

B.A. Physical Education and Health (PED)

(Community Health Education Concentration)

*College: Arts & Sciences***DEGREE REQUIREMENTS**

Course requirements for all UNCW degrees include: (1) Basic Studies, (2) specific major requirements, and (3) sufficient elective hours for a combined total of a minimum of 124 hours.

(1) BASIC STUDIES (45 semester hours)

See Basic Studies sheet and/or information on the WEB at <http://www.uncw.edu/uc/basicstudies.htm>.

(2) MAJOR REQUIREMENTS (Minimum 64 hours Community HEA Concentration)

Check when complete:

PRE-HEALTH EDUCATION REQUIREMENTS: (9 hours)

The following must be completed with "C" or better prior to full admission to this major.

_____ HEA 105	Individual Well-Being (3)
_____ HEA 201	First Aid, Safety, and Cardiopulmonary Resuscitation (3)
_____ HEA 207	Nutrition and Behavior (3)

HEALTH EDUCATION CORE (55 hours)

_____ HEA 234	Principles of Health Education (3) (Meets Oral Communication Competency Requirement)
_____ HEA 240	Current Topics in Health (3)
_____ HEA 245	Consumer Health (3)
_____ HEA 266	(PED 266) Applications of Computers in Physical Education and Health (3) Prerequisite: Declared majors only or by consent of instructor (Meets Computer Competency Requirement)
_____ HEA 301	Introduction to Community Health (3)
_____ HEA 305	Health Intervention Strategies (3)
_____ HEA 347	Practicum in Health Education (3) Prerequisite: Senior status
_____ HEA 351	Health Communications (3)
_____ HEA 355	Measurement and Evaluation in Health Education (3)
_____ HEA 359	(PED 359) Research and Evaluation in Health, Physical Education, and Recreation (3)
_____ HEA 435	Organization and Administration in Health Education (3)
_____ HEA 440	Advanced Topics in Health (3) Prerequisite: HEA 240
_____ HEA 452	Concepts of Human Disease (3) Prerequisite: Junior status, majors only, or permission of instructor
_____ HEA 465	Exercise Performance and Nutrition (3) Prerequisite: PED 216, PED 217, and junior status
_____ +*PED 216	Human Anatomy and Physiology I (4)
_____ +PED 217	Human Anatomy and Physiology II (3)
_____ HEA _____	200, 300, or 400 level HEA course
_____ HEA _____	200, 300, or 400 level HEA course

Students must have a "C-" or better grade in all required HEA and PED courses.

* *These courses require a lab*

+ *May also be used to satisfy Basic Studies requirements*

(3) ELECTIVES

_____ Elective hours to equal a minimum of 124 hours

Requirements to declare PRE-PED (HEA Concentration): Completion of 24 hours

Requirements to declare PED (HEA Concentration): Completion of the following courses with a "C" or better: HEA 105, HEA 201, and HEA 207.

For further information see the HPER WEB site: <http://www.uncw.edu/hahs>

HEALTH COURSES

- HEA 105. **Individual Well-Being** (3)
HEA 201. **First Aid, Safety, and Cardiopulmonary Resuscitation** (3)
HEA 205. **Reproduction and Sexuality** (3) Prerequisite: HEA 105
HEA 207. **Nutrition and Behavior** (3)
HEA 234. **Principles of Health Education** (3)
HEA 240. **Current Topics in Health** (3)
HEA 245. **Consumer Health** (3)
HEA 266. **(PED 266) Applications of Computers in Physical Education and Health** (3)
Prerequisite: Declared majors only or by consent of instructor
HEA 301. **Introduction to Community Health** (3)
HEA 304. **Comprehensive School Health Education, Grades K-12** (3)
HEA 305. **Health Intervention Strategies** (3)
HEA 320. **HIV/AIDS, Issues and Choices** (3) Prerequisite: HEA 105
HEA 325. **Health and Aging** (3) Prerequisite: GRN 101
HEA 347. **Practicum in Health Education** (3) Prerequisite: Majors only or permission of instructor
HEA 351. **Health Communications** (3)
HEA 355. **Measurement and Evaluation in Health Education** (3)
HEA 359. **(PED 359) Research and Evaluation in Health, Physical Education, and Recreation** (3)
Prerequisite: HEA 355
HEA 435. **Organization and Administration in Health Education** (3)
Prerequisite: Majors only or permission of instructor
HEA 440. **Advanced Topics in Health** (3) Prerequisite: HEA 240
HEA 452. **Concepts of Human Disease** (3)
Prerequisite: Junior status, majors only, or permission of instructor
HEA 465. **Exercise, Performance and Nutrition** (3) Prerequisite: PED 216, 217 and junior status
HEA 466. **Introduction to Therapeutic Nutrition** (3) Prerequisite: HEA 465
HEA 491. **Directed Individual Study** (1-3) Prerequisite: Overall GPA of at least 2.00, junior standing, and consent of Instructor, department chair and dean
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OTHER COURSES:

Required:

- PED 216. **Human Anatomy and Physiology I** (4)
PED 217. **Human Anatomy and Physiology II** (3)
PED 235. **Principles of Physical Education** (3)
PAR 215. **Bioethics** (3)

Suggested Electives:

- PSY 223. **Life Span Human Development** (3) Prerequisite: PSY 105
PSY 245. **Drugs and Behavior** (3) Prerequisite: Three semester hours of PSY, excluding PSY 110
PSY 324. **Psychology of Aging** (3) Prerequisite: PSY 105, 223, or GRY 101
PSY 449. **Psychology of Death** (3) Prerequisite: PSY 105
GRN 101. **Introduction to Gerontology** (3)
SOC 336. **Sociology of Aging** (3) Prerequisite: SOC 105 or GRY 101
SOC 418. **Women and Aging** (3) Prerequisite: At least junior standing and either SOC 336 or consent of instructor
BIO 235. **Genetics in Human Affairs** (3)
COM 290. **Rhetoric of Popular Culture** (3)