The Master of Arts degree in Health Education provides post-graduate academic training for individuals employed in or planning to seek employment as public health practitioners and health educators in a wide variety of settings including public, academic, hospital/clinical, community/non-profit, and corporate settings. This degree program provides graduate level training designed to prepare public health and health promotion professionals to design, implement, and evaluate interventions working in a wide range of health, public health and health promotion areas. The postgraduate training program enhances the leadership and research skills of public health workers, preparing them for positions of progressive responsibility within their chosen career.

Students interested in this program must submit a completed Application for Admission to Graduate Study and should contact the Division of Health Promotion and Education (within the School of Health, Physical Education and Leisure Services) for any other admission requirements. Graduate information and application for graduate admission can be found at www.grad.uni.edu/admission.

The Graduate Record Examination (General Test) is not required for admission to the program.

Only graduate courses (course numbers 5000 or above) will apply to a graduate degree, even if the undergraduate course number (4999 or less) is listed. No exceptions will be made.

This major is available on the thesis and non-thesis options. A minimum of 30-34 semester hours is required depending on the emphasis chosen. Additional hours may be required, if, upon entering the graduate program, the student needs background courses. The thesis option requires 6 hours of thesis research HPE 6299. The non-thesis option requires a research paper for 2 hours credit HPE 62299. A minimum of 12 hours exclusive of HPE 62299 credit, must be at the 6000-level.

Successful completion of a final, written comprehensive examination is required for both the thesis and non-thesis option.
Three emphases are offered on this major.

1. **Health Promotion/Fitness Management Emphasis**
   Required:

   *Choose one of the following:* 3 hours
   Health, Physical Education and Leisure Services, Interdepartmental:
   - **HPELS 6210** Quantitative Methods in HPELS
   - **HPELS 6215** Qualitative Methods in HPLS

   *Choose one of the following:* 3 hours
   Measurement and Research:
   - **MEASRES 6205** Educational Research
   - **HPELS 6290** Research Methods for Health, Physical Education and Leisure Services

   **Health Promotion and Education:** 15 hours
   - **HPE 5393** Epidemiological Methods, Research Design, and Analysis
   - **HPE 5431** Worksite Health Promotion
   - **HPE 5666** Environmental and Occupational Health Regulations
   - **HPE 6271** Cardiovascular Physiology
   - **HPE 6390** Philosophy and Ethics of Public Health and Health Promotion

   **Health Promotion Graduate Seminar:** 1 hour
   - **HPE 6289** Seminar

   **Physical Education:** 3 hours
   - **PEMES 6253** Advanced Exercise Physiology

   **Management:** 3 hours
   - **MGMT 5919** Leadership and Human Relations

   **Research:** 2 or 6 hours
   - **HPE 6299**
     - Thesis option (6 hrs.)
     - Non-thesis option (2 hrs.)

   Total Hours Thesis option = 34
   Total Hours Non-thesis = 30
2. Community Health Education

Required:

*Health Promotion and Education:* 16 hours

- HPE 5167 Cultural Competency
- HPE 5393 Epidemiological Methods, Research Design, and Analysis
- HPE 5431 Worksite Health Promotion
- HPE 5665 Environmental Health Science
- HPE 6220 Health Determinants
- HPE 6390 Philosophy and Ethics of Public Health and Health Promotion

*Select One of the Following:* 3 hours

**Measurement and Research:**

- MEASRES 6205 Educational Research

**Health, Physical Education and Leisure Services, Interdepartmental:**

- HPELS 6290 Research Methods for Health, Physical Education and Leisure Services

*Health Promotion Graduate Seminar:* 1 hour

- HPE 6289 Seminar

*Research:* 2 or 6 hours

- HPE 6299
  - Thesis option (6 hrs.)
  - Non-thesis option (2 hrs.)

*Electives as approved by the Graduate Committee:* 10 or 6 hours

Total program hours = 32
3. School Health Education

Required: 6 hours

Health Promotion and Education:
- HPE 5431 Worksite Health Promotion
- HPE 6390 Philosophy & Ethics of Public Health and Health Promotion

Select One of the Following: 3 hours

Measurement and Research:
- MEASRES 6205 Educational Research

Health, Physical Education and Leisure Services, Interdepartmental:
- HPELS 6290 Research Methods for Health, Physical Education and Leisure Services

Health Promotion Graduate Seminar: 1 hour
- HPE 6289 Seminar

Research: 2 or 6 hours
- HPE 6299
  - Thesis option (6 hrs.)
  - Non-thesis option (2 hrs.)

Electives as approved by the Graduate Committee: 19 or 15 hours

Total program hours = 31

The additional course requirements for this emphasis will be governed largely by teacher licensure requirements.

