

# COMMUNITY HEALTH (B.S.)

The Bachelor of Science in Community Health prepares students for careers in the broad field of community health. Coursework includes training in health topics, intervention development and evaluation, health behavior theory, policy and teaching methods. The program also prepares students to take the Certified Health Education Specialist (CHES) exam, which is given by the National Commission for Health Education Credentialing, Inc. (NCHEC). This credential ensures that students are trained and qualified to plan and coordinate community health education programs. The B.S. in Community Health provides practical field experiences and experiential coursework to prepare students for employment in public or private agencies; local health departments; volunteer organizations; hospitals; health insurance companies; worksite/employee health promotion and wellness programs; and a variety of community-based organizations.

## Mission Statement

Our mission is to advance health equity through the preparation of Community Health Education Specialists who explore the multiple levels (individual, family, community, policy, systems) and social determinants that influence behavior and health. Community health professionals focus on the community as the setting for analysis, assessment, advocacy, program planning, intervention, evaluation, and research, and are committed to developing, enhancing and using evidence-informed strategies to improve population health.

## Admission Requirements

Admission requirements for this program are satisfied by the general requirements for undergraduate admission to the University.

Advising questions should be directed to the Division of Academic Services, College of Education, 489 Education, phone 313-577-1601.

## Program Requirements

Candidates must complete 120 credit hours in coursework, including satisfaction of the University General Education Requirements (<https://bulletins.wayne.edu/undergraduate/general-information/general-education/>), as well as the major requirements cited below. All coursework must be completed in accordance with the regulations of the University (<https://bulletins.wayne.edu/undergraduate/general-information/academic-regulations/>) and the College (<https://bulletins.wayne.edu/undergraduate/college-education/academic-regulations/>) governing undergraduate scholarship and degrees.

All courses must be completed with grades of 'C' or better and an overall 2.0 grade point average to meet College graduation requirements. Course changes may occur through periodic curriculum revision, and students are urged to consult assigned advisors prior to each registration period to ensure that all requirements are met.

| Code        | Title   | Credits |
|-------------|---|---------|
| HE 1010     | Foundations of Health and Health Promotion          | 3       |
| HE 2310     | Dynamics of Personal Health                         | 3       |
| HE 2320     | Advancing Policy in Community Health Education      | 3       |
| HE 3440     | Nutrition and Health Education                      | 3       |
| or NFS 2030 | Nutrition and Health                                |         |
| HE 3344     | Methods and Materials in Community Health Education | 3       |
| HE 3500     | Human Disease                                       | 3       |
| HE 4010     | Foundations of Community Health Program Planning    | 3       |

|                                |  |                |
|--------------------------------|--|----------------|
| HE 6310                        | Reproductive Health Education                            | 3              |
| or PH 3750                     | Reproductive Health                                      |                |
| HE 6320                        | Mental Health and Substance Abuse                        | 3              |
| HE 6330                        | Health Behavior Change                                   | 3              |
| HE 6501                        | Measurement and Evaluation in Community Health Education | 3              |
| HE 5522                        | Health Psychology  | 3-4            |
| or PSY 2410                    | Health Psychology  |                |
| LFA 2330                       | First Aid and CPR  | 3              |
| HE 4902                        | Health Education Internship                              | 5              |
| <b>Other Requirements</b>      |  | <b>76</b>      |
| General Education Requirements |  |                |
| Electives <sup>1</sup>         |  |                |
| <b>Total Credits</b>           |  | <b>120-121</b> |

<sup>1</sup> The Bachelor of Science (B.S.) with a major in Community Health requires the completion of at least 15 credits of approved program electives. Additional electives may be needed to reach the 120 credit hours required for the degree. Students can use these electives to pursue university minors in certain areas. Not more than three classes will be considered per subject area (i.e., PH, PSY, NFS, SOC, etc.). View a list of approved elective courses (p. 2). Students should consult their advisor for further information before registering for any elective courses not listed on the curriculum guide or Plan of Work.

## Optional Program Concentrations within the College of Education

Students are responsible for satisfying the prerequisite and placement requirements prior to enrolling in the listed courses. See the individual courses or contact an advisor for more information.

