

INTERDISCIPLINARY HEALTH SCIENCES: HEALTH & AGING, BS

for the degree of Bachelor of Science Major in Interdisciplinary Health Science, Health & Aging Concentration

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.

The concentration in Health & Aging emphasizes the health process across the lifespan with a particular focus on people from young adult to the end-of-life. It also provides opportunities to focus on specific aspects of aging, such as physical activity, nutrition, and communication processes.

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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		3
CHLH 274		3
CHLH 456		2-4
KIN 122		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		3
IHLT 101		1
IHLT 102		1
IHLT 375		4
IHLT 474		1
IHLT 475		4
Total Hours		42

Free Electives

Code	Title	Hours
Free Electives		24-28
Total Hours		24-28

Health and Aging Concentration

Code	Title	Hours
KIN 262		3
CHLH 404		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		
EPSY 407	Adult Learning and Development	
EPSY 430	Early Adolescent Development	
HDFS 310	Adult Development	
IHLT 240		
IHLT 498		
KIN 365		
KIN 386		
KIN 459		
RST 316	Human Development and Recreation, Sport and Tourism	

SHS 320	Development of Spoken Language
SHS 375	Communication Partners and Health
SOCW 240	Death & Dying
SOCW 315	Social Work Services for Older Adults
UP 340	Planning for Healthy Cities
Total Hours	21-22

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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 and 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.

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		RST 100	3
IHLT 102		FSHN 120	3
KIN 122		Language Other Than English (3rd level) or RHET 105	4
CHLH 101		General Education course	3
RHET 105 or Language Other Than English (3rd level)		4 Free Elective	3
General Education course		3 Free Elective	1
	7		17

Second Year

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

Free Elective	3 Free Elective	4
	16	13

Third Year

First Semester	Hours	Second Semester	Hours
CHLH 274		IHLT 375	
KIN 262		SHS 271	3
General Education course		3 General Education course	3
Free Elective		3 Free Elective	3
Free Elective		3 Free Elective	3
	9		12

Fourth Year

First Semester	Hours	Second Semester	Hours
IHLT 474		IHLT 475	
CHLH 456		3 PSYC 361	3
CHLH 404		3 Concentration Elective course	3
Concentration Elective course		3 Free Elective	3
Concentration Elective course		3 Free Elective	3
Free Elective		3 Free Elective	1
	15		13

Total Hours 102

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, 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 & Disability 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 (p. 1)
 - Interdisciplinary Health Sciences: Health Behavior Change, BS (<http://catalog.illinois.edu/undergraduate/ahs/>)

[interdisciplinary-health-sciences-bs/health-behavior-change/](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/>)
 - 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/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-mp-social-work-phd/)
 - Public Health, MPH & Urban Planning, MUP (http://catalog.illinois.edu/graduate/ahs_faa/joint-degree/public-health-mp-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/>)

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/>)