

# Health Promotion and Wellness (HPE)

## Division of Health Professions

- **Major: 65 credit hours**
- **Minor: 23 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 health promotion and wellness program prepares students to be proficient in the knowledge and understanding of health promotion and wellness content and theory, with culminating coursework in real-world internship settings. Coursework and program requirements provide preparation in the knowledge and skill necessary to plan, implement, and lead in health promotion and wellness settings.

**Description of Major:** This major builds the foundation for students interested in careers in the field of health promotion and wellness. Completion of this major will prepare students to plan, implement, lead, and evaluate strategies designed to promote health and wellness for diverse populations.

### Student Learning Outcomes

*Students will:*

- Demonstrate an understanding of the multiple dimensions of health and wellness, including health promotion, disease prevention, and overall wellness.
- Demonstrate an awareness of the unique needs of varying populations with regard to health and wellness priorities.
- Demonstrate the use of goal setting to plan, implement, and administer health education and wellness programs using interventions based on sound theory.
- Assess individual and community needs for health education.
- Conduct and evaluate research related to health promotion and wellness.
- Demonstrate the ability to use interpersonal communication skills to advocate for personal, family and community health.

**Preparation:** The health promotion and wellness degree prepares students for careers in schools, healthcare facilities, worksites, government agencies, colleges and universities, and other health and wellness venues, as well as for further study at the graduate level in areas such as nursing, physical therapy, and dietetics.

### 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 for 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      | Spring    | Summer    | Action Items/Responsibilities  |
|-----------|-----------|-----------|--|
| Deadlines | Deadlines | Deadlines |  |
| 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. Gayford to discuss appropriate internship locations and review updated resume.



After meeting with Dr. Gayford, 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. Gayford 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

The endorsement allows students to teach health education in grades 6 through 12 in Illinois.

Students must major in a secondary education program in the School of Education to be eligible to complete the Secondary Health Education Endorsement. For a list of secondary education program requirements see the secondary education section under “School of Education”. Students must complete 28 hours from the health promotion and wellness course offerings, and pass the health content area test.

### Health Promotion and Wellness Major

**65 crs.**

Health Promotion and Wellness majors must complete the health professions core requirements *and* the health promotion and wellness major requirements.

#### HEALTH PROFESSIONS CORE REQUIREMENTS

**28 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) |
| HPE 250   | ASSESSMENT THROUGH TESTS AND MEASUREMENTS<br>FOR HEALTH PROFESSIONS | (3) |
| HPE 300   | HUMAN NUTRITION   | (3) |
| PED 157   | FOUNDATIONS OF HEALTH PROFESSIONS                                   | (3) |
| PED 206   | FIRST AID   | (2) |

#### HEALTH PROMOTION AND WELLNESS MAJOR REQUIREMENTS

**37 crs.**

|         |                                    |     |
|---------|------------------------------------|-----|
| ATH 200 | MEDICAL TERMINOLOGY                | (3) |
| PSY 211 | STRESS MANAGEMENT                  | (3) |
| ATH 353 | PHARMACOLOGY FOR ATHLETIC TRAINERS | (3) |
| HPE 325 | EXERCISE NUTRITION (W)             | (3) |
| PED 349 | PHYSIOLOGY OF EXERCISE             | (3) |
| PSY 465 | SPORT AND HEALTH PSYCHOLOGY        | (3) |

|         |   |     |
|---------|---|-----|
| HPE 390 | ADMINISTRATIVE SKILLS IN HEALTH PROMOTION AND WELLNESS              | (3) |
| HPE 420 | PLANNING AND IMPLEMENTATION<br>IN HEALTH PROMOTION AND WELLNESS (W) | (3) |
| HPE 430 | HEALTH AND WELLNESS COACHING  | (3) |
| HPE 450 | PROGRAMS IN COMMUNITY HEALTH  | (3) |
| HPE 470 | INTERNSHIP IN HEALTH PROMOTION AND WELLNESS                         | (4) |
| HPE 490 | SEMINAR IN HEALTH PROMOTION AND WELLNESS                            | (3) |

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**HEALTH PROMOTION AND WELLNESS MINOR REQUIREMENTS 23 crs.**


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|         |   |     |
|---------|---|-----|
| HPE 158 | HEALTH AND WELLNESS   | (3) |
| ATH 200 | MEDICAL TERMINOLOGY   | (3) |
| PED 206 | FIRST AID   | (2) |
| HPE 250 | ASSESSMENT THROUGH TESTS AND MEASUREMENTS<br>FOR HEALTH PROFESSIONS | (3) |
| HPE 300 | HUMAN NUTRITION   | (3) |
| HPE 390 | ADMINISTRATIVE SKILLS IN HEALTH PROMOTION                           | (3) |
| HPE 420 | PLANNING AND IMPLEMENTATION IN HEALTH PROMOTION<br>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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