### Exercise and Sport Science Concentration

The Exercise and Sport Science concentration is open to students majoring in programs within the Division of Kinesiology, Health and Sport Studies. This concentration includes five (5) courses, totaling fifteen (15) credit hours. All coursework must be completed in accordance with the academic procedures of the College of Education (<https://bulletins.wayne.edu/undergraduate/college-education/academic-regulations/>) and the University (<https://bulletins.wayne.edu/undergraduate/general-information/>) governing undergraduate scholarship and degrees. All major, concentration, and education courses must be completed with grades of 'C' or better and an overall 2.0 grade point average to meet College graduation requirements.

| Code  | Title   | Credits  |
|---|---|----------|
| <b>Note: Prerequisite coursework may be required for these courses.</b>                                       |   |          |
| <b>Required (6 credit hours)</b>  |   |          |
| KIN 3000  | Professional Perspectives in Kinesiology and Exercise Science | 3        |
| KIN 5100  | Anatomical and Physiological Bases of Physical Activity       | 3-5      |
| or BIO 2870   | Anatomy and Physiology  |          |
| <b>Elective courses (9 credit hours)</b>  |   | <b>9</b> |
| For students interested in lifespan and developmental growth, the following elective courses are recommended: |   |          |
| KIN 3400  | Lifespan Growth and Development                               |          |
| KIN 3550  | Motor Learning and Control                                    |          |
| KIN 3580  | Biomechanics  |          |

For students interested in health, fitness, and sports performance, the following elective courses are recommended:

|          |                           |
|----------|---------------------------|
| KIN 3580 | Biomechanics              |
| KIN 6100 | Methods of Group Training |
| KIN 6120 | Strength and Conditioning |
| KIN 6300 | Exercise Physiology I     |

For students who are interested in metabolic, neuromuscular, cardiovascular and respiratory changes, the following elective courses are recommended:

|          |                            |
|----------|----------------------------|
| KIN 3550 | Motor Learning and Control |
| KIN 3580 | Biomechanics               |
| KIN 6300 | Exercise Physiology I      |

For students interested in sport and exercise psychology, the following elective courses are recommended:

|          |   |
|----------|---|
| KIN 5520 | Sport Psychology                          |
| KIN 5523 | Physical Activity and Exercise Psychology |
| KIN 6210 | Physical Activity and Cognition           |
| HE 5522  | Health Psychology                         |

**Total Credits 15-17**

### Sport Management Concentration

The Sport Management concentration is open to students majoring in programs within the Division of Kinesiology, Health and Sport Studies. This concentration includes six (6) courses, totaling eighteen (18) credit hours. All coursework must be completed in accordance with the academic procedures of the College of Education (<https://bulletins.wayne.edu/undergraduate/college-education/academic-regulations/>) and the University (<https://bulletins.wayne.edu/undergraduate/general-information/>) governing undergraduate scholarship and degrees. All major, concentration, and education courses must be completed with grades of 'C' or better and an overall 2.0 grade point average to meet College graduation requirements.

| Code | Title | Credits |
|------|-------|---------|
|------|-------|---------|

**Note: Prerequisite coursework may be required for these courses.**

#### Required (3 credit hours)

|          |                                 |   |
|----------|---------------------------------|---|
| SAM 2100 | Foundations of Sport Management | 3 |
|----------|---------------------------------|---|

#### Electives: Select one the following (3 credit hours)

|          |                    |   |
|----------|--------------------|---|
| SAM 2020 | History of Sport   | 3 |
| SAM 3020 | Sociology of Sport | 3 |
| SAM 3010 | Ethics in Sport    | 3 |

#### Electives: Select one the following (3 credit hours)

|          |                     |   |
|----------|---------------------|---|
| SAM 3030 | Sports Promotion    | 3 |
| SAM 4020 | Sport Governance    | 3 |
| SAM 4030 | Sport Finance       | 3 |
| SAM 4040 | Sport Communication | 3 |

#### Electives: Select at least 9 credits from courses not selected above or from the following list.

|          |                                    |   |
|----------|------------------------------------|---|
| SAM 5510 | Principles of Coaching             | 3 |
| SAM 5700 | Sport Leadership                   | 3 |
| SAM 6300 | Interscholastic Athletic Directing | 3 |
| SAM 6310 | Collegiate Athletic Administration | 3 |
| SAM 6320 | Youth Sports and Recreation        | 3 |
| SAM 6530 | Professional Sport Administration  | 3 |
| SAM 6531 | Sports Event Management            | 3 |
| SAM 6560 | Media Design and Communication     | 3 |
| SAM 6570 | Sports Marketing                   | 3 |

|          |  |     |
|----------|--|-----|
| SAM 6750 | Field Work in Sports Administration and Management | 1-4 |
|----------|--|-----|

|          |                  |   |
|----------|------------------|---|
| KIN 5520 | Sport Psychology | 3 |
|----------|------------------|---|

