

INTERDISCIPLINARY HEALTH SCIENCES: HEALTH & AGING, BS

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

The Interdisciplinary Health Sciences: Health & Aging, BS is not currently accepting applications. Suspension of admissions effective Spring 2027. This program has been replaced with the Interdisciplinary Health Sciences: Health Across the Lifespan, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-across-lifespan/>).

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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Health and Aging Concentration 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
	Humanities & the Arts (6 hours)	6
	fulfilled by HK 208 and any other course approved as Humanities & the Arts	
	Social & Behavioral Sciences (6 hours)	6
	fulfilled by HK 110, HK 262, HK 270	
	Natural Sciences & Technology (6 hours)	6
	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 262	Motor Develop, Growth & Form	3
HK 404	Gerontology	3
HK 459	Physical Activity Across the Lifespan	3
HK 474	Public Health Nutrition	3
Concentration Electives (Choose 3 courses from the following):		9
HK 272	Aging and Health Policy	3
HK 403	Technology, Health, and Aging	3
HK 409	Women's Health	3
HK 451	Biology of Chronic Diseases	3
HK 472	Health and Kinesiology Study Abroad	3
CMN 336	Communicating in Families	3

EPSY 430	Early Adolescent Development	3
HDFS 408	Hospitalized Children	3
PSYC 361	The Psychology of Aging	3
RST 316	Human Development and Recreation, Sport and Tourism	3
SOCW 315	Social Work Services for Older Adults	3
Code	Title	Hours
Total Hours		120

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/>)
 - 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/>)

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/>)
 - 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-mph-social-work-phd/)
- Public Health, MPH & Urban Planning, MUP (http://catalog.illinois.edu/graduate/ahs_faa/joint-degree/public-health-mph-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/>)