concentration.
- Students must have completed no less than 60 undergraduate hours.
- Students must have a minimum undergraduate GPA of 3.0.
- Students must complete the Fast Track Approval form and obtain all signatures and submit to the Office of Graduate Studies prior to first enrollment in a graduate course
- Students will work with their undergraduate advisor to register for the graduate courses.
- A minimum cumulative GPA of 3.0 is required to remain in good standing.
- Students remain undergraduates until they meet all the requirements for the undergraduate degree and are eligible for all rights and privileges granted undergraduate status including financial aid.
- Near the end of the undergraduate program, formal application to the graduate program is required. The application fee will be waived, the applicant will need to contact the Office of Graduate Studies for a fee waiver code.
 - Admission to Fast Track does NOT guarantee admission to the graduate program.
 - The admit term must be after the completion term of the undergraduate degree.

Admissions

General Application Requirements and Admission Criteria (<http://catalog.unomaha.edu/graduate/admission/>)

Program-Specific Requirements

Application Deadlines (Spring 2025, Summer 2025, and Fall 2025)

- Applications for this program are accepted on a rolling basis. All materials must be submitted at least one week prior to the first day of the semester in which the student has elected to begin coursework.

Other Requirements

- **English Language Proficiency:** Applicants are required to have a command of oral and written English. Those who do not hold a baccalaureate or other advanced degree from the U.S., **OR** a baccalaureate or other advanced degree from a predetermined country on the waiver list (<https://www.unomaha.edu/office-of-graduate-studies/admissions/entrance-exams.php>), must meet the minimum language proficiency score requirement in order to be considered for admission.
 - Internet-based TOEFL: 80, IELTS: 6.5, PTE: 53, Duolingo: 110
- **Statement of Purpose:** Please address your main areas of interest and what you plan to do with a degree in health and kinesiology. You may also address any issues with your application that you would like the admission committee to consider. Please limit your statement to one page double spaced.
- **Letters of Recommendation:** Two letters of recommendation are required

Degree Requirements

Code	Title	Credits
Thesis Option		
Required Courses		
HEKI 8030	RESEARCH IN HEALTH & KINESIOLOGY	3
KINS 8700	PSYCHOLOGY OF PHYSICAL ACTIVITY	3
PHHB 8360	COMMUNITY HEALTH	3
HEKI 8990	THESIS	6
Concentrations		
Student must select an area of concentration.		21
Total Credits		36

Code	Title	Credits
Non-Thesis Option		
Required Courses		
HEKI 8030	RESEARCH IN HEALTH & KINESIOLOGY	3
KINS 8700	PSYCHOLOGY OF PHYSICAL ACTIVITY	3
PHHB 8360	COMMUNITY HEALTH	3
Concentrations		
Student must select an area of concentration.		27
Total Credits		36

Independent Study Note

The Health & Kinesiology, MS allows no more than 6 credits in HEKI 8000 or HEKI 8100 to be taken by students in the program to count toward their degree requirements. Anything beyond this would require approval by the graduate program committee.

Exit Requirements

Thesis Option: Thesis 6 hours HEKI 8990. All candidates should carefully review the Graduate College requirements for forming the supervisory committee, and submitting the Supervisory Committee and Thesis/Thesis Equivalent Proposal Approval forms and final approval and submission of the thesis.

Non-Thesis Option: Comprehensive Examination.

Concentrations

Exercise Science Concentration

Code	Title	Credits
Undergraduate deficiencies may include:		
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I	
KINS 4940	PHYSIOLOGY OF EXERCISE	
Required Concentration Courses		
KINS 8040/9041	ADVANCED STATISTICS	3
KINS 8950/9951	ADVANCED EXERCISE PHYSIOLOGY	3
BMKI 9960	ADVANCED EXERCISE PHYSIOLOGY II	3
Electives		12-18
Select from the following graduate course prefixes: PHHB, HEKI, KINS, or BMCH. (Others upon approval by advisor and GPC).		
Total Credits		21-27

