**2024-2025 WHHPBA Curriculum Guide**

Bachelor of Arts with a major in Wellness & Health Promotion Practice (Main Campus)

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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| Emphasis 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. |
| \*Students completing the Health Education Emphasis will automatically be eligible to sit for the CHES exam. All courses highlighted in yellow assist in preparedness for this exam. |

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

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

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| **ADVANCED STANDING PREREQUISITE COURSES** *(all units required, grades C or higher)* |
| Students are eligible to apply for Advanced Standing when the remaining Foundation, Major Requirements, and Major Core coursework is 3 courses or 10 units or fewer. |
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| **FOUNDATION COURSES** | Complete or In-Progress | Offered\* | Planned For | Notes | Grade |
| **First Semester Composition** ENGL 101, 101A, 106 or 107 | [ ]  | Year Rd.\* |       | 3-4 units |       |
| **Second Semester Composition** ENGL 102, 108, or 109H | [ ]  | Year Rd.\* |       |       |       |
| **Second Language** Fourth Semester Language Proficiency  | [ ]  | Year Rd.\* |       | 16+ units |       |
| **College Algebra** MATH 112 or higher | [ ]  | Year Rd.\* |       |       |       |
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| **MAJOR REQUIREMENTS** | Complete or In-Progress | Offered\* | Planned For | Notes | Grade |
| **Statistics Skills** (Choose one)**:** |
|  **BIOS 216** Understanding Our Health Through Data | [ ]  | Spring |       |       |       |
|  **BIOS 376** Introduction to Biostatistics | [ ]  | Fall, Spring |       | Pre-req: MATH 112 for BIOS 376 |
| **Communication Skills** (Choose one)*:*  |
|  **COMM 114** Introduction to Interpersonal Communication | [ ]  | Year Rd.\* |       |  |       |
|  **COMM 117** Culture and Communication  | [ ]  | Year Rd.\* |       |  |
|  **COMM 119** Public Speaking | [ ]  | Year Rd.\* |       | For enrollment in COMM prefix courses contact |
|  **COMM 201** Introduction to Public Relations | [ ]  | Year Rd.\* |       | Isabella Carillo icarrillo@arizona.edu. |
|  **COMM 209** Introduction to Communication Technology | [ ]  | Year Rd.\* |       |  |
|  **COMM 314** Creative Professional Communication | [ ]  | Fall |       |  |
|  **GHI 414** Intercultural Communication for Health Sciences | [ ]  | Fall |       |  |
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| **MAJOR CORE COURSES** | Complete or In-Progress | Offered\* | Planned For | Notes | Grade |
| **HPS 178** Personal Health and Wellness | [ ]  | Year Rd.\* |       |       |       |
| **HPS 200** Introduction to Public Health | [ ]  | Year Rd.\* |       |       |       |
| **PHP 210** Diversity, Health, and Well-Being Later in Life | [ ]  | Spring |       |       |       |
| **PHP 322** Health Education and Ethical Leadership | [ ]  | Spring |       | Pre-reqs: HPS 178 and HPS 200 |       |
| **HPS 403** Applications in Health Promotion: Behavioral Theories | [ ]  | Fall |       | Pre-req: HPS 178 |       |
| **HPS 404** Fundamentals of Evaluation | [ ]  | Spring |       |       |       |
| **HPS 405** Biology in Public Health | [ ]  | Fall, Spring |       |       |       |
| **EHS 425** A Public Health Lens to Climate Change | [ ]  | Spring |       | Req: Fall 2025 Admits and later |       |
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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 Number and Title | Complete or In-Progress | Offered\* | Planned For | Notes | Grade |
| **Introduction to General Education Experience** UNIV 101 | [ ]  | Year Rd.\* |       | 1 unit |       |
| **Exploring Perspectives** – Arts  | [ ]  | Year Rd.\* |       |       |       |
| **Exploring Perspectives** – Humanities  | [ ]  | Year Rd.\* |       |       |       |
| **Exploring Perspectives** – Natural Sciences  | [ ]  | Year Rd.\* |       | Recommended to take NSC 170C1 |       |
| **Exploring Perspectives** – Social Sciences  | [ ]  | Year Rd.\* |       | \*HPS 178 or HPS 200 will satisfy this requirement |       |
| **Building Connections** | [ ]  | Year Rd.\* |       |       |       |
| **Building Connections** | [ ]  | Year Rd.\* |       |       |       |
| **Building Connections** | [ ]  | Year Rd.\* |       |       |       |
| **General Education Portfolio** UNIV 301 | [ ]  | Year Rd.\* |       | 1 unit |       |
| **Arizona transfer students: AGEC Complete?** | [ ]  | **Notes:**       |
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| **APPLIED PRACTICE REQUIREMENTS**  |
| **Practicum** *Complete 6 units; grades C/P or higher* |
| * Students must have achieved Advanced Standing in the Wellness and Health Promotion Practice major to enroll in these courses
 |
| * 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 | Complete or In-Progress | Offered\* | Planned For | Notes | Grade |
| **HPS 394** Practicum | [ ]  | Year Rd.\* |       | 1-3 units; Need faculty approval |       |
| **HPS 394B** Introduction to Sleep Health Coaching | [ ]  | Spring |       |       |       |
| **HPS 497E** Public Health for Community Wellness | [ ]  | Fall, Spring |       | 2 units; Pre-req: HPS 350 |       |
| **HPS 497F** Community and School Garden Workshop | [ ]  | Fall, Spring |       | 2-6 units |       |
| **HPS 497L** Public Health for School and Community Based Childhood Obesity Prevention | [ ]  | Fall, Spring |       | 2 unit; Pre-req: HPS 350 |       |

