

INTERDISCIPLINARY HEALTH SCIENCES: HEALTH BEHAVIOR CHANGE, BS

for the degree of Bachelor of Science Major in Interdisciplinary Health Sciences, Health Behavior Change Concentration

Interdisciplinary Health Sciences (or I-Health) is a unique and innovative undergraduate program that reflects the trajectory of the healthcare industry. I-Health teaches students to look at health care more holistically and draw from the knowledge of several other fields to develop innovative new solutions to health-related problems. Graduates leave the program not only armed with a deep knowledge of biology and other sciences, but with the ability to comprehensively care for the whole person.

The Health & Behavior Change concentration will help students understand the interplay among personal traits, family contexts, social structures, and cultural factors that play a role in healthy lifestyles. This includes developing strategies to implement and evaluate interventions that foster constructive health behaviors.

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Summary of Degree Requirements

Code	Title	Hours
General Education		36-39
Health Major Requirements		42
Concentration Requirements		22-23
Free Electives		24-28
Total Hours		128

The curriculum requires certain existing courses from the approved lists be taken as noted below. The prescribed courses prepare the student for upper division study and may be used to satisfy General Education Requirements provided they are on the appropriate General Education List.

General Education Requirements

Code	Title	Hours
Communication Arts		
Composition I		3-6
Advanced Composition		3
Quantitative Reasoning I & II		
From approved campus list		6
Humanities and the Arts		
From approved campus list		6
Social and Behavioral Sciences		
From approved campus list		6
Natural Sciences and Technology		
From approved campus list		6
Cultural Studies ¹		
From Western cultures approved campus list		3
From non-Western cultures approved campus list		3
From U.S. minority cultures approved campus list		3
Total Hours		39-42

¹ Courses in cultural studies may be completed through other categories where appropriate.

Code	Title	Hours
Health Major Requirements		
CHLH 101	Introduction to Public Health	3
CHLH 274	Introduction to Epidemiology	3
CHLH 456	Organization of Health Care	2-4

KIN 122	Physical Activity and Health	3
RST 100	Recreation, Sport, and Tourism in Modern Society	3
SHS 170	Intro Hum Comm Sys & Disorders	3
FSHN 120	Contemporary Nutrition	3
PSYC 100	Intro Psych	4
STAT 100	Statistics	3
REHB 330	Disability in American Society	3
IHLT 101	Introduction to i-Health	1
IHLT 102	Survey of Interdisc Health	1
IHLT 375	Interdis Collab in Health Serv	4
IHLT 474	Pre-Field Experience in Health	1
IHLT 475	Field Experience in i-Health	4

Total Hours **42**

Free Electives

Code	Title	Hours
Free Electives		24-28

Total Hours **24-28**

Health Behavior Change Concentration

Code	Title	Hours
KIN 340	Social & Psychological Aspects of Physical Activity	3
CHLH 304	Foundations of Health Behavior	4
RST 316	Human Development and Recreation, Sport and Tourism	3
SHS 352	Hearing Health and Society	3
Select three of the following (at least two at the 300- or 400- level):		9
ANTH 143	Biology of Human Behavior	
CHLH 469	Environmental Health	
CMN 260	Intro to Health Communication	
CMN 336	Family Communication	
CMN 462	Interpersonal Health Comm	
CMN 463	Organizational Health Comm	
CMN 464	Health Communication Campaigns	
CMN 467	Communication & Health Equity	
EPSY 407	Adult Learning and Development	
IHLT 230	Leadership in Health	
IHLT 498	Interdisciplinary Health Study Abroad	
KIN 365	Civic Engagement in Wellness	
KIN 448	Exercise & Health Psychology	
PSYC 201	Intro to Social Psych	
PSYC 322	Introduction to Intellectual Disability	
PSYC 352	Attitude Theory and Change	
SHS 375	Comm Partners & Health	
SOC 273	Social Perspectives on the Family	

Total Hours **22**

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Sample Sequence

This sample sequence is intended to be used only as a guide for degree completion. All students should work individually with their academic advisors to decide the actual course selection and sequence that works best for them based on their academic preparation and goals. Enrichment programming such as study abroad, minors, internships, and so on may impact the structure of this four-year plan. Course availability is not guaranteed during the semester indicated in the sample sequence.

Students must fulfill their Language Other Than English requirement by successfully completing a third level of a language other than English. For more information see the corresponding section on the Degree General and Education Requirements page (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

Pre-Health Profession Tracks will most likely be using elective classes to fulfill prerequisite coursework for the intended program.

IHLT 375, IHLT 474, and IHLT 475 must be taken sequentially in three different semesters, starting your third year. Your advisor will assign the semester in which you will start this sequence.