Public Health Concentration

Code	Title	Credits
Required Concentration Courses		
Undergraduate deficiencies may include: an undergraduate statistics course.		
PHHB 8450	EPIDEMIOLOGY & PREVENTION OF DISEASE	3
PHHB 8500	HEALTH PROGRAM DESIGN	3
PHHB 8600	HEALTH BEHAVIOR	3
PHHB 8950	PUBLIC HEALTH LEADERSHIP AND ADVOCACY	3
Electives		9-15
Select from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval by advisor and GPC).		
Total Credits		21-27

Physical Activity in Health Promotion Concentration

Code	Title	Credits
Required Concentration Courses		
KINS 8040/9041	ADVANCED STATISTICS	3
KINS 8120	CURRENT TOPICS IN WEIGHT MANAGEMENT	3
KINS 8130/9131	IMPLEMENTING PHYSICAL ACTIVITY IN DIVERSE POPULATIONS	3
KINS 8140/9141	PHYSICAL ACTIVITY ASSESSMENT AND HEALTH RELATED RESEARCH	3
Electives		9-15
Select from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval by advisor and GPC).		
Total Credits		21-27

Physical Education Concentration

Code	Title	Credits
Required Concentration Courses		
KINS 8040/9041	ADVANCED STATISTICS	3
PHHB 8500	HEALTH PROGRAM DESIGN	3
KINS 8240	SPORT IN AMERICAN CULTURE	3
Electives		

Select from the following graduate course prefixes: PHHB, HEKI, KINS. (Others upon approval by advisor and GPC).

Total Credits **21-27**

Graduate Courses

HEKI 8000 SPECIAL STUDIES (1-3 credits)

A series of intensive courses - scheduled as regular seminars or workshops according to purpose.

Prerequisite(s): Permission of department.

HEKI 8030 RESEARCH IN HEALTH & KINESIOLOGY (3 credits)

The course introduces students to scientific writing, quantitative research design, and statistical methods. Considerable emphasis is placed on evaluation of research in scholarly publications. A research proposal in the form of a grant proposal is written as one of the course requirements. Students will develop the skills necessary to analyze study designs in existing literature and create a research proposal. (Cross-listed with BMKI 9001).

Prerequisite(s): Graduate standing. Not open to non-degree graduate students.

HEKI 8100 RESEARCH PROJECT (1-3 credits)

Individual or group study and analysis of specific problems in health, physical education or recreation.

Prerequisite(s): Permission of instructor.

HEKI 8106 ADVANCED MUSCULOSKELETAL ANATOMY (3 credits)

This course is designed for students interested in healthcare careers, specifically in the rehabilitation sciences, wanting to improve their knowledge of the musculoskeletal system. Emphasis will be placed on palpations, range of motion assessment, and strength testing of various muscles and joints throughout the body. This course will consist of largely hands-on activities working in small groups. (Cross-listed with HEKI 4100).

Prerequisite(s): Prerequisites - BMCH 2400 or BIOL 2740, or instructor permission

HEKI 8220 PROBLEMS & ISSUES IN HPER (3 credits)

An examination of current problems and issues in HPER that relate to the general aims and purposes of HPER.

HEKI 8300 ANALYSIS OF RESEARCH AND LITERATURE IN HUMAN MOVEMENT (3 credits)

Survey of research and literature in Human Movement for the purpose of orienting the candidate to possible areas of research and developing an understanding of and appreciation for writings in the field. The course may be offered focusing on only one specific area in HPER.

Prerequisite(s): HPER 8030 or HEKI 8030

HEKI 8500 QUALITATIVE RESEARCH METHODS (3 credits)

An examination of qualitative research methods. Emphasis on the broad application of qualitative research in public health, education, and social sciences. Course topics include research design, data collection, data analysis, and reporting.

Prerequisite(s): Not open to non-degree graduate students.

HEKI 8850 EXERCISE FOR SPECIAL POPULATIONS (3 credits)

The course will examine the physiological and medical limitations imposed on people with various common chronic diseases/conditions including arthritis, osteoporosis, exercise-induced asthma, obesity, diabetes, hypertension and pregnancy. Special groups such as children and elders will be discussed. Content will emphasize the etiology and guidelines for exercise testing, prescription, and supervision. (Cross-listed with BMKI 9851).

