

INTERDISCIPLINARY HEALTH SCIENCES, BS

for the degree of Bachelor of Science Major in Interdisciplinary Health Sciences

Interdisciplinary Health Sciences encourages students to examine today's complex health issues from a variety of perspectives. This degree provides students with a holistic view of health that can be customized for their professional goals and needs. The curriculum is structured to provide students an excellent foundation that can lead to numerous professional and scientific health-based careers. Students may build a customized program addressing their specific interests within three concentration areas, of which a student must complete at least one:

- Health & Aging Concentration (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-aging/>)
- Health Behavior Change Concentration (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-behavior-change/>)
- Health Diversity Concentration (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-diverse/>)
- Health Technology Concentration (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-technology/>)

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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 (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>) and (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>) General 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.

First Year			
First Semester	Hours	Second Semester	Hours
IHLT 101	3	1 RST 100	3
IHLT 102	3	1 FSHN 120	3

KIN 122	3 Language Other than English (3rd level) or Composition I I	4
CHLH 101	3 General Education course	3
Composition I or Language Other than English (3rd level)	4 General Education course	3
General Education course	3	
15		16

Second Year			
First Semester	Hours	Second Semester	Hours
PSYC 100	4	STAT 100	3
SHS 170	3	REHB 330	3
General Education course	3	General Education course	3
General Education course	3	General Education course	3
Free Elective	3	Free Elective course	4
16		16	

Third Year			
First Semester	Hours	Second Semester	Hours
CHLH 274	3	IHLT 375	4
Concentration Elective course	3	Concentration Elective course	3
General Education course	3	General Education course	3
Free Elective	3	General Education course	3
Free Elective	3	Free Elective	3
Free Elective	1		
16		16	

Fourth Year			
First Semester	Hours	Second Semester	Hours
IHLT 474	1	IHLT 475	4
CHLH 456	3	Concentration Elective course	3
Concentration Elective course	4	Concentration Elective course	3
Concentration Elective course	3	Free Elective	3
Concentration Elective course	3	Free Elective	3
Free Elective	3		
17		16	

Total Hours 128

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1. Students will understand the influence of behavior and culture on health and well-being.
2. Students will gain a comprehensive and holistic perspective of health which will prepare them to enter a variety of health related careers.
3. Students will apply health-related knowledge through community service and experientially-based opportunities.
4. Students will be able to identify various health determinants in order to improve equity and access for vulnerable populations.

Programs in Health and Kinesiology

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 (p. 1)
 - 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 (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-behavior-change/>)
 - Interdisciplinary Health Sciences: Health Diversity, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-diversity/>)
 - Interdisciplinary Health Sciences: Health Technology, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-technology/>)
- 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/>)
 - 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/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/ahs/joint-degree/public-health-mp-nutritional-science-phd/>)
 - Public Health, MPH & Social Work, PhD (<http://catalog.illinois.edu/graduate/ahs/joint-degree/public-health-mp-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/>)