First Year			
First Semester	Hours	Second Semester	Hours
IHLT 101		1 RST 100	3
IHLT 102		1 FSHN 120	3
KIN 122		3 Language Other Than English (3rd level) or RHET 105	4
CHLH 101		3 General Education course	3
RHET 105 or Language Other Than English (3rd level)		4 Free Elective	3
General Education course		3	
		15	16
Second Year			
First Semester	Hours	Second Semester	Hours
PSYC 100		4 REHB 330	3
SHS 170		3 STAT 100	3
General Education course		3 General Education course	3
Free Elective		3 General Education course	3
Free Elective		3 Free Elective	4
		16	16
Third Year			
First Semester	Hours	Second Semester	Hours
CHLH 274		3 IHLT 375	4
RST 316		3 KIN 340	3
General Education course		3 General Education course	3
Free Elective		3 Free Elective	3
Free Elective		3 Free Elective	3
		15	16
Fourth Year			
First Semester	Hours	Second Semester	Hours
IHLT 474		1 IHLT 475	4
CHLH 456		3 SHS 352	3
CHLH 304		4 Concentration Elective course	3
Concentration Elective course		3 Free Elective	3
Concentration Elective course		3 Free Elective	3
Free Elective		3 Free Elective	1
		17	17
Total Hours 128			

Programs in Kinesiology and Community Health

Undergraduate Programs

• **Majors**

- Community Health, BS (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/>)
 - optional concentrations
 - Community Health: Health Education & Promotion, BS (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-education-promotion/>)
 - Community Health: Health Planning & Administration, BS (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/health-planning-administration/>)
 - Community Health: Rehabilitation Studies, BS (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs/rehabilitation-studies/>)
- Kinesiology, BS (<http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs/>)
 - optional concentrations
 - Kinesiology: Teacher Certification, BS (<http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs/teacher-certification/>)
- Interdisciplinary Health Sciences, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/>)
 - optional concentrations
 - Interdisciplinary Health Sciences: Health & Aging, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-aging/>)
 - Interdisciplinary Health Sciences: Health Behavior Change, BS (p. 1)
 - Interdisciplinary Health Sciences: Health Diversity, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-diversity/>)

• **Minors**

- Disability Studies (<http://catalog.illinois.edu/undergraduate/ahs/minors/disability-studies/>)
- Health Administration (<http://catalog.illinois.edu/undergraduate/ahs/minors/health-administration/>)
- Health Technology, Interdisciplinary (<http://catalog.illinois.edu/undergraduate/ahs/minors/interdisciplinary-health-technology/>)
- Interdisciplinary Aging (<http://catalog.illinois.edu/undergraduate/ahs/minors/aging/>)
- Kinesiology (<http://catalog.illinois.edu/undergraduate/ahs/minors/kinesiology/>)
- Public Health (<http://catalog.illinois.edu/undergraduate/ahs/minors/public-health/>)

• **Joint Programs**

- Community Health, BS and Public Health, MPH (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs-public-health-mp/>)
- Community Health, BS and Epidemiology, MPH (<http://catalog.illinois.edu/undergraduate/ahs/community-health-bs-epidemiology-mp/>)
- Kinesiology, BS and Public Health, MPH (<http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-public-health-mp/>)
- Kinesiology, BS and Epidemiology, MPH (<http://catalog.illinois.edu/undergraduate/ahs/kinesiology-bs-epidemiology-mp/>)
- Interdisciplinary Health Sciences, BS and Public Health, MPH (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs-public-health-mp/>)
- Interdisciplinary Health Sciences, BS and Epidemiology, MPH (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs-epidemiology-mp/>)

Graduate Programs

• **Majors**

- Community Health, MS (<http://catalog.illinois.edu/graduate/ahs/community-health-ms/>)
- Community Health, PhD (<http://catalog.illinois.edu/graduate/ahs/community-health-phd/>)
- Epidemiology, MPH (<http://catalog.illinois.edu/graduate/ahs/epidemiology-mp/>)
- Health Administration, MHA (<http://catalog.illinois.edu/graduate/ahs/health-administration-mha/>)
- Health Technology, MS (<http://catalog.illinois.edu/graduate/ahs/health-technology-ms/>)
- Kinesiology, MS (<http://catalog.illinois.edu/graduate/ahs/kinesiology-ms/>)
- Kinesiology, PhD (<http://catalog.illinois.edu/graduate/ahs/kinesiology-phd/>)
- Rehabilitation, MS (<http://catalog.illinois.edu/graduate/ahs/rehabilitation-ms/>)
- Public Health, MPH (<http://catalog.illinois.edu/graduate/ahs/public-health-mp/>)

• **Joint Programs**

- Public Health, MPH & Community Health, PhD (<http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mp-community-health-phd/>)
- Public Health, MPH & Food Science & Human Nutrition, PhD (http://catalog.illinois.edu/graduate/aces_ahs/joint-degree/food-science-human-nutrition-phd-public-health-mp/)
- Public Health, MPH & Kinesiology, PhD (<http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mp-kinesiology-phd/>)
- Public Health, MPH & Nutritional Science, PhD (http://catalog.illinois.edu/graduate/aces_ahs/nutritional-science-phd-public-health-mp/)

- Public Health, MPH & Social Work, PhD (http://catalog.illinois.edu/graduate/ahs_socw/joint-degree/public-health-mph-social-work-phd/)
- Public Health, MPH & Urban Planning, MUP (http://catalog.illinois.edu/graduate/ahs_faa/joint-degree/public-health-mph-urban-planning-mup/)

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I Health

I Health Department Website (<http://ihealth.illinois.edu/>)

I Health Faculty (<https://ahs.illinois.edu/ihealth-directory/>)

College of Applied Health Sciences

Applied Health Sciences College Catalog Page (<http://catalog.illinois.edu/schools/ahs/academic-units/>)

Applied Health Sciences College Website (<http://www.ahs.illinois.edu/>)