Prerequisite(s): PE 4940/KINS 4940 or PE 8946/KINS 8946

HEKI 8910 INTERNSHIP IN HEALTH AND KINESIOLOGY (3 credits)

This course is an off-campus, supervised, educational work experience of at least 150 clock hours at an approved worksite offering programs and experiences in fitness development or health promotion.

Prerequisite(s): 2.5 GPA and permission of Academic Advisor.

HEKI 8990 THESIS (1-6 credits)

The thesis experience is designed to help develop the candidate's ability to execute accepted procedures associated with the research process appropriate to the Master's degree.

Prerequisite(s): Permission. Not open to non-degree graduate students.

KINS 8040 ADVANCED STATISTICS (3 credits)

This course will be a study in the statistical methods commonly used in descriptive and experimental research in physical education and exercise science. Application, particularly regarding the purpose, selection, and interpretation of statistical procedures will be emphasized. (Cross-listed with BMKI 9041).

Prerequisite(s): HPER 8030/HEKI 8030 or BMKI 9001/HPER 9031/HEKI 9031 or equivalent

KINS 8056 EXERCISE AND SPORT NUTRITION (3 credits)

This course presents an overview of the principles of nutrition and the relationship between nutrition and health, fitness, and sports performance. It is designed to provide students with the knowledge and skills necessary to assess nutritional status, improve overall health, and enhance sports performance. (Cross-listed with KINS 4050).

KINS 8076 OPTIMIZING SPORTS PERFORMANCE (3 credits)

The course is designed for coaches, athletes and physically active people, and allied health professionals. Course content emphasizes integration of several disciplines in sports medicine aimed at preparing one for optimal sports performance. Topics include peaking, detraining, overuse injury, efficiency, special foods and nutritional requirements, genetics and trainability, and designing of multi-year training schedules. (Cross-listed with KINS 4070).

Prerequisite(s): PE 4940/KINS 4940 with a grade of C- or better.

KINS 8086 CLINICAL EXERCISE PHYSIOLOGY (3 credits)

This course will offer students the knowledge, skills, and abilities to take the American College of Sports Medicine's health fitness instructor certification exam. This course will emphasize health risk assessment, exercise testing, and exercise prescription for healthy and clinical populations. (Cross-listed with KINS 4080).

Prerequisite(s): PE 4940/KINS 4940 with a grade of C- or better.

KINS 8120 CURRENT TOPICS IN WEIGHT MANAGEMENT (3 credits)

This course will focus on current issues related to weight management. Students will review and apply the guidelines for physical activity and nutrition, critique current perspectives about weight management in the scientific literature and popular media (e.g., books, podcasts, news articles), and develop a best practice for weight management using what they have learned.

Prerequisite(s): Not open to non-degree graduate students.

KINS 8130 IMPLEMENTING PHYSICAL ACTIVITY IN DIVERSE POPULATIONS (3 credits)

This course will focus on information necessary to assess, design, implement, and evaluate the need for and effectiveness of physical activity interventions in diverse populations, races, and ethnicities. These populations will include: African American, Native American, Hispanic, Asian American, Pacific Islanders, and Caucasian. Additionally, candidates will complete a health and physical activity service learning project in which they will work with diverse populations in the community. (Cross-listed with BMKI 9131).

KINS 8140 PHYSICAL ACTIVITY ASSESSMENT AND HEALTH RELATED RESEARCH (3 credits)

This course will cover the broad scope of research on physical activity and public health. Emphasis will be placed on the application of physical activity assessment techniques. (Cross-listed with BMKI 9141).

KINS 8206 PLANNING WORKSITE WELLNESS PROGRAMS (3 credits)

This course will focus on the planning of quality worksite wellness programs utilizing standards established by the Association for Worksite Health Promotion. Steps in the planning process such as needs assessment, strategic planning, implementation, and evaluation will be taught with special application to the worksite. Critical issues involving worksite programs also will be addressed such as upper management support, program standards, corporate culture, competencies for worksite health promotion professionals, economic benefits, behavioral theories, legal issues, and the integration of worksite wellness programs and health care. (Cross-listed with KINS 4200).