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| **Field Work in Public Health** *Complete 3 units, must earn grade of P or S* |
| * This required service learning reflects preceptor-led, faculty-assessed, experiential learning experiences.
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| NOTE: *Preceptor can be a primary HPS faculty member, community organization, healthcare of behavioral health setting government organization, business, etc.* |
| * Required: three (3) units of practicum (see above) must be completed before enrolling in the HPS 493A units.
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| Course Number and Title | Complete or In-Progress | Offered\* | Planned For | Notes | Grade |
| **HPS 493A** Field Work in Public Health | [ ]  | Year Rd.\* |       | Pre-req: 3 units of practicum completed |       |

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| **PUBLIC HEALTH WELLNESS AND HEALTH PROMOTION PRACTICE EMPHASIS COURSES** *Choose one emphasis, and complete 15 units; grades C or higher* |
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| **Aging and Population Health Emphasis:** | Complete or In-Progress | Offered\* | Planned For | Notes | Grade |
| *Select any 15 units from the following courses to complete the Aging and Population Health emphasis* |  |  |  |  |  |
| **PHP 301** Introduction to Gerontology |[ ]  Spring |       |       |       |
| **PHP 305** Public Health in the Digital Age |[ ]  Fall, Spring |       |       |       |
| **PHP 312** Health Promotion and Well-being in Later Life |[ ]  Fall |       |       |       |
| **HPS 412** Public Health Approaches to Mental Health Disorders in the US |[ ]  Spring |       |       |       |
| **HDFS 413** Issues in Aging |[ ]  Year Rd.\* |       |       |       |
| **PHP 419** Alzheimer's Disease, Other Dementias, and the Role of Public Health |[ ]  Fall |       |       |       |
| **PHP 424** Optimizing Well-being and Resilience in Older Adults |[ ]  Fall |       |       |       |
| **EHS 425** A Public Health Lens to Climate Change |[ ]  Spring |       |       |       |
| **EHS 428** Indigenous Research and Ethics |[ ]  Fall |       |       |       |
| **PHP 436** Aging, Environment and Wellbeing |[ ]  Fall |       |       |       |
| **PHP 437** Management and Leadership in Long-term Care |[ ]  Spring |       |       |       |
| **HPS 442** Nicotine Dependence, Treatment, and Coaching Interventions |[ ]  Fall |       |       |       |
| **EPID 454A** Healthy Aging in Action I |[ ]  Spring |       |       |       |
| **EPID 454B** Healthy Aging in Action II |[ ]  Fall |       |       |       |
| **PHPM 458** Health Care Marketing |[ ]  Spring |       |       |       |
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| **Health Education Emphasis:**  | Complete or In-Progress | Offered\* | Planned For | Notes | Grade |
| *Complete* ***HPS 350 and HPS 481*** *and 9 additional units*  |  |  |  |  |  |
| **Required – 6 units** |
| **\*\*HPS 350** Principles of Health Education and Health Promotion |[ ]  Fall, Spring |       | Pre-reqs: HPS 178 and HPS 200 |       |
| **\*\*HPS 481** Health Education Intervention Methods |[ ]  Spring |       | Pre-req: HPS 350 |       |
| **Complete 9 additional units from the list below:** |
| **HPS 300** Public Health in the 21st Century |[ ]  Fall |       |       |       |
| **HPS/GHI 302** Introduction to Program Evaluation in Global Health |[ ]  Fall |       |       |       |
| **PHP 305** Public Health in the Digital Age |[ ]  Fall, Spring |       |       |       |
| **HPS 306** Drugs and Society |[ ]  Fall, Spring |       |       |       |
| **PHP 308** Community Health Education for Disease Outbreaks |[ ]  Fall |       |       |       |
| **HPS 311** Childhood Obesity |[ ]  Fall |       |       |       |
| **HPS 330** Human Sexuality |[ ]  Year Rd.\* |       |       |       |
| **HPS 400** Contemporary Community Health Problems |[ ]  Fall |       |       |       |
| **Health Education Emphasis Continued:**  | Complete or In-Progress | Offered\* | Planned For | Notes | Grade |
| **HPS 412** Public Health Approaches to Mental Health Disorders in the US |[ ]  Spring |       |       |       |
| **HPS 330** Human Sexuality |[ ]  Year Rd.\* |       |       |       |
| **HPS 442** Nicotine Dependence, Treatment, and Coaching Interventions |[ ]  Fall |       |       |       |
| **HPS 449** Family Violence |[ ]  Fall |       |       |       |
| **PHPM 458** Health Care Marketing |[ ]  Spring |       |       |       |
| **HPS 488** Adolescent Health |[ ]  Spring |       |       |       |
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| ***\*Highlights courses are recommended and/or required*** [***CHES***](https://www.nchec.org/responsibilities-and-competencies) ***courses*** |

