The health promotion option of health management gives students the necessary knowledge, skills and competencies needed to plan, implement and evaluate wellness programs in a variety of settings. The cornerstone of most wellness programs is physical fitness; therefore, a major part of the curriculum involves teaching students the skills required to be effective fitness professionals. Many of these skills are based on the knowledge, skills and competencies desired by the American College of Sports Medicine, which is the preeminent professional organization for fitness and wellness professionals. The certifications offered by this organization are the gold standard for the field. The health promotion curriculum prepares students to pass the American College of Sports Medicine’s Health Fitness Specialist Certification.

The curriculum provides students with the background necessary to apply scientific principles to comprehensive wellness programs. Students are taught the how to design health promotion interventions for a variety of settings. These interventions include exercise, weight loss, nutrition education, health screening and assessment, stress management, low back care, ergonomics, substance abuse prevention, and smoking cessation. Students also learn to apply theories of behavior change to assist individuals of varying health status and fitness levels make lifestyle changes. Students who complete the health promotion program have had ample opportunities to apply knowledge and hone skills learned in the classroom in both the laboratory setting and in the field. Faculty monitor students’ progress along the way.

Health Promotion students will...
- Learn the skills needed to be effective wellness/health promotion professionals
- Be afforded the opportunity to gain hundreds of hours of real world experience prior to graduation
- Gain a wide variety of exercise testing and exercise programming skills
- Learn how to apply basic scientific principles for a wide variety of interventions

Career Planning
Career preparation is part of the mission of Southeast. 100% of programs offer our students an internship, study-abroad program, clinical opportunity, student teaching or research internship.

Students complete a 480 clock hour internship at the completion of the degree program. The internship provides not only an invaluable work experience but also often leads to employment.

The Office of Career Services in Academic Hall 057 can provide students with professional career counseling and coaching, resume critiques, practice interviews, job search strategies, career events, networking opportunities, and more.

Internship and Employment Opportunities of Recent Graduates
- The American Cancer Society
- The American Heart Association
- HealthPoint Fitness – Southeast Missouri Hospital, Cape and Jackson
- Fitness and Wellness – St. Francis Medical Center, Cape
- BJC WellAware Center, St. Louis
- WellBridge by SSM Healthcare
- Occupational Health and Wellness – St Anthony’s Medical Center, Saint Louis
- Monsanto Employee Wellness
- Ameren Energy Employee Wellness
- Wells Fargo Corporate Wellness
- Health Facilities Rehabilitation, Sikeston
- Southeast Missouri Substance Abuse Prevention Coalition
- Butler, Carter and Scott County Health Departments
- The American Red Cross
- Sikeston YMCA
- Farmington Municipal Recreation and Aquatic Center
- St Louis Children’s Hospital
- Cardiopulmonary Rehabilitation and Wellness Center, DePaul Hospital, St. Louis
- St. Louis County Police Department
- Sprint Employee Wellness, Overland park, Kansas

Transfer and Dual Credit Students
If you have dual credit or transfer credit, please visit our transfer course equivalencies guide at semo.edu/transfercredit.
This is a guide based on the 2018-2019 Undergraduate Bulletin and is subject to change. The time it takes to earn a degree will vary based on several factors such as dual enrollment, remediation, and summer enrollment. Students will meet with an academic advisor each semester and use Degree Works to monitor their individual progress.

**CURRICULUM CHECKLIST**

Critical Courses are italicized and bolded. These courses are indicators of potential for success in the degree program.

**Health Management** – 64 hours required – No minor required*

A grade of ‘C’ is required in each core course

- FN 235 Nutrition for Health (3)
- HL 111 Introduction to Health Management (3)
- HL 120 Health Perspectives (3)
- HL 231 Fitness Conditioning (3)
- HL 303 Research Methods (3)
- HL 312 Sport and Exercise Pharmacology (3)
- HL 331 Exercise Physiology (4) w/ Lab
- HL 431 Fitness Assessment (3)
- HL 460 Exercise Leadership (3)
- HL 490 Health Promotion Programs Planning and Evaluation
- HL 498 Health Internship (12)*

*In order to enroll in the internships, students must have a grade point average of 2.5 in the major and overall in order to enroll in the internships; all major courses must be completed with a grade of ‘C’ or higher.