Prerequisite(s): Junior standing.

KINS 8240 SPORT IN AMERICAN CULTURE (3 credits)

Sport in American culture is a study of sport from a theoretical perspective. The relationship between sport and sub-cultures (to include disadvantaged American cultures), economics, global influences, and technology will be analyzed.

KINS 8280 CURRICULUM IN PHYSICAL EDUCATION (3 credits)

A study of the foundations for curriculum development. Special consideration is given to curriculum change, curriculum patterns and programs in physical education which will meet a culturally diverse, global society.

KINS 8316 LOWER EXTREMITY EVALUATION (3 credits)

This course is designed to provide the candidate with knowledge and skill in the area of advanced athletic injury assessment. The candidate will be exposed to current methodology in the field of orthopedic assessment, pathophysiology of orthopedic injury, and application of current research in injury evaluation. The candidate will receive practical experience in the management of athletic injuries. This course will focus on the low back, hip, and lower extremities. (Cross-listed with KINS 4310).

Prerequisite(s): PE 8326/KINS 8326 and PE 8710/KINS 8710. Not open to non-degree graduate students.

KINS 8320 EVIDENCE-BASED PRACTICE IN SPORTS MEDICINE (3 credits)

This course is designed to provide the student with knowledge and skill in the area of developing clinical research questions, assessing research study designs, understanding statistical and epidemiological analyses, interpreting peer-reviewed manuscripts, the incorporation of research into clinical practice, understanding the role of an athletic trainer within the public health system, international classification of function, health literacy, and social determinants of health. Students in this course will learn to understand the role of evidence based /practice in clinical decision making.

KINS 8326 UPPER EXTREMITY EVALUATION (3 credits)

This course is designed to provide the candidate with knowledge and skill in the area of advanced athletic injury assessment. The candidate will be exposed to current methodology in the field of orthopedic assessment, pathophysiology of orthopedic injury, and application of current research in injury evaluation. The candidate will receive practical experience in the management of athletic injuries. This course will focus on the head, neck, thorax, and upper extremities. (Cross-listed with KINS 4320).

Prerequisite(s): PE 8316/KINS 8316, PE 8336./KINS 8336 and PE 8720/KINS 8720. Not open to non-degree graduate students.

KINS 8336 ATHLETIC THERAPEUTIC MODALITIES (3 credits)

This course will cover the theory, physiology and application of physical agents used in the treatment of injuries and illness. Students will gain practical experience utilizing selected agents to treat injuries and illnesses. (Cross-listed with KINS 4330).

Prerequisite(s): PE 8326/KINS 8326 and PE 8710/KINS 8710. Not open to non-degree graduate students.

KINS 8356 ORGANIZATION AND ADMINISTRATION OF ATHLETIC TRAINING (3 credits)

Administration of athletic training programs including the use of records and forms, budgets, facility design and legal concerns. (Cross-listed with KINS 4350).

Prerequisite(s): PE 4340/KINS 4340, PE 4320/KINS 4320

KINS 8370 ANALYZING PHYSICAL EDUCATION TEACHING & SPORT INSTRUCTION (3 credits)

This course will examine the teaching and coaching in physical education and sport. It will identify assessment techniques utilized in teaching and coaching behavior research as well as typical prescriptions in an effort to improve one's performance.

Prerequisite(s): Graduate standing

KINS 8506 BEHAVIORAL ASPECTS OF COACHING (3 credits)

This course is designed to provide the physical education teacher and athletic coach with an overview of the behavioral aspects of coaching athletes. The course will provide information which will enable the coach to enhance as well as orchestrate performance of elementary, junior high, senior high, college, and post-college athletes. (Cross-listed with KINS 4500).

KINS 8700 PSYCHOLOGY OF PHYSICAL ACTIVITY (3 credits)

The central purpose of this course is to examine the psychological antecedents and consequences of exercise and physical activity behaviors. The course will focus on traditional theories/principles of psychology as they relate to various physical activity settings. (Cross-listed with BMKI 9701).

