INTERDISCIPLINARY HEALTH SCIENCES

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For the Degree of Bachelor of Science in Interdisciplinary Health Sciences

The undergraduate degree program in Health is interdisciplinary in nature, and focused on applied health and societal issues that cut across a range of traditional fields. The program of study includes a set of core courses that builds an interdisciplinary foundation in the study of health, and provides a basic knowledge of health-related issues. The degree program also includes a set of three concentrations, of which a student must complete at least one, that emphasize some of the foremost issues facing society: health and aging; health behavior change; and health diversity. Finally, the degree program includes a capstone experience with several options for completion, e.g., an internship, faculty-guided research experience. The program of study addresses a major need across the nation and world for graduates prepared to enter a range of biomedical and health-related careers and/or to pursue graduate study in fields relevant to health, wellness, and the biomedical sciences. For questions regarding iHealth contact Julie Bobitt, Assistant Director, at jbobitt@illinois.edu.

A 5 year BS MPH joint degree program is available for students majoring in Community Health, I-Health, or Kinesiology. Students apply for the program in the latter part of their third year (junior year) of study. Students accepted into the BS MPH joint degree program take 12 credit hours of coursework in their senior year that apply to both BS and MPH degrees. In the 5th year of study, students complete the remaining requirements for the MPH degree, and graduate simultaneously with both BS and MPH degrees. A summary of the requirements for the MPH degree is provided here (http://catalog.illinois.edu/graduate/graduate-majors/community-health/master-pub-health). The requirements are explained in more detail on the MPH program website: http://www.mph.illinois.edu/Program/.

Requirements Including General Education

The curriculum requires certain existing courses from the approved lists be taken as noted below. The prescribed course studies 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.

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<th>Communication Arts</th>
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<td>Composition I</td>
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<td>Advanced Composition</td>
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<td>Quantitative Reasoning I &amp; II</td>
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<th>Humanities and the Arts</th>
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Cultural Studies

| From Western cultures approved campus list | 3   |
| From U.S. minority cultures or non-Western cultures approved campus list | 3   |
| Foreign Language: Completion through the third level of the same language in high school or college |     |
| Total Hours | 36-39 |

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

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 RST 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 |

Concentrations (at least one concentration is required)

Health and Aging
- KIN 262 Motor Develop, Growth & Form 3
- CHLH 404 Gerontology 3,4
- SHS 271 Communication and Aging 3
- PSYC 361 The Psychology of Aging 3
- Select three of the following (at least two at the 300- or 400-level): 9
- CHLH 494 Special Topics
- EPSY 407 Adult Learning and Development
- HDFS 310 Adult Development
- IHLT 240 Aging and Health Policy
- IHLT 498 Interdisciplinary Health Study Abroad
- KIN 365 Civic Engagement in Wellness
- KIN 386 Exercise Instruction & Elderly
- KIN 459 Physical Activity & Aging
- RST 316 Leisure and Human Development
- SHS 320 Development of Spoken Language
- SHS 375 Comm Partners & Health
- SOCW 240 Death & Dying
- UP 340 Planning for Healthy Cities
| Total Hours | 21-22 |

Health Behavior Change
- KIN 340 Soc & Psych of Phys Activity 3
- CHLH 304 Foundations of Health Behavior 4

Information listed in this catalog is current as of 09/2017
RST 316  Leisure and Human Development  3
SHS 352  Hearing Health and Society  3
Select three of the following (at least two at the 300- or 400-level):
  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  Intro Intellectual Disability
  PSYC 352  Attitude Theory and Change
  SHS 375  Comm Partners & Health
  SOC 273  Social Perspectives on the Family

Total Hours  22

Health Diversity
SOC 162  Intro to Intl Health Policy  3
  or GLBL 240  Global Health
CHLH 409  Women's Health  3
EPS 310  Race and Cultural Diversity  4
SHS 270  Comm Disability in the Media  4
Select three of the following (at least two at the 300- or 400-level):
  AFRO 421  Racial and Ethnic Families
  ANTH 143  Biology of Human Behavior
  CHLH 415  International Health
  GBL 100  Intro to Global Studies
  HDFS 322  US Latina and Latino Families
  HIST 263  US History of Medicine
  HIST 281  Constructing Race in America
  IHLT 232  Health Disparities in the U.S.
  IHLT 498  Interdisciplinary Health Study Abroad
  LLS 387  Race, Gender and the Body
  LLS 473  Immigration, Health & Society
  LLS 479  Race, Medicine, and Society
  MACS 356  Sex & Gender in Popular Media
  RSOC 110  Intro to Rural Society
  RST/KIN 230  Diversity in Recreation, Sport, and Tourism
  PSYC 312  Psychology of Race & Ethnicity
  SHS 271  Communication and Aging
  SOCW 300  Diversity: Identities & Issues

Total Hours  22-23

Summary of Degree Requirements
General Education  36-39
Health Major Requirements  42
Concentration Requirements  22-23
Free Electives  24-28
Total Hours  128

Additional Courses
IHLT 101  Introduction to i-Health  1 Hour.
Introduction to the interdisciplinary major in Health. The course is
designed to familiarize students with the concepts of interdisciplinary
health, campus resources, academic policies, and program requirements.
IHLT 102  Survey of Interdisc Health  1 Hour.
Introduction to topics in interdisciplinary health with particular emphasis
on the five dimensions of health: physical, emotional, social, intellectual
and spiritual. Students will explore their personal health beliefs
and patterns and discuss the benefits of studying health within an
interdisciplinary curriculum.
IHLT 230  Leadership in Health  3 Hours.
Develops a framework to understand practices of exemplary leadership.
Topics include: 1) Modeling behavior, 2) Inspiring a shared vision, 3)
Challenging processes, 4) Enabling others to act, and 5) Encouraging
passionate leadership. Case studies of individuals who are recognized
leaders in health and well-being at local, regional, national and global
levels will be explored. Through various assignments, students identify
their own leadership style and understand the important role they can
play as leaders to address local and global health challenges.

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IHLT 375  Interdis Collab in Health Serv  credit: 4 Hours.
Provides scholarly knowledge and field experiences for interdisciplinary collaboration in the health services. Topic include health service delivery systems, vulnerable populations, models of health and health promotion, communication, policy and ethics in health care. Emphasis on introducing students to the importance of working with individuals from a variety of health disciplines to best address issues of health in society.

IHLT 474  Pre-Field Experience in Health  credit: 1 Hour.
This is an independent study course that expands student’s knowledge of health professions and prepares them for field work in an applied setting with a variety of health professionals. 1 undergraduate hour. 1 graduate hour.

IHLT 475  Field Experience in i-Health  credit: 4 Hours.
Designed to emphasize field/research experiences that facilitate working with individuals from a variety of health disciplines. Field experience/research placements will be selected to best prepare students address issues of health within their concentrations areas. In class sessions will focus on interdisciplinary collaboration, professionalism and important global health issues. Serves as the capstone course for i-Health majors. 4 undergraduate hours. 4 graduate hours. Prerequisite: Restricted to senior i-Health majors.

IHLT 498  Interdisciplinary Health Study Abroad  credit: 1 to 6 Hours.
An advanced-level study abroad experience where students complete assigned scholarly readings; participate in facilitated discussions prior to, during, and/or after the trip; and write a final paper. The on-campus and abroad activities are supervised and facilitated by campus faculty. 1 to 6 undergraduate hours. No graduate credit. May be repeated in separate terms for a total of 12 undergraduate hours, if the countries differ between terms. Prerequisite: Social & Behavioral Sciences General Education requirement fulfilled, and sophomore or higher standing.