

# INTERDISCIPLINARY HEALTH SCIENCES: HEALTH BEHAVIOR CHANGE, BS

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

**The Interdisciplinary Health Sciences: Health Behavior Change, BS is not currently accepting applications. Suspension of admissions effective Spring 2027. This program has been replaced by the Interdisciplinary Health Sciences: Health Behavior Change and Rehabilitation, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-behavior-change-rehabilitation/>).**

Interdisciplinary Health Sciences (or I-Health) is a unique and innovative undergraduate program that reflects the trajectory of the healthcare industry. I-Health teaches students to look at health care more holistically and draw from the knowledge of several other fields to develop innovative new solutions to health-related problems. Graduates leave the program not only armed with a deep knowledge of biology and other sciences, but with the ability to comprehensively care for the whole person.

The Health & Behavior Change concentration will help students understand the interplay among personal traits, family contexts, social structures, and cultural factors that play a role in healthy lifestyles. This includes developing strategies to implement and evaluate interventions that foster constructive health behaviors.

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## Health Behavior Change 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 fulfilled by HK 300	3
	Humanities & the Arts (6 hours) fulfilled by HK 208 and any other course approved as Humanities & the Arts	6
	Natural Sciences & Technology (6 hours)	6
	Social & Behavioral Sciences (6 hours) fulfilled by HK 110, HK 270, HK 300	6
	Cultural Studies: Non-Western Cultures (1 course)	3
	Cultural Studies: US Minority Cultures (1 course) fulfilled by HK 271	3
	Cultural Studies: Western/Comparative Cultures (1 course)	3
	Quantitative Reasoning (2 courses, at least one course must be Quantitative Reasoning I) fulfilled by HK 201 and HK 209	6-10
	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
<b>Concentration Electives (Choose at least 3 courses from the following):</b>		<b>9</b>
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 or CMN 464	Health Communication in Relationships Health Communication Campaigns	3
SHS 352	Hearing Health and Society	3
<b>Code</b>	<b>Title</b>	<b>Hours</b>
<b>Total Hours</b>		<b>120</b>

## 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 Across the Lifespan, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-across-lifespan/>)
      - Interdisciplinary Health Sciences: Health Behavior Change and Rehabilitation, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-behavior-change-rehabilitation/>)
      - Interdisciplinary Health Sciences: Health Diversity and Disability, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-diversity-disability/>)
      - 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/](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/](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/](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/](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/>)