KINS 8710 CLINICAL PRACTICUM IN ATHLETIC TRAINING I (1 credit)

Clinical Practicum in Athletic Training I is the first course in the Clinical Practica series for students admitted to the Master of Arts in Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills.

Prerequisite(s): Admission to the MA in Athletic Training program, instructor permission, & compliance with published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 8326/KINS 8326. Not open to non-degree graduate students.

KINS 8720 CLINICAL PRACTICUM IN ATHLETIC TRAINING II (1 credit)

Clinical Practicum in Athletic Training II is the second course in the Clinical Practica series for students admitted to the Master of Arts in Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills.

Prerequisite(s): Admitted to MA in Athletic Training, PE 8710/KINS 8710, instructor permission, & compliance w/published Athletic Training Program Technical Standards for Admission. Co-reqs: PE 8316/KINS 8316 & PE 8336/KINS 8336. Not open to non-degree graduate students.

KINS 8730 CLINICAL PRACTICUM IN ATHLETIC TRAINING III (1 credit)

Clinical Practicum in Athletic Training III is the third course in the Clinical Practica series for students admitted to the Master of Arts in Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills.

Prerequisite(s): Admitted to MA in Athletic Training, PE 8720/KINS 8720, instructor permission, & compliance w/published Athletic Training Program Technical Standards for Admission. Co-reqs: PE 8346/KINS 8346 & PE 8356/KINS 8356. Not open to non-degree graduate students.

KINS 8740 CLINICAL PRACTICUM IN ATHLETIC TRAINING IV (1 credit)

Clinical Practicum in Athletic Training IV is the fourth course in the Clinical Practica series for students admitted to the Master of Arts in Athletic Training Program. Students will perform required clinical experiences under the supervision of a preceptor in order to improve clinical and decision-making skills.

Prerequisite(s): Admission to the MA in Athletic Training, PE 8730/KINS 8730 instructor permission, and compliance with published Athletic Training Program Technical Standards for Admission. Co-req: PE 8966/KINS 8966. Not open to non-degree graduate students.

KINS 8800 RISK MANAGEMENT FOR HEALTH FITNESS PROFESSIONALS (3 credits)

A study of risk management for health fitness professionals with a focus on minimizing liability exposures for health fitness facilities and their personnel. Principles of risk management such as the assessment of liability exposures, the development and implementation of risk management strategies, and the evaluation of these strategies will be explored as well as the law as it pertains to health fitness liability. Candidates will develop the knowledge and skill to manage high quality health fitness programs in various settings.

Prerequisite(s): PE 4010/KINS 4010 or PE 8016/KINS 8016

KINS 8856 CARDIOVASCULAR DISEASE PREVENTION AND REHABILITATION (3 credits)

The purpose of this course is to provide candidates with an introduction to the theories and practices involved in all phases of cardiac rehabilitation. (Cross-listed with KINS 4850).

Prerequisite(s): PE 2500/BMCH 2500 with a grade of C- or better or BIOL 2840 with a grade of C- or better, PE 4940/KINS 4940 with a grade of C- or better

KINS 8865 SCIENTIFIC ASPECTS OF STRENGTH DEVELOPMENT (3 credits)

This course is designed to explore the nature of muscular strength development, to investigate the physiological basis of physical conditioning, and to provide teachers, coaches and trainers with practical experience in designing specialized conditioning programs for a variety of sports and cultures.

KINS 8900 MANAGEMENT & LEADERSHIP SKILLS FOR FITNESS WELLNESS MANAGERS (3 credits)

This course is a study of management and leadership skills necessary for the successful management of fitness and wellness facilities and programs. Candidates will develop knowledge and practical skills in the areas of personnel and financial management, marketing, and operating policies procedures as well as develop a personal leadership philosophy based on sound principles of leaders.

Prerequisite(s): PE 4010/KINS 4010 or PE 8016/KINS 8016 or ACSM Health Fitness Certification.