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| **Health and Wellness Emphasis:** | Complete or In-Progress | Offered\* | Planned For | Notes | Grade |
| *Select any 15 units from the following courses:* |  |  |  |  |  |
| **PHP 308** Community Health Education for Disease Outbreaks |[ ]  Fall |       |       |       |
| **HPS 311** Childhood Obesity  |[ ]  Fall |       |       |       |
| **NSC 312** Weight Stigma, Nutrition & Health |[ ]  Year Rd.\* |       | Pre-reqs: NSC 170C1 or NSC 101 |       |
| **NSC 320** Nutrition, Physical Activity and Health Promotion |[ ]  Year Rd.\* |       | Pre-reqs: NSC 170C1 or NSC 101 |       |
| **GHI 325** Dietary Assessment in Public Health Practice |[ ]  Spring |       |       |       |
| **NSC 332** Health Coaching |[ ]  Year Rd.\* |       |       |       |
| **CPH 402** Climate and Health |[ ]  Summer |       |       |       |
| **HPS 402** Corporate Wellness |[ ]  Summer |       |       |       |
| **HPS 412** Public Health Approaches to Mental Health Disorders in the US |[ ]  Spring |       |       |       |
| **HPS 416** The World’s Food and Health |[ ]  Fall |       | Recommened course to take before: NSC 170C1 & EPID 309 |       |
| **PHP 424** Optimizing Well-being and Resilience in Older Adults |[ ]  Fall |       |       |       |
| **EHS 425** A Public Health Lens to Climate Change |[ ]  Spring |       |       |       |
| **HPS/PHPM 425** Latino Health Disparities |[ ]  Fall |       |       |       |
| **EHS 428** Indigenous Research and Ethics |[ ]  Fall |       |       |       |
| **HPS 442** Nicotine Dependence, Treatment, and Coaching Interventions |[ ]  Fall |       |       |       |
| **PHPM 458** Health Care Marketing |[ ]  Spring |       |       |       |
| **HPS 488** Adolescent Health |[ ]  Spring |       |       |       |
| **HPS 478** Public Health Nutrition |[ ]  Fall, Spring |       | Pre-reqs: HPS 200 & 350 & EPID 309 |       |
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| **MINOR** *(consists of 18+ units)* |  |  |  |  |  |
| A minor is **required** for all students **admitted Fall 2025 and later**. Prior to this a minor is encouraged to help students to reach the required 120 units for graduation.  | Complete or In-Progress | Offered\* | Planned For | Notes | Grade |
|       |[ ]        |       |       |       |
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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.*  |
| **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 | Complete or In-Progress | Offered\* | Planned For | Notes | Grade |
|       |  |       |       |       |       |
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