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 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.

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communication Arts</td>
<td>3-6</td>
</tr>
<tr>
<td>Composition I</td>
<td>3-6</td>
</tr>
<tr>
<td>Advanced Composition</td>
<td>3</td>
</tr>
<tr>
<td>Quantitative Reasoning I &amp; II</td>
<td>6</td>
</tr>
<tr>
<td>From approved campus list</td>
<td></td>
</tr>
<tr>
<td>Humanities and the Arts</td>
<td>6</td>
</tr>
<tr>
<td>From approved campus list</td>
<td></td>
</tr>
<tr>
<td>Social and Behavioral Sciences</td>
<td>6</td>
</tr>
<tr>
<td>From approved campus list</td>
<td></td>
</tr>
<tr>
<td>Natural Sciences and Technology</td>
<td>6</td>
</tr>
<tr>
<td>From approved campus list</td>
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</tbody>
</table>

Cultural Studies ¹

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHLH 101</td>
<td>Introduction to Public Health</td>
<td>3</td>
</tr>
<tr>
<td>CHLH 274</td>
<td>Introduction to Epidemiology</td>
<td>3</td>
</tr>
<tr>
<td>CHLH 456</td>
<td>Organization of Health Care</td>
<td>2-4</td>
</tr>
<tr>
<td>KIN 122</td>
<td>Physical Activity and Health</td>
<td>3</td>
</tr>
<tr>
<td>RST 100</td>
<td>RST in Modern Society</td>
<td>3</td>
</tr>
<tr>
<td>SHS 170</td>
<td>Intro Hum Comm Sys &amp; Disorders</td>
<td>3</td>
</tr>
<tr>
<td>FSNH 120</td>
<td>Contemporary Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 100</td>
<td>Intro Psych</td>
<td>4</td>
</tr>
<tr>
<td>STAT 100</td>
<td>Statistics</td>
<td>3</td>
</tr>
<tr>
<td>REHB 330</td>
<td>Disability in American Society</td>
<td>3</td>
</tr>
<tr>
<td>IHLT 101</td>
<td>Introduction to i-Health</td>
<td>1</td>
</tr>
<tr>
<td>IHLT 102</td>
<td>Survey of Interdisc Health</td>
<td>1</td>
</tr>
<tr>
<td>IHLT 375</td>
<td>Interdis Collab in Health Serv</td>
<td>4</td>
</tr>
<tr>
<td>IHLT 474</td>
<td>Pre-Field Experience in Health</td>
<td>1</td>
</tr>
<tr>
<td>IHLT 475</td>
<td>Field Experience in i-Health</td>
<td>4</td>
</tr>
</tbody>
</table>

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):

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHLH 494</td>
<td>Special Topics</td>
<td></td>
</tr>
<tr>
<td>EPSY 407</td>
<td>Adult Learning and Development</td>
<td></td>
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<tr>
<td>HDFS 310</td>
<td>Adult Development</td>
<td></td>
</tr>
<tr>
<td>IHLT 240</td>
<td>Aging and Health Policy</td>
<td></td>
</tr>
<tr>
<td>IHLT 498</td>
<td>Interdisciplinary Health Study Abroad</td>
<td></td>
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<tr>
<td>KIN 365</td>
<td>Civic Engagement in Wellness</td>
<td></td>
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<tr>
<td>KIN 386</td>
<td>Exercise Instruction &amp; Elderly</td>
<td></td>
</tr>
<tr>
<td>KIN 459</td>
<td>Physical Activity &amp; Aging</td>
<td></td>
</tr>
<tr>
<td>RST 316</td>
<td>Leisure and Human Development</td>
<td></td>
</tr>
<tr>
<td>SHS 320</td>
<td>Development of Spoken Language</td>
<td></td>
</tr>
<tr>
<td>SHS 375</td>
<td>Comm Partners &amp; Health</td>
<td></td>
</tr>
<tr>
<td>SOCW 240</td>
<td>Death &amp; Dying</td>
<td></td>
</tr>
<tr>
<td>UP 340</td>
<td>Planning for Healthy Cities</td>
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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 10/2017
Health Diversity

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
- GLBL 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 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

IHLT Class Schedule (https://courses.illinois.edu/schedule/DEFAULT/DEFAULT/IHLT)

Courses

IHLT 101 Introduction to i-Health credit: 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 credit: 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 credit: 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.

This course satisfies the General Education Criteria for:
Social Beh Sci - Soc Sci

IHLT 232 Health Disparities in the U.S. credit: 3 Hours.
Provides an overview of health disparities in the United States, including existence and magnitude of health disparities, theories that explain health disparities, strategies to address their complexity, and solution required to eliminate them. Disparities are examined related to groups of diverse racial/ethnic backgrounds, socio-economic status, gender, age, and ability level.

This course satisfies the General Education Criteria for:
Cultural Studies - US Minority

IHLT 240 Aging and Health Policy credit: 3 Hours.
Provides an understanding of the policies that effect service delivery to older adults including key historical and current policies such as the Older Americans Act, Medicare, Medicaid, and Social Security.

This course satisfies the General Education Criteria for:
Social Beh Sci - Soc Sci
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.