KINS 8910 INTERNSHIP IN EXERCISE SCIENCE (3 credits)

This course is an off-campus, supervised, educational work experience of at least 150 clock hours at an approved worksite offering programs and experiences in fitness development or health promotion. Candidates must have current CPR certification.

Prerequisite(s): 2.5 GPA and permission of Academic Advisor

KINS 8950 ADVANCED EXERCISE PHYSIOLOGY (3 credits)

A detailed analysis of selected topics including acute and chronic effects of exercise on metabolic, pulmonary, and cardiovascular function; and sports nutrition. Current research findings and methodology will be emphasized. (Cross-listed with BMKI 9951).

Prerequisite(s): PE 4940/KINS 4940 or equivalent

KINS 8970 TOPICS IN SPORTS MEDICINE (3 credits)

This course is designed to help students synthesize and apply their knowledge of athletic training and sports medicine to current topics, unique populations, and other areas of exercise, sports medicine and health care. (Cross-listed with BMKI 9971).

PHHB 8050 APPLIED RESEARCH IN PUBLIC HEALTH (3 credits)

This course will assist candidates to develop the basic skills to conduct applied research to address contemporary problems in public health. The course will emphasize proposal writing, data collection, research design, statistical analysis, computer application, and writing of research reports.

Prerequisite(s): Graduate standing. Not open to non-degree graduate students.

PHHB 8080 TOPICS IN HEALTH EDUCATION (3 credits)

This course will explore important current issues in Health Education. Candidates will explore economic, political, ethical and technological developments that affect the practice of Health Education. There is no limit to the number of times a candidate may enroll in HED 8080 as long as a different topic is offered each time.

Prerequisite(s): Graduate.

PHHB 8206 A PUBLIC HEALTH APPROACH TO MENTAL HEALTH (3 credits)

This public health course will help students think critically about the prevention, identification, and treatment of mental illness in the United States. Students will be introduced to concepts from the disciplines of public health, psychology and sociology to understand mental health disorders and their impact on population health. Students will explore health disparities through the lens of cultural, social, behavioral, psychological, and economic factors. Students will recognize that mental health exists on a continuum and develop skills to address environmental influences on behavior. (Cross-listed with PHHB 4200).

PHHB 8250 HUMAN SEXUALITY (3 credits)

This graduate-level course is aimed at providing an overview of the current scientific knowledge concerning human sexuality. The course is designed to be interdisciplinary in nature, providing the biological, behavioral and cultural aspects of human sexuality. Priority will be given to candidates from the helping professions. Qualified candidates from other related disciplines must have permission of instructor.

Prerequisite(s): Undergraduate Anatomy and Physiology

PHHB 8270 INTERVENTIONS IN HEALTH EDUCATION (3 credits)

This course will provide health behavior candidates with an opportunity to investigate, contrast, develop, implement and evaluate a variety of intervention activities, to be applied in different settings. Theories regarding methods to enhance behavior change and teaching strategies to meet the health needs of a diverse population will be explored.

Prerequisite(s): Graduate status.

PHHB 8330 ALCOHOL EDUCATION (3 credits)

A study of the problems associated with alcohol use, misuse and abuse. The patterns and trends of use, theories of dependence, pharmacological aspects and health consequences are explored. Emphasis is given to the identification of people with alcohol related problems and the role of the private and public sectors in prevention, education, intervention, and referral. Methods of assessing needs, prescribing, implementing, and evaluating alcohol education programs will be explored.

PHHB 8360 COMMUNITY HEALTH (3 credits)

An in-depth examination of community health and determinants of community health issues. The epidemiology, statistical sciences, environmental health, political influences on health, and behavioral social sciences for community health are examined. Students are expected to be able to apply concepts addressed in class to contemporary health issues.

PHHB 8400 HEALTH PROMOTION PROGRAM PLANNING (3 credits)

An in-depth application of the health promotion program planning process utilizing a choice of planning models. Students develop a comprehensive plan in response to an actual grant announcement and follow appropriate guidelines.

