The programs in the College of Applied Health Sciences provide students with a holistic understanding of health and human behavior. Drawing on the expertise of our faculty and industry partners, we equip students to design, develop and implement initiatives that enhance health and well-being. Students with an interest in health professions, administration, education and advocacy or public policy can find a program of study that will match their interest in the College of Applied Health Sciences.

As America’s approach to health and wellness changes, health care is no longer limited to the traditional practice of doctors and nurses. As a result, the growth market lies in areas related to prevention, quality of life, health planning, and therapeutic intervention. As society struggles with these issues, the College and its graduates will continue to play an important role in shaping the future. A degree from the College of Applied Health Studies allows graduates to pursue a wide array of scientific and professional careers.

Students in the College of Applied Health Sciences enjoy many advantages: high quality degree programs, small classes, an emphasis on student-faculty interaction, active research programs, the opportunity to participate in professional student organizations, the availability of internships, and the largest separate college library in our field.

Along with the relationships they establish with faculty, students work closely with an academic adviser. The College of Applied Health Sciences requires students to meet with advisers to develop a relationship that will guide their studies and experiences while on campus. A solid network of student services available at the University of Illinois enhances the advising experience.

Programs of Study

The bachelor of science degree is offered in five academic areas:

**Community Health, Interdisciplinary Health Sciences, Kinesiology, Recreation, Sport and Tourism, and Speech and Hearing Science.**

- Advising services are available to assist with career information and the development of appropriate courses of study.
- Honors programs are available for outstanding students at the college and campus level.
- Internship experiences are required with most departmental curricula. Quality placements are available throughout the United States and around the world in specific degree programs.
- Study abroad programs are available around the world.
- Students have access to the nation’s third largest academic library, including an excellent college library, reference service, inter library loan system, and term-paper counseling system.

**Community Health Program**

Health care is among the most rapidly evolving industries in the United States today. People in all settings are concerned about maintaining access to effective health care and the costs of securing it. An aging population places greater demand upon health care providers. To address these issues, hospitals and clinics have reorganized, consolidated, and introduced educational components designed to teach patients how to manage their personal health concerns. At the same time, business and industry leaders have invested millions of dollars in new health programs for their employees. Federal and state governments are evaluating ways to make health care more effective and less costly.

Recognized as one of the leaders in the United States with its strong emphasis on research and excellence in scholarship, the Community Health Program prepares students for careers in the rapidly changing world of health and rehabilitative services. It is an exciting time in health care with emerging behavioral and environmental health concerns that challenge the field for new theories, policies, and technological innovations. The department’s programs place special emphasis on the community context in which health care is delivered. Students can become involved in a variety of research projects related to issues such as bioethics, cancer epidemiology, disability studies, cultural aspects of health and disability, information technologies in health education, and health policy.

The Community Health Program offers students the opportunity to focus their studies in Health Planning and Administration, Health Education or Rehabilitation Studies. In addition to the core of community health courses, course work is completed in areas related to business, health behavior, marketing, and promotion. The degree is culminated with a fieldwork experience in setting appropriate to the area of concentration.

Graduates are equally prepared for jobs in progressive careers such as health education, policy, planning, and administration or for graduate study in areas such as medicine, nursing, and physical therapy.

**Interdisciplinary Health Sciences Program**

Based on the premise that human health is too complex to be addressed within a single discipline, the Interdisciplinary Health Sciences (i-Health) degree program integrates knowledge from a variety of social and behavioral fields, such as psychology and sociology, as well as the applied health sciences. While the core curriculum provides students with a solid understanding of human health, students may build a customized program addressing their specific interests within three concentration areas: Health and Aging, Health Behavior Change, and Health Diversity.

Students in this program are equipped to assume leadership roles in a variety of health-related careers, as well as professional and graduate degree programs. Graduates have pursued careers in pharmaceutical sales, health education, corporate wellness and patient/client relations.

Graduates are also fully prepared to pursue graduate school in a variety of professional or biomedical programs such as law, medicine, physical and occupational therapy, nursing, or public health.

**Kinesiology Program**

The Kinesiology Program is committed to the study and research of human movement in all its dimensions. Undergraduate study focuses on exercise stress, movement efficiency, and fitness; the social, cultural, and psychological aspects of participation in physical activity and sport; coordination, control and skill of physical activity; physical growth, development, and body form throughout the life span; the effects of therapeutic techniques of kinesiology upon recovery from physical injury;...
and the instructional process of teaching/coaching of physical activity and sport.

