The undergraduate degree program in Interdisciplinary Health Sciences is 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 Interdisciplinary Health Sciences contact the advisor, Beth Frasca (bfrasca@illinois.edu).

A 5 year BS/MPH joint degree program is available for students majoring in Community Health, Interdisciplinary Health Sciences, 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).

The Interdisciplinary Health Sciences, B.S degree program includes a set of three concentrations, of which a student must complete at least one:

Interdisciplinary Health Sciences, B.S. - Health and Aging Concentration (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences/health-aging)

Interdisciplinary Health Sciences, B.S. - Health Behavior Change Concentration (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences/health-behv-chng)

Interdisciplinary Health Sciences, B.S. - Health Diversity Concentration (http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences/health-diverse)

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

### Courses

**IHLT 101 Introduction to i-Health**  
credit: 1 Hour. (https://courses.illinois.edu/schedule/terms/IHLT/101)  
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. (https://courses.illinois.edu/schedule/terms/IHLT/102)  
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. (https://courses.illinois.edu/schedule/terms/IHLT/230)  
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. (https://courses.illinois.edu/schedule/terms/IHLT/232)  
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. (https://courses.illinois.edu/schedule/terms/IHLT/240)  
Provides an understanding of the policies that affect service delivery to older adults including key historical and current policies such as the Older Americans Act, Medicare, Medicaid, and Social Security. Theories of public policy and involvement of older adults in the political process will be introduced. Challenges of issues such as chronic disease prevention, housing, transportation, nutrition, and elder abuse will also be explored. This course satisfies the General Education Criteria for: Social Beh Sci - Beh Sci

**IHLT 375 Interdis Collab in Health Serv**  
credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/IHLT/375)  
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. (https://courses.illinois.edu/schedule/terms/IHLT/474)  
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. (https://courses.illinois.edu/schedule/terms/IHLT/475)
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. (https://courses.illinois.edu/schedule/terms/IHLT/498)
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.