**Total credit hours: 18**

## Community Health Electives

The Bachelor of Science (B.S.) with a major in Community Health requires the completion of 15 credits of approved program electives. Students can use these electives to pursue university minors in certain areas. Not more than three classes will be considered per subject area (i.e., PH, PSY, NFS, SOC, etc.). Other electives not listed can be approved by your assigned academic advisor.

| Code  | Title   | Credits |
|---|---|---------|
| AFS/HIS/US 2350   | Black Detroit   | 3       |
| AFS/SOC 2600  | Race and Racism in America                                  | 3       |
| ANT 2400  | Food and Culture  | 3       |
| ANT 3400  | Introduction to Medical Anthropology                        | 3       |
| ANT/GLS/PH 3410   | Global Health   | 3       |
| ANT 5240  | Cross Cultural Study of Gender                              | 3       |
| ANT 5400  | Anthropology of Health and Illness                          | 3       |
| ARB 5700  | Arabic for Healthcare Professions                           | 3       |
| CLA 1240  | Etymology of Medical Terms                                  | 2       |
| COM 3400  | Theories of Communication                                   | 3       |
| COM 5320  | Health Communication  | 3       |
| COM 5360  | Gender and Communication                                    | 3       |
| CRJ/GSW 2650  | Gender and Crime  | 3       |
| CRJ/PH 3050   | Mental Health and Crime                                     | 3       |
| CRJ 3110  | Domestic Violence and Criminal Justice                      | 3       |
| CRJ 4230  | Child Abuse and Neglect                                     | 3       |
| ECO 5550  | Economics of Health Care                                    | 4       |
| EDP 5450  | Child Psychology  | 2-3     |
| EDP 5480  | Adolescent Psychology                                       | 2-3     |
| EDP 6210  | Foundations of Educational Psychology                       | 3       |
| GSW 2100  | Introduction to Queer Studies                               | 3       |
| GSW 2700  | Social Science Perspectives on Gender, Sexuality, and Women | 3       |
| GSW/AFS 5110  | Black Women in America                                      | 3       |
| HE 3300   | Health of the School Child                                  | 3       |
| HE 6000   | Yoga: History, Philosophy, and Practice                     | 3       |
| HE 6050   | Mindfulness: Philosophy, Theory, Practice, and Research     | 3       |
| HIS 2530/<br>PCS 2050/<br>PS 2550/<br>SOC 2050  | The Study of Non-Violence                                   | 3       |
| KIN 3540  | Cultural Foundations of Kinesiology                         | 3       |
| KIN 5520  | Sport Psychology  | 3       |
| KIN 5523  | Physical Activity and Exercise Psychology                   | 3       |
| LFA 1040  | Healthy Lifestyle Basics                                    | 2       |
| LFA 1470  | Mindfulness, Fitness and Stress Management                  | 2       |
| Limit of 4 credit hours in LFA coursework can count toward the major in Community Health. |   |         |
| MAE 1000  | Detroit by the Numbers                                      | 3       |
| MLS 3330  | Medical Terminology   | 1       |