The curriculum combines a comprehensive liberal arts and sciences education with in-depth study in a particular area of interest. The program of study provides knowledge and understanding essential for human movement and sport careers in either public or private agencies. The hours required for graduation include prescribed courses for all students as well as requirements determined by the various areas of emphasis selected by the student. Teaching and research emphasize hands-on learning through the use of technology and modern laboratory equipment. Graduates find employment in a variety of fields including teaching, corporate fitness, coaching, and athletic training. Many students continue their education and become physical therapists, physicians, exercise physiologists, and sport psychologists.

Recreation, Sport and Tourism
The Department of Recreation, Sport and Tourism is internationally renowned for its excellence, low student-faculty ratio, ethnic and cultural diversity, and an extensive alumni network. In short, studying recreation, sport and tourism at the University of Illinois is an ideal way to prepare for a future of leadership in the world’s most vigorous and exhilarating industry.

The curriculum in Recreation, Sport and Tourism prepares students to design, manage, and deliver services to a variety of populations and provides a firm foundation from which students may pursue graduate studies. A broad general education is emphasized and complemented with a core of professional courses which touch topics such as leadership, marketing, administration and human resource management. Beyond a strong core integrating leisure theory, management, and research, the program allows students to focus their studies in Recreation Management, Sport Management or Tourism Management. Recreation, sport and tourism offer outstanding career prospects because they are each facets of one of the world’s fastest growing industries. Graduates have enjoyed successful careers in amateur and professional sport organizations, public and commercial recreation organizations, resorts, and conference and convention centers.

Speech and Hearing Science
Research has shown that communication is a key element in resolving the major problems of our society; improving communication for all people is an overall goal of study in speech and hearing science. In the Department of Speech and Hearing Science, students learn about human interpersonal communication. Through studies in speech-language pathology and audiology, they focus on the prevention, diagnosis, and treatment of hearing, speech, and language disorders in people of all ages.

This major also equips students with strong oral and written communication skills and necessary tools to enter today’s job market. Graduates hold positions in school systems, hospitals, medical practices, and clinics. They also work in government agencies, research laboratories, and various businesses. A baccalaureate degree in speech and hearing science also prepares students to enter a graduate program in speech-language pathology or audiology or other areas including psychology, special education, business, medicine, and dentistry.

Requirements for Admission

<table>
<thead>
<tr>
<th>College Preparatory Subjects</th>
<th>Semesters of Course Work Required</th>
<th>Semesters of Course Work Recommended</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Mathematics</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>One foreign language</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Laboratory science (not general science)</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Social studies</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Flexible academic units</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

1 At least 6 semesters of the same foreign language should be taken to meet the graduation requirement.

Special Programs

Honors at Graduation
Graduation from the College of Applied Health Sciences with any honors designation requires that a student must have attained at the University of Illinois at Urbana-Champaign a specific minimum cumulative grade point average based on a minimum of 55 semester hours in residence.

- Bronze Tablet (see Graduation with Honors section)
- Dean’s List (see Graduation with Honors section)
- Highest Honors: 3.75 to 4.0
- High Honors: 3.5 to 3.74
- Honors: 3.25 to 3.49

Edmund James Scholars
The James Scholar Program is a University-wide honors program established to encourage undergraduate research and independent study and to foster scholarly endeavors.

- Community Health (http://catalog.illinois.edu/undergraduate/ahs/departments/ch-kines/ch/#majorstext)
- Interdisciplinary Health Sciences (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences)
- Kinesiology (http://catalog.illinois.edu/undergraduate/ahs/departments/ch-kines/#majortext)
- Recreation, Sport and Tourism (http://catalog.illinois.edu/undergraduate/ahs/departments/recreation-sport-tourism/#majorstext)
- Speech and Hearing Science (http://catalog.illinois.edu/undergraduate/ahs/departments/speech-hearing-science/#majorstext)
- Interdisciplinary Minor in Aging (http://catalog.illinois.edu/undergraduate/ahs/aging)
- Speech and Hearing Science (http://catalog.illinois.edu/undergraduate/ahs/departments/speech-hearing-science/#minorstext)