

# INTERDISCIPLINARY HEALTH SCIENCES, BS

for the degree of Bachelor of Science in Interdisciplinary Health Sciences

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. 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.

Students choose one of four concentrations to complement the core curriculum:

- 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 & Aging, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-aging/>)
- Interdisciplinary Health Sciences: Health Behavior Change, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-behavior-change/>)
- 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, BS (<http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-diversity/>)
- 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/>)

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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
	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 and HK 270	
	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

## Required Concentration. Choose one below:

Code	Title	Hours
	Health Across the Lifespan ( <a href="http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-across-lifespan/">http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-across-lifespan/</a> )	21
	Health Behavior Change and Rehabilitation ( <a href="http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-behavior-change-rehabilitation/">http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-behavior-change-rehabilitation/</a> )	22

Health Diversity and Disability ( <a href="http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-diversity-disability/">http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-diversity-disability/</a> )	22
Health Technology ( <a href="http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-technology/">http://catalog.illinois.edu/undergraduate/ahs/interdisciplinary-health-sciences-bs/health-technology/</a> )	21

Code	Title	Hours
<b>Total Hours</b>		<b>120</b>

for the degree of Bachelor of Science in Interdisciplinary Health Sciences

## Sample Sequence

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/>).

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

**Total Hours 15**

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

**Total Hours 16**

<b>Second Year</b>	
<b>First Semester</b>	<b>Hours</b>
HK 209	3
HK 271	3
General Education course	3
Free Elective course	3

Free Elective course	3
<b>15</b>	

**Total Hours 15**

<b>Second Year</b>	
<b>Second Semester</b>	<b>Hours</b>
HK 208	3
Concentration course	3
General Education course	3
General Education course	3
Free Elective course	4
<b>16</b>	

**Total Hours 16**

<b>Third Year</b>	
<b>First Semester</b>	<b>Hours</b>
Concentration course	3
General Education course	3
Free Elective course	3
Free Elective course	3
Free Elective course	3
<b>15</b>	

**Total Hours 15**

<b>Third Year</b>	
<b>Second Semester</b>	<b>Hours</b>
HK 370	4
Concentration course	3
General Education course	3
Free Elective course	3
Free Elective course	3
<b>16</b>	

**Total Hours 16**

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

**Total Hours 14**

<b>Fourth Year</b>	
<b>Second Semester</b>	<b>Hours</b>
HK 471	4
Concentration course	3
Concentration Elective course	3
Free Elective course	3
<b>13</b>	

**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.

## 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 & Promotion, 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 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** (p. 1)
    - 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/>)

<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/>)