Health Promotion Option

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 Personal Trainer Certification.

The curriculum provides students with the background necessary to apply scientific principles to comprehensive wellness programs. Students are taught 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 practice skills learned in the classroom and laboratory setting in the real world. Faculty monitor students’ progress along the way.

Becoming Career Ready...

If you are a Health Promotion major, you have the opportunity to gain hundreds of hours of real-world experience prior to graduation.

Health Promotion graduates work in fitness, nutrition, wellness and rehabilitation settings, including corporate settings. Examples of job titles include corporate wellness coordinator, community health worker, health services manager, health coach, public health educator and medical sales representative.

Faculty work closely with students to help them gain the skills needed to be effective wellness/health promotion professionals.

Students in the program gain a wide variety of exercise testing and exercise programming skills.

Health Management: Health Promotion students learn how to apply basic scientific principles for a wide variety of interventions.

100% of Southeast programs offer a real-world experience. Health Promotion option students gain this experience through a required internship and practicum. 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 path to a successful career starts with you! You can maximize your career development by working closely with Career Services and Southeast faculty – they are here to help you connect your passions, interests, and skills to jobs and opportunities in the field. Career Services provides 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 Regional Prevention Center
- 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
- St. Louis Area National Council on Alcoholism and Drug Abuse (NCADA)
- Compass Prevention Pathways, St Louis
- Anytime Fitness, Middleton, Wisconsin
- YMCA South Hampton Roads, Virginia
- Shriners Hospitals For Children, St. Louis
- Club Fitness, St. Peters
- Sprint Employee Wellness, Overland Park, Kansas
- St Louis University Hospital
- Mississippi State University Health Promotion and Wellness Center

Transfer and Dual Credit Students

If you have dual credit or transfer credit, please visit our transfer course equivalencies guide at semo.edu/transfercredit.
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 332 Lifestyle Disease Risk Reduction (3)
- HL 431 Fitness Assessment (3)
- HL 460 Exercise Leadership (3)
- HL 498 Health Internship (12)*

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

Health Promotion Option

Required Courses:

- FN 255 Nutrition I (3)
- OR
- FN 355 Lifespan Nutrition (3)
- OR
- HL 260 Health Promotion Practicum (3)
- OR
- HL 432 Health Promotion Programs (3)
- OR
- HL 490 Health Promotion Programs Planning and Evaluation (3)
- OR
- MG 301 Principles of Management (3)
- OR
- MK 301 Principles of Marketing (3)
- OR
- MK 334 Advertising and Promotion Marketing (3)

Choose 3 hours:

- HL 526 Health Behavior Changes (3)
- OR
- PR 555 Health Psychology (3)
- OR
- UI 354 Lifestyle Enhancement (3)

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

Prerequisite Courses:

Some courses may fulfill General Education 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 123 Mathematical Reasoning & Modeling or higher level math (3)

*Students may choose to take CH 181/081/001 (5)

General Education Requirements – some requirements may be fulfilled by coursework in major program

- Social and Behavioral Sciences – 6 hours
- Constitution Requirement – 3 hours
- Written Communication – 6 hours
- Oral Communication – 3 hours
- 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)
- Civics examination

SAMPLE FOUR-YEAR PLAN

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<th>Fall Semester</th>
<th>Spring Semester</th>
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Milestones: Must complete MA 116 with a grade of ‘C’ or better

**SECOND YEAR**

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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**

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<td>HL526/PY555/UI354</td>
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Milestones: A grade of ‘C’ or higher is required for all major courses

**FOURTH YEAR**

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

SUMMER SESSION

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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 the General Education program, completion of 39 semester division hours (300-599), Writing Proficiency Exam (WP003). Refer to the Undergraduate Bulletin or Degree Works for additional graduation requirements for your program.