Graduate Coordinator for Health Education programs is: Dr. Susan Roberts-Dobie
University of Northern Iowa
219 WRC
Cedar Falls, IA  50614-0241
(319) 273-5930
susan.dobie@uni.edu
Application Requirements

Application for graduate study: [www.grad.uni.edu/admission](http://www.grad.uni.edu/admission)

Two letters of recommendation
Resume
2-3 page paper stating research interests/intent for the major
Departmental Application

Official transcripts must be submitted. Transcripts issued to students, even in sealed envelopes, are not considered official. Transcripts must be sent directly from the issuing institution directly to:

Office of Admissions
University of Northern Iowa
002 Gilchrist Hall
Cedar Falls, IA  50614-0018

For Additional Information Contact:
Machelle Stickler
(319) 273-7479
machelle.stickler@uni.edu
COURSE DESCRIPTIONS

HPE Cultural Competency for the Helping Professions – 1 hour
Overview of the changing demographics in the United States, and discussion of how culturally competent health care can improve the wellbeing of underserved populations. Provides in-depth training in working in a culturally appropriate manner with multiple diverse populations in Iowa and the United States. Prerequisite(s): junior standing. (Fall and Spring)

HPE 5393 Epidemiological Methods, Research Design, and Analysis – 3 hours
Instruction in the methods of both descriptive and analytical epidemiology, the quantitative tools used in all areas of epidemiological surveillance and research design, and the development of a nuanced critique of research design and findings. Prerequisite(junior standing. (Fall and Spring)

HPE 5431 Worksite Health Promotion – 3 hours
Models of delivery of health promotion, disease prevention, and occupational health/safety programs to employee populations. Prerequisite(s): junior standing. (Fall)

HPE 5665 Environmental Health Science – 3 hours
Comprehensive survey of the interaction between human health and the quality and state of the natural environment. (Prerequisite(s): junior standing. (Same as ENV SCI 5665) (Fall)

HPE 5666 Environmental and Occupational Health Regulations– 3 hours
Overview of environmental and occupational safety laws applied to the practice of environmental science. Emphasis on application of the legislation with a focus on regulations. Includes major environmental laws such as the National Environmental Policy Act, Clean Air Act, Clean Water Act, and the Occupational Safety and Health Act. Prerequisite(s): junior standing. (Same as ENV SCE 5666) (Odd Springs)

HPE 6271 Cardiovascular Physiology – 3 hours
In-depth of study of the functioning of the cardiovascular and respiratory systems in the diseased and non-diseased state. Major topics include functional anatomy, cardiorespiratory control, arterial pressure, responses to exercise, electrical activity, and the effects of disease processes. (Same as PEMES 6271) (Variable)

HPE 6289 Seminar – 1 hour
May be repeated for maximum of 6 hours. (Variable)

HPE 6390 Philosophy and Ethics of Public Health and Health Promotion – 3 hours
Analysis of philosophical foundations and ethical principles related to public health, health promotion, and health education practice. (Variable)

HPELS 6210 Quantitative Methods in HPELS – 3 hours
Practical statistical applications commonly used in athletic training, health promotion and education, physical education, and leisure, youth and human services with a focus on the analysis and interpretation of data through the use of computer software packages. (Fall and Spring)
HPELS 6215 Qualitative Methods in HPELS – 3 hours
Application of qualitative methods of data collection and analysis to topics in athletic training, health promotion and education and leisure, youth and human services. Prerequisite(s): SPED 6293 or equivalent. (Variable)

HPELS 6290 Research Methods for Health, Physical Education and Leisure Services – 3 hours
Introduction to processes of research in health, physical education, and leisure services with an emphasis on critical analysis of literature, and identification of viable research projects. (Fall and Spring)

MEASRES 6205 Educational Research – 3 hours
An introduction to research methods relevant to educational research with an emphasis on how these methods address the challenges of conducting research in applied settings such as schools. Course content includes a survey of major types of research designs (both quantitative and qualitative) and their associated approaches for minimizing bias, establishing validity, collecting data, and drawing conclusions. A primary goal of this course is to equip students with an understanding of basic concepts and tools so they can systematically locate, efficiently read and critically evaluate empirical research studies (Fall, Spring, Summer)

MGMT 5919 Leadership and Human Relations – 3 hours
Study of leadership theories and practices for the purpose of developing human resources within organizations. Provides opportunity to develop human relations skills. Prerequisite(s): junior standing. (Variable)

PEMES Advanced Exercise Physiology – 3 hours
Process of scientific inquiry into exercise physiology and the identification of basic principles to be applied for maximum performance without injury. Prerequisite(s): PEMES 3153 or equivalent; BIOL 3101 or equivalent: BIOL 3102 or equivalent. (Variable)

The University of Northern Iowa does not discriminate in employment or education.