

INTERDISCIPLINARY HEALTH SCIENCES: HEALTH BEHAVIOR CHANGE AND REHABILITATION, BS

for the degree of Bachelor of Science in Interdisciplinary Health Sciences,
Health Behavior Change and Rehabilitation Concentration

The degree in I-Health combines knowledge of biology and health sciences with a comprehensive understanding of health and well-being for the whole person. Students choose one of four concentrations to complement the core curriculum: 1) Health Across the Lifespan, 2) Health Behavior Change and Rehabilitation, 3) Health Diversity and Disability, and 4) Health Technology. This program will prepare students for entry to graduate or professional degree programs in physical therapy, occupational therapy, medicine, nursing, physician assistant, or other health-oriented careers.

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Graduation Requirements

Minimum hours required for graduation: 120 hours.

University Requirements

Minimum of 40 hours of upper-division coursework, generally at the 300- or 400-level. These hours can be drawn from all elements of the degree.

Students should consult their academic advisor for additional guidance in fulfilling this requirement.

The university and residency requirements can be found in the Student Code (<https://studentcode.illinois.edu/article3/part8/3-801/>) (§ 3-801) and in the Academic Catalog (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

General Education Requirements

Follows the campus General Education (Gen Ed) requirements (<https://courses.illinois.edu/gened/DEFAULT/DEFAULT/>). Some Gen Ed requirements may be met by courses required and/or electives in the program.

Code	Title	Hours
	Composition I	4-6
	Advanced Composition	3
	fulfilled by HK 300	
	Humanities & the Arts (6 hours)	6
	fulfilled by HK 208 and any other course approved as Humanities & the Arts	
	Natural Sciences & Technology (6 hours)	6
	Social & Behavioral Sciences (6 hours)	6
	fulfilled by HK 110, HK 270, HK 300	

	Cultural Studies: Non-Western Cultures (1 course)	3
	Cultural Studies: US Minority Cultures (1 course)	3
	fulfilled by HK 271	
	Cultural Studies: Western/Comparative Cultures (1 course)	3
	Quantitative Reasoning (2 courses, at least one course must be Quantitative Reasoning I)	6-10
	fulfilled by HK 201 and HK 209	
	Language Requirement (Completion of the third semester or equivalent of a language other than English is required)	0-15

Major Requirements

Code	Title	Hours
HK 110	Contemporary Health	3
HK 125	Orientation to Health & Kinesiology	1
HK 154	Physical Activity, Nutrition, and Health	3
HK 171	Survey of Interdisc Health	1
HK 201	Health Sciences Research Methods	3
HK 208	Introduction to Medical Ethics	3
HK 209	Introduction to Biostatistics and Health Data Analysis	3
HK 270	Leadership in Health	3
HK 271	Health Equity in the United States	3
HK 370	Interdisciplinary Health Delivery and Early Field Work	4
HK 418	Organization of Health Care	3
HK 470	Orientation to Internship	1
HK 471	Health Internship	4

Concentration Requirements

Code	Title	Hours
HK 300	Health Behavior Theories and Applications	4
HK 341	Health Behaviors and Obesity	3
HK 401	Health Behavior and Technology	3
HK 482	Counseling Techniques for Health Professionals	3

Concentration Electives (Choose at least 3 courses from the following): **9**

HK 340	Social & Psychological Aspects of Physical Activity	3
HK 342	Health Behaviors and Cognition	3
HK 409	Women's Health	3
HK 472	Health and Kinesiology Study Abroad	3
HK 480	Medical Aspects of Disability	4
HK 481	Work and Disability	2
HK 484	Psychosocial Aspects in Health and Rehabilitation	3
HK 485	Assessment in the Rehabilitation Setting	3
CMN 462	Health Communication in Relationships	3
or CMN 464	Health Communication Campaigns	
SHS 352	Hearing Health and Society	3

Code	Title	Hours
Total Hours		120

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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/>).

First Year	
First Semester	Hours
Composition I or General Education course	4
HK 125	1
HK 154	3
HK 171	1
HK 270	3
Free Elective course	3
	15

Total Hours 15

First Year	
Second Semester	Hours
General Education or Composition I	3
HK 110	3
HK 201	3
Language Other Than English (3rd level)	4
Free Elective course	3
	16

Total Hours 16

Second Year	
First Semester	Hours
HK 209	3
HK 271	3
General Education course	3
Free Elective course	3
Free Elective course	3
	15

Total Hours 15

Second Year	
Second Semester	Hours
HK 208	3
General Education course	3
General Education course	3

Free Elective course	3
Free Elective course	3
	15

Total Hours 15

Third Year	
First Semester	Hours
HK 300	4
HK 341	3
Concentration Elective course	3
Free Elective course	3
Free Elective course	3
	16

Total Hours 16

Third Year	
Second Semester	Hours
HK 370	4
HK 401	3
General Education course	3
Free Elective course	3
Concentration Elective course	3
	16

Total Hours 16

Fourth Year	
First Semester	Hours
HK 418	3
Free Elective course	3
Free Elective course	3
HK 470	1
Concentration Elective course	4
	14

Total Hours 14

Fourth Year	
Second Semester	Hours
HK 471	4
HK 482	3
Free Elective course	3
Free Elective course	3
	13

Total Hours 13

Total Hours: 120

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1. Content Knowledge: Students will learn and engage with significant theories, models, themes, and ideas within the health and/or kinesiology disciplines.

2. **Critical Thinking and Discovery:** Students will explore and analyze scientific findings to promote inquiry, generate evidence-based solutions, and create new ideas within health and/or kinesiology disciplines.
3. **Awareness and Understanding:** Students will be exposed to and engage with a holistic perspective related to the diverse socioeconomic, behavioral, sociocultural, biological, environmental, philosophical, ethical and historical factors that influence health and/or kinesiology.
4. **Programming and Assessment:** Students will apply evidence-based practices in developing, implementing, and assessing programs and interventions related to health promotion, physical activity adoption and adherence, and the prevention and management of diseases.
5. **Leadership and Engagement:** Through a variety of applied learning opportunities, students will demonstrate leadership and effective communication skills, showcase an appreciation of and commitment to health and well-being as they develop and sustain productive relationships and work for the common good at local, national, and global levels.

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