

Health Promotion and Wellness (HPE)

- Major: 82 credit hours
- Minor: 29 credit hours
- Secondary Health Education Endorsement: 33 credit hours
- Major/minor GPA required for graduation: 2.50
- All courses for the major and minor must be completed with a grade of C or better.

PROGRAM REQUIREMENTS:

- Capstone: Seminar in Health Promotion and Wellness (HPE 490)

Mission: The mission of the health promotion and wellness faculty is to provide quality educational experiences both in the classroom and in the field; to offer educational programs that are designed to facilitate and support student development so that students will become proficient in their knowledge and understanding of health promotion and wellness content and theory, and competent in their ability to plan, implement, lead, and evaluate strategies designed to promote health and wellness with diverse populations; and to prepare graduates for careers in schools, health care facilities, worksites, colleges and universities, and other health and wellness-related venues or for continued educational pursuits at the graduate level upon successful completion of the educational programs.

Program Description: Health and wellness issues pose great challenges to each individual, the United States, and the world. Developing a sense of personal responsibility for one's wellbeing, an understanding of the basic principles of health and wellness, an awareness of the multidimensionality of health and wellness, and the importance of the interrelationship of those dimensions is critical to addressing health and wellness concerns. The disciplines in health promotion and wellness draw from biological, social, and behavioral sciences to foster knowledge, create awareness, and facilitate healthy lifestyle changes. The health promotion and wellness program prepares students to become knowledgeable and skillful professionals who are able to cultivate an understanding of critical health and wellness concepts and the development of skills that support healthy lifestyles and behavioral change. Included within the health promotion and wellness program are the health promotion and wellness major and minor and the secondary health education endorsement. Students completing the health promotion and wellness degree are prepared to work in a gym or training facility, YMCA, or skill development setting with groups or individuals; work in a corporate or other business environment to establish programs that benefit the employees as well as help the company to increase productivity and reduce health-related costs, absenteeism, and presenteeism; work in the public health arena at the local, state, national or international level with diverse populations to plan, implement, and evaluate programs of all types; to work in hospitals, clinics, voluntary health agencies; and to enter graduate or professional healthcare provider programs, such as nursing, physical therapy, and dietetics.

The secondary health education endorsement is awarded to students who are enrolled in the professional secondary teaching program; are completing the health education endorsement coursework; and have successfully passed the health content area test. The endorsement allows students to teach health education in grades 6 through 12 in Illinois.

Student Learning Outcomes

Students will:

- Demonstrate an understanding of the multiple dimensions of health and wellness and the

interrelationship of those dimensions.

- Demonstrate an awareness and understanding of the uniqueness of diverse populations in regard to health and wellness needs and priorities.
- Comprehend concepts related to health promotion, disease prevention, and wellness to enhance overall health and wellbeing.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health and wellness behaviors.
- Demonstrate the use of decision-making and goal-setting skills to enhance health and wellbeing.
- Assess individual and community needs for health education.
- Plan, implement, and administer health education and wellness strategies, interventions, and programs based upon sound health and wellness philosophical and theoretical constructs.
- Conduct evaluation and research related to health education and wellness.
- Demonstrate the ability to access valid information, products, and services to enhance health and wellness in order to serve as a health education and wellness resource person.
- Demonstrate the ability to use interpersonal communication skills to enhance health and wellness and to avoid or reduce risk to wellbeing.
- Communicate and advocate for personal, family, and community health.
- Demonstrate the ability to practice health and wellness-enhancing behaviors and avoid or reduce risk to wellbeing.

Degree Preparation: *Students majoring in health promotion and wellness must complete the required major core courses and five elective courses.*

Health Promotion and Wellness Major Internship Rules and Guidelines

These rules and guidelines are in addition to the rules and guidelines that apply to all students completing internships for academic credit.

1. All health promotion and wellness majors must complete an internship as part of their academic major. Internship sites are categorized according to the interest and career plans of each student.
2. Selection to internship sites can be competitive. Students are reminded to complete the process of selection at least 1 semester, preferably one year, in advance of completing the internship.

Fall, Spring, or Summer Internship Experience

Fall Deadlines	Spring Deadlines	Summer Deadlines	Action Items/Responsibilities
Jan. 30	Sept. 15	Sept. 15	Make appointment with Career Services and pick up internship packet.
Feb. 15	Sept. 30	Sept. 30	Make an appointment with Dr. Onstott to discuss appropriate internship locations and review updated resume.
After meeting with Dr. Onstott, begin contacting internship sites by phone and/or email (see “Advice on Contacting Internship Sites” provided in the internship packet by Career Services).			
Apr. 1	Nov. 1	Mar. 1	Student confirms internship site to Dr. Onstott and Career Services.
May 1	Dec. 1	May 1	

Internship packet completed and turned into Career Services.

