

EXERCISE, SPORT, & HEALTH SCIENCES

Community Health Ed & Promotion



The Exercise, Sport, and Health Sciences degree with an emphasis in CHEP offers students the opportunity to be actively involved in helping people in communities develop healthy active lifestyles. The degree provides graduates with knowledge of strategies, leadership skills, and abilities to plan, implement, and evaluate health and exercise programs. Exercise, Sport, and Health Sciences majors must have a cumulative GPA of 2.00 or greater to graduate.

Curricular requirements – 120 semester credits total for graduation

MOVEMENT SCIENCES CORE (3CRS)

MVSC 201 Physical Activity, Wellness & Behavior Change *Prereq or coreq: PEP 100* 3

MOVEMENT SCIENCES THEORY & LAB (21CRS)

BIOL 227 Human Anatomy and Physiology I (F) *Prereq: BIOL 102 or 115. Suggested sophomore standing* 4

BIOL 228 Human Anatomy and Physiology II (S) *Prereq: BIOL 227* 4

H&S 450 or H&S 451 Critical Health Issues (F) or Psychosocial Determinants of Health (S) *Prereq: MVSC 201* 3

PEP 100 Introduction to Exercise Science & Health (F) 1

PEP 300 Applied Human Anatomy & Biomechanics *Prereq: BIOL 227 or permission* 3

PEP 418 Physiology of Exercise *Prereq: MVSC 201, BIOL 227 & BIOL 228; or permission* 3

PEP 493 Fitness Assessment & Prescription *Prereq: Senior standing & PEP 418; or permission* 3

COMMUNITY HEALTH ED & PROMOTION (38CRS)

FN 205 Concepts in Human Nutrition (F) 3

H&S 301 Peer Health Education (F) 2

H&S 328 Community Health: Theory, Systems & Practice (F) *Prereq: MVSC 201* 3

H&S 423 School Health Education Methods and Administration (F) *Prereq: MVSC 201* 3

H&S 450 Critical Health Issues (F) *Prereq: BIOL 227 & 228, or MVSC 201* 3

H&S 451 Psychosocial Determinants of Health (S) *Prereq: MVSC 201* 3

H&S 490 Health Promotion (S) *Prereq: H&S 450 or permission;* 3

H&S 498 Internship (*all major coursework must be completed prior to internship*) 6

MVSC 445 Internship Preparation & Professional Development *Prereq: MVSC 201* 1

MVSC 486 Healthy Active Lifestyle Assessment & Intervention (S) 3

PEP 455 Design & Analysis of Research in Movement Sciences *Prereq: Junior or senior standing* 3

PEP 495 Practicum (2 classes) *Prereq: permission* 2

STAT 251 Statistical Methods *Prereq: MATH 143* 3

ACTIVITY CLASSES (4CRS)

PEP 132, 133 or 134 Skill Analysis 1

PEP, IFIT, DAN Activity/Skill Classes 3

UI GENERAL EDUCATION REQUIREMENTS

UI core requirements may overlap degree requirements; students should check with their academic advisor for specific information.

COMMUNICATIONS (8CRS)

ENGL 101 College Writing & Rhetoric I 3

The UI catalog requires students take ENGL 101 or 102 (depending on placement scores).

ENGL 102 College Writing & Rhetoric II 3

The UI catalog requires students take ENGL 101 or 102 (depending on placement scores) or dual college credit.

Oral Communication 2-3

NATURAL & APPLIED SCIENCES (7-8CRS)

Gen Ed Lab Science 4

Gen Ed Lab Science OR CORS 3-4

MATH, STATISTICS & COMPUTER SCIENCE (3-4CRS)

Gen Ed Math OR Stats (see advisor) 3-4
(Suggested completion of Math within first year)

ADDITIONAL UI GEN ED REQUIREMENTS (—CRS)*

Humanities (*from 2 different disciplines*) 6

Social Sciences (*from 2 different disciplines*) 6

American Diversity 1 class

International 1 class

Senior Experience (H&S 498) 6

(F) = Class offered only in the Fall term
(S) = Class offered only in the Spring term
Prereq = Prerequisite is a class that is required prior to taking another class

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Sample Four-Year Plan 2022-2023

FRESHMAN FALL (16-17CRS)			FRESHMAN SPRING (16CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	Humanities	General Education Humanities	3
ENGL 101	College Writing and Rhetoric I	3	ENGL 102	College Writing and Rhetoric II	3
BIOL 102 & 102L	Biology and Society (GE: Science)	4	Soc Sci	General Education Social Science	3
Soc Sci	General Education Social Science	3	Am Diversity	General Education American Diversity	3
MATH	General Education Math	3	PEP 133	Skill Analysis	1
Oral Comm	General Education Oral Communication	2-3	International	General Education International	3
SOPHOMORE FALL (14-16CRS)			SOPHOMORE SPRING (14-16CRS)		
BIOL 227	Human Anatomy and Physiology I (F) <i>Prereq: BIOL 102 or 115</i>	4	BIOL 228	Human Anatomy and Physiology II (S) <i>Prereq: BIOL 227</i>	4
MVSC 201	Physical Activity & Behavior Change <i>Prereq or coreq: PEP 100</i>	3	Humanities	General Education Humanities	3
FN 205	Concepts in Human Nutrition (F) (GE: Science)	3	STAT 251	Statistical Methods <i>Prereq: MATH 143</i>	3
PEP OR IFIT	Activity Class	1	PEP OR IFIT	Activity Class	1
Electives	Electives to reach 120 credits	3-5	Electives	Electives to reach 120 credits	3-5
JUNIOR FALL (15CRS)			JUNIOR SPRING (15CRS)		
H&S 301	Peer Health Education (F)	2	H&S 451	Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
H&S 328	Community Health: Theory, Systems & Practice (F) <i>Prereq: MVSC 201</i>	3	H&S 490	Health Promotion (S) <i>Prereq: H&S 450 OR permission (S)</i>	3
PEP 300	Applied Human Anatomy & Biomechanics <i>Prereq: BIOL 227 or permission</i>	3	MVSC 486	Healthy Active Lifestyle Assessment and Intervention (S)	3
PEP 418	Physiology of Exercise <i>Prereq: MVSC 201, BIOL 228 or permission</i>	3	PEP 455	Design & Analysis of Research in Movement Sciences <i>Prereq: Junior or senior standing</i>	3
PEP 495	Practicum <i>Prereq: Permission</i>	1	Electives	Electives to reach 120 credits	3
H&S 450	Critical Health Issues (F) <i>Prereq: MVSC 201 OR BIOL 227 and BIOL 228</i>	3			
SENIOR FALL (15CRS)			SENIOR SPRING (15CRS)		
PEP 493	Fitness Assessment & Prescription <i>Prereq: Senior Stand, PEP 418/418L OR permission</i>	3	H&S 498	Internship in Exercise Science & Health <i>(Prereq: All major courses)</i>	6
H&S 423	School Health Education Methods and Administration (F) <i>Prereq: MVSC 201</i>	3	Electives	Electives to reach 120 credits	9
PEP 495	Practicum <i>Prereq: Permission</i>	1			
MVSC 445	Internship Preparation & Professional Development <i>Prereq: MVSC 201</i>	1			
PEP OR IFIT	Activity Class	1			
Electives	Electives to reach 120 credits	6			

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