PHHB 8450 EPIDEMIOLOGY & PREVENTION OF DISEASE (3 credits)

The course is designed for health behavior graduate students and others who are interested in public health. The causes, prevention, treatment and control of prevalent communicable and non-communicable disease in a culturally diverse and global society will be emphasized. Special emphasis will be given to diseases and health problems that can be prevented or controlled through education and advocacy. Students will apply skills to contemporary issues.

PHHB 8500 HEALTH PROGRAM DESIGN (3 credits)

This course will provide students the skills to design an education/advocacy health initiative based on health behavior theory and models. They will develop a plan that includes a detailed needs assessment, a carefully crafted set of SMART (Specific, Measurable, Achievable, Relevant, Time-Bound) objectives for all levels of program outcome, an implementation strategy using health behavior models, and a thorough and systematic evaluation framework (formative and summative).

PHHB 8556 HEALTH ASPECTS OF AGING (3 credits)

This course emphasizes health promotion for older adults. Special health needs of older Americans are compared and contrasted with health needs for other age groups. Prevention or delaying of chronic diseases and disorders are emphasized. (Cross-listed with PHHB 4550, GERO 4550, GERO 8556, WGST 4550).

PHHB 8600 HEALTH BEHAVIOR (3 credits)

The purpose of this course is to study the theoretical foundations of health behavior. Candidates will develop an understanding of the determinants of health behavior, the models and theories that provide a framework for predicting health behavior, and the strategies employed to bring about behavioral changes for health and disease prevention in individuals and groups.

PHHB 8706 WOMEN'S HEALTH AND ISSUES OF DIVERSITY (3 credits)

This course provides a critical understanding of the inter-relationship between socio-cultural, economic, and political factors and women's physical and mental health. The aim is to provide an overview of the experience with the health care system. Emphasis will be on critically examining recent scholarship from a sociological, behavioral, health policy perspective. (Cross-listed with PHHB 4700, SOC 4700, SOC 8706).

Prerequisite(s): Graduate standing.

PHHB 8730 DYING, DEATH & GRIEVING (3 credits)

An examination of theory and research relevant to interaction with the older, terminally ill person, focusing on communication with widows and other survivors as well as the dying patient. (Cross-listed with GERO 8730).

Prerequisite(s): Graduate Students

PHHB 8750 PROGRAM EVALUATION AND INSTRUMENTATION (3 credits)

This course will build skills for selection, development and analysis of various types of instruments and techniques for conducting process, impact, and outcome evaluations in health promotion, education, and behavior. Evaluation of health behavior change and its antecedents, changes in community services programs, and community health status will be discussed. Candidates will learn methods for developing choosing psychometric tools, choosing appropriate evaluation designs, procedures for data collection, and describing evaluation results. Emphasis will be placed on political, statistical, and theoretical aspects of instrumentation and evaluation practices.

Prerequisite(s): HED 8270/PHHB 8270 or permission of instructor.

PHHB 8850 HEALTH ASPECTS OF STRESS MANAGEMENT (3 credits)

The health-related aspects of stress management and control will be the focus of this course. Selected techniques for self-regulating stress will be demonstrated, practiced and analyzed. Candidates will be introduced to current scientific research in human stress.

Prerequisite(s): Graduate.

PHHB 8950 PUBLIC HEALTH LEADERSHIP AND ADVOCACY (3 credits)

This course incorporates public health leadership theory and practices that are grounded in biomedical and social science and sanctioned by public law. Also included is the politics of communities and organizations. Advocacy is emphasized as a key tool to secure funding and to help assure that local, state, and federal policy-makers will adopt, implement, and maintain important public health regulations, policies and programs.

Prerequisite(s): Fifteen (15) health education graduate credits. Not open to non-degree graduate students.

PHHB 8980 HEALTH EDUCATION PRACTICUM (1-3 credits)

This course offers graduate candidates in health education an opportunity to gain practical, on-the-job training in health education in local schools, businesses, hospitals, clinics, voluntary health agencies or governmental health agencies.

Prerequisite(s): Candidates must have completed 21 credit hours at the undergraduate or graduate level (3.0 GPA or above) in health education prior to enrolling in this course. Not open to non-degree graduate students.