**Health Promotion Option**

**Required Courses:**
- FN 255 Nutrition I (3)
  OR
  - FN 355 Lifespan Nutrition (3)
- HL 260 Health Promotion Practicum (3)
- HL 332 Lifestyle Disease Risk Reduction (3)
- HL 432 Health Promotion Programs (3)
- HL 490 Health Promotion Programs Planning and Evaluation (3)
- MA 301 Principles of Management (3)
  OR
  - MK 301 Principles of Marketing (3)
- MG 3XX Upper Division MG elective (3)
  OR
  - MK 343 Advertising and Promotion Marketing (3)
- UI 354 Lifestyle Enhancement (3)

* Although a minor is not required, many students minor in nutrition, marketing or management.

**Prerequisite Courses** – 14-16 Hours Required

Some courses may fulfill University Studies requirements. A grade of ‘C’ or better is required in each support course.

- BS 113 Anatomy and Physiology I (4) w/ Lab
- BS 114 Anatomy and Physiology II (4) w/ Lab
- CH 180 Chemistry in Our World (3)*
- MA 116 Precalculus A (3)

* Students may choose to take CH 181/0181/001 (5)

**University Studies Requirements** – some requirements may be fulfilled by coursework in major program

- Social and Behavioral Sciences – 7 hours from two disciplines, one to include a lab
- Natural Sciences – 7 hours from two disciplines, one to include a lab
- Mathematics – 3 hours
- Humanities & Fine Arts – 9 hours from at least two disciplines
- Additional requirements – 5 hours (to include UI100 for native students)

**SAMPLE FOUR-YEAR PLAN**

<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course #</td>
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<tr>
<td>FIRST YEAR</td>
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</tr>
<tr>
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<tr>
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<tr>
<td>Total</td>
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</tbody>
</table>

*Milestones: Must complete MA 116 with a grade of ‘C’ or better

| SECOND YEAR   |          |          | |
| BS113/013     | 4       | BS114/014| 4 |
| CH180 or CH181| 3-5     | University Studies | 3 |
| HL231         | 3       | University Studies | 3 |
| HL260         | 3       | University Studies | 3 |
| University Studies | 3 |
| Total         | 16-18  | Total    | 13 |

*Milestones: Must complete CH 180/181, BS 113 and BS 114 with a grade of ‘C’ or better

(summer courses are encouraged to avoid 18 hour semesters)

| THIRD YEAR    |          |          | |
| HL331         | 4       | FN235 or FN355 | 3 |
| HL332         | 3       | HL312      | 3 |
| MG301 or MK301| 3       | HL431      | 3 |
| UI354         | 3       | MG3XX or MK343| 3 |
| Total         | 13      | Total     | 12 |

*Milestones: A grade of ‘C’ or higher is required for all major courses

| FOURTH YEAR   |          |          | |
| HL460         | 3       | HL503     | 3 |
| HL432         | 3       | HL490     | 3 |
| Elective      | 3       | Elective (UI412 suggested) | 3 |
| Elective      | 3       | Elective | 3 |
| Total         | 12      | Total     | 12 |

*Milestones: A major GPA of 2.5 is required for admission into HL 498

**SUMMER SESSION**

HL498 12

A “Milestone” signifies a significant stage for a student in the completion of a degree.

A minimum 2.5 GPA in the major and 2.25 GPA overall are required to graduate.

Degree requirements for all students: a minimum of 120 credit hours, completion of University Studies program, completion of 39 senior division hours (300-599), Writing Proficiency Exam (WP003), and completion of the Measure of Academic Proficiency and Progress (MAPPP) at the senior level.

Refer to the Undergraduate Bulletin or Degree Works for additional graduation requirements for your program.

Revised 8/27/2018