Completed packet includes the learning plan and all required signatures.

Students who turn in completed packets will receive a Permit to Register from Office of Career Services to take to the Office of Academic Records to complete enrollment in the individual internship course.

Students who do not adhere to the required deadlines will not be guaranteed a permit to register for the individual internship course.

Secondary Health Education Endorsement

To earn a secondary endorsement in Health Education, the student must be enrolled in the professional secondary teaching program, complete 28 hours from the Health Promotion and Wellness course offerings, and pass the Health Content Area Test. Recommended courses include: HPE 158, ATH 200, PED 206, HPE 210, 212, 214, 300, 400, 410 and 460.

HEALTH PROMOTION AND WELLNESS MAJOR 82 crs.

HEALTH PROMOTION AND WELLNESS CORE REQUIREMENTS 67 crs.

BIO 101	INTRODUCTORY BIOLOGY	(4)
<i>or</i>		
BIO 110	PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY	(4)
BIO 308	HUMAN ANATOMY AND PHYSIOLOGY I	(5)
BIO 309	HUMAN ANATOMY AND PHYSIOLOGY II	(5)
HPE 158	HEALTH AND WELLNESS	(3)
ATH 200	MEDICAL TERMINOLOGY	(3)
PED 157	FOUNDATIONS OF HEALTH PROFESSIONS	(3)
PED 206	FIRST AID	(2)
HPE 210	TECHNOLOGY IN HEALTH PROMOTION AND WELLNESS	(3)
HPE 214	PRINCIPLES AND FOUNDATIONS OF HEALTH PROMOTION WELLNESS	(3)
HPE 250	ASSESSMENT THROUGH TESTS AND MEASUREMENTS FOR HEALTH PROFESSIONS	(3)
HPE 300	HUMAN NUTRITION	(3)
PSY 153	INTRODUCTION TO PSYCHOLOGY	(3)
PSY 211	STRESS MANAGEMENT	(3)
HPE 390	ADMINISTRATIVE SKILLS IN HEALTH PROMOTION AND WELLNESS	(3)
HPE 410	EVALUATION IN HEALTH PROMOTION AND WELLNESS	(3)
HPE 420	PLANNING AND IMPLEMENTATION IN HEALTH PROMOTION AND WELLNESS (W)	(3)
HPE 450	PROGRAMS IN COMMUNITY HEALTH	(3)
HPE 470	INTERNSHIP IN HEALTH PROMOTION AND WELLNESS	(8)
HPE 490	SEMINAR IN HEALTH PROMOTION AND WELLNESS	(3)

ELECTIVES 15 crs.

HPE 212	DRUG EDUCATION	(3)
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ATH 353	PHARMACOLOGY FOR ATHLETIC TRAINERS	(3)
HPE 281	HUMAN DISEASES	(3)
HPE 301	ADVANCED HUMAN NUTRITION (W)	(3)
HPE 325	SUPPLEMENTS AND SPORTS NUTRITION (W)	(3)
PED 349	PHYSIOLOGY OF EXERCISE	(3)
HPE 375	THE BRAIN AND LEARNING	(3)
HPE 379	EMPLOYEE HEALTH AND WORKSITE WELLNESS	(3)
HPE 430	HEALTH AND WELLNESS COACHING	(3)
HPE 435	READINGS IN HEALTH AND WELLNESS	(3)
PED 455	CONCEPTS OF RESISTANCE TRAINING	(3)
MGT 204	PRINCIPLES OF MANAGEMENT	(3)
HPE 370	HEALTH CARE IN THE U.S.	(3)
PSY 370	PSYCHOLOGY OF HUMAN SEXUALITY	(3)
HPE 400	THE SCHOOL HEALTH PROGRAM (W)	(3)

HEALTH PROMOTION AND WELLNESS MINOR REQUIREMENTS 29 crs.

HPE 158	HEALTH AND WELLNESS	(3)
ATH 200	MEDICAL TERMINOLOGY	(3)
PED 206	FIRST AID	(2)
HPE 210	TECHNOLOGY IN HEALTH PROMOTION AND WELLNESS	(3)
HPE 214	PRINCIPLES AND FOUNDATIONS OF HEALTH PROMOTION AND WELLNESS	(3)
HPE 250	ASSESSMENT THROUGH TESTS AND MEASUREMENTS FOR HEALTH PROFESSIONS	(3)
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HPE 420	PLANNING AND IMPLEMENTATION IN HEALTH PROMOTION AND WELLNESS (W)	(3)
HPE 450	PROGRAMS IN COMMUNITY HEALTH	(3)

The student may also opt to follow the guidelines described in this handbook for the individually-designed minor. Students must complete the minor with a minimum of a 2.50 cumulative grade point average and a grade of “C” or better in each minor course.

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