|             |  |     |
|-------------|--|-----|
| NFS 2030    | Nutrition and Health   | 3   |
| NFS 3230    | Human Nutrition  | 3-4 |
| NFS 3270    | Eating Disorders   | 3   |
| NFS 4160    | Food Laws and Regulations                                      | 3   |
| NFS 5220    | Community Nutrition  | 2   |
| NUR 4800    | Transcultural Health Through the Life Cycle                    | 3   |
| PCS 3100    | Human Trafficking and Modern Slavery                           | 3   |
| PH 2100     | Introduction to Public Health                                  | 3   |
| PH 2500     | Race and Ethnic Disparities in Public Health                   | 3   |
| PH 3100     | Social and Behavioral Aspects of Public Health                 | 3   |
| PH 3400     | Health in All Policies   | 3   |
| PH 3500     | Environmental Health   | 3   |
| PH/US 3550  | Public Health and the City                                     | 3   |
| PH 3600     | Special Topics in Public Health                                | 3   |
| PH/SOC 3900 | LGBTQ Health   | 3   |
| PH 4600     | Special Topics in Health Disparities                           | 3   |
| PHI 1110    | Ethical Issues in Health Care                                  | 3   |
| PHI 5250    | Justice and Rights in Health Care                              | 4   |
| PHI 5330    | Ethics, Law, and Health  | 4   |
| PSY 2020    | Research Methods In Psychology                                 | 4   |
| PSY 2030    | Statistical Methods in Psychology                              | 4   |
| PSY 2080    | Introduction to Drugs, Behavior, and Society                   | 3   |
| PSY 2100    | Psychology and the Workplace                                   | 3   |
| PSY 2300    | Psychology of Everyday Living                                  | 4   |
| PSY 2400    | Developmental Psychology                                       | 4   |
| PSY 2600    | Psychology of Social Behavior                                  | 4   |
| PSY 3060    | Psychology of Learning and Memory: Fundamental Processes       | 3   |
| PSY 3200    | Motivation, Feeling and Emotion                                | 3   |
| PSY 3250    | Psychology of Gender   | 3   |
| PSY 3310    | Abnormal Psychology  | 4   |
| PSY 3380    | Human Sexuality  | 3   |
| PSY 3430    | Infant Development   | 3   |
| PSY 3480    | Parent-Child Interaction Across the Lifespan                   | 3   |
| PSY 4310    | Psychological Disorders of Children                            | 3   |
| SOC 2201    | Race Relations in Metro Detroit                                | 3   |
| SOC 2202    | Gendered Worlds  | 3   |
| SOC 2203    | Social Psychology  | 3   |
| SOC 2210    | Sociology of Health and Medicine                               | 3   |
| SOC 2212    | From Cradle to Grave: Drugs and Society Across the Life Course | 3   |
| SOC 3200    | Methods of Social Research                                     | 3   |
| SOC 3400    | Exploring Marriage and Other Intimate Relationships            | 3   |
| SOC 3710    | Learning About Your Community Through Research                 | 4   |
| SPA 3050    | Spanish for the Health Care Profession                         | 3   |

## Community Health AGRADE Overview

The Division of Kinesiology, Health, and Sports Studies (KHS) in the College of Education offers degrees that focus on the broad careers of health, wellness, exercise, sport, and human performance. With programs in Community Health (CH), Exercise and Sport Science (ESS), Health and Physical Education Teaching (HPET), and Sport Administration and Management (SAM), KHS prepares students to excel in a range of health-related professions.

The Community Health AGRADE program is available to academically strong students completing B.S. degrees in Community Health; Exercise and Sport Science; Health and Physical Education Teaching; and Sport Management so they can begin a master's degree while simultaneously completing their bachelor's degree. Coursework taken during a student's senior year (up to 16 credits) can simultaneously qualify toward the bachelor's and master's degrees. In this case, after completing any bachelor's degree in this division, students would have also completed a substantial portion of the coursework required for the Master of Science in Community Health. This allows motivated students the opportunity to complete the requirements for both degrees in an accelerated format.

Our bachelor's programs typically have between 15-25 elective courses in their plans of work. This AGRADE program allows students to utilize graduate courses in Community Health to fulfill these elective requirements. Students, in consultation with their advisor, can select Community Health graduate courses that count toward the student's bachelor's and master's degrees. The graduate coursework completed while enrolled as an undergraduate is assessed at the undergraduate tuition rate, resulting in significant tuition savings.

## Admission Criteria

Students may apply for the Community Health AGRADE program no earlier than the semester in which ninety credits are being completed. Applicants must have a minimum overall grade point average of 3.30. After admission, the AGRADE program requires a continuing undergraduate cumulative grade point average of at least a 3.30 and a grade of B or higher in Community Health master's coursework.

## Advising

AGRADE advising is provided by the Division of Academic Services College of Education.

## Eligible AGRADE Courses

The following table outlines the Community Health master's courses that could be included in an undergraduate plan of work. Students may take up to a maximum of 16 credits from the following list. In addition, other master's courses may qualify as exceptions.

| Code       | Title  | Credits |
|------------|--|---------|
| HE 5522    | Health Psychology  | 3       |
| HE 6100    | Health Communication Methods and Techniques  | 3       |
| HE 6310    | Reproductive Health Education  | 3       |
| or HE 6320 | Mental Health and Substance Abuse  |         |
| HE 6420    | Introduction to Health Education Program Design  | 3       |
| HE 6501    | Measurement and Evaluation in Community Health Education                                   | 3       |
| HE 6530    | Principles and Practice of Health Education and Health Promotion                           | 3       |
| HE 6560    | Integrating Evidence-Based Practices in Community Health: Translating Research-To-Practice | 3       |
| HE 6570    | Advancing Community Health and Health Equity   | 3       |
| KHS 8540   | Theories of Health Behavior  | 3       |