

# HEALTH EDUCATION

Degree: Master of Science  
 Certificate: Gerontology  
 Division: Health, Leisure & Exercise Science  
 Building 54, Room 119  
 (850) 474-2592  
 hles@uwf.edu  
 College: Professional Studies

The master's degree in Health Education provides the student a choice of an Aging Studies Nutrition and Fitness, or Psycho-Social Specialization. The program requires 36-39 hours. Electives are carefully chosen by the student in consultation with an advisor. A student has the option of completing a thesis or an internship except in the Aging Studies Specialization where a thesis or internship is required. Consult the department for advisement.

Contact the department for information concerning the Certificate.

## FOUNDATIONAL PROFICIENCIES

Students in the Nutrition and Fitness and the Psycho-Social Specializations must have previous credit in human anatomy or physiology or pathophysiology, general biology, and personal and community health or equivalent. These courses are recommended for students in the Aging Studies Specialization.

## AGING STUDIES SPECIALIZATION

The master's degree in Health Education/Aging Studies is a degree designed to prepare graduate students for professional careers in the rapidly expanding field of aging. The program is interdisciplinary, thereby addressing the needs of students from a variety of academic backgrounds. Either a thesis or an internship is required.

### Core Requirements (9 sh)

HLP 6535	Research Procedures .....	3
HLP 6595	Research Seminar .....	3
PAD 6701	Quantitative Applications in the Public Administration .....	3

### Major Requirements (12 sh)

DEP 4401	Adulthood and Aging .....	3
DEP 6408	Interdisciplinary Aspects of Aging .....	3
PET 6074	Successful Aging: Physiological Aspects .....	3
SOW 5687	Dimensions of Death and Dying: Special Issues .....	3

### Major Electives (9 sh)

Choose three:

ECP 5xxx	Economic Demography and Aging Markets ....	3
HSA 5115	Health Care Policy and Administration .....	3
HSC 5506	Epidemiology .....	3
PEP 5118	Aging and Physical Performance .....	3
PET 6075	Aging and Motor Skills .....	3
PLA 3600	Probate and Estate Planning .....	3
SOW 4643	Aging in Today's Society .....	3
SOW 5641	Treatment and Care of the Elderly .....	3
SOW 5646	Substance Abuse and the Elderly .....	3
HLP 6922	Field Experience (limited to three credit hours) .....	3

### Internship or Thesis (6 sh):

Choose one:

HLP 6940	Internship .....	6
HLP 6971	Thesis .....	6

## NUTRITION AND FITNESS SPECIALIZATION

HLP 6535	Research Procedures .....	3
HLP 6595	Research Seminar .....	3
HSC 5037	Historical Foundations of Health Education .....	3
HSC 5506	Epidemiology .....	3
HSC 5585	Health Promotion and Planning .....	3

Choose 24 sh from:

HLP 6515	Evaluation Process in Sports .....	3
HLP 6922	Field Experience .....	3
Course offered 1-3 sh per semester		
HLP 6940	Internship .....	3-6
Course offered 3-6 sh per semester		
HLP 6971	Thesis .....	6
Course offered 1-6 sh per semester		
HSC 5237	Nutrition & Health .....	3
HSC 5552	Communicable and Degenerative Diseases ....	3
PET 3351/L	Exercise Physiology/Lab .....	4
PET 4310/L	Mechanics of Human Motion/Lab .....	4
PET 4361	Sport Nutrition and Weight Control .....	3
PET 4552	Exercise Testing for Special Populations .....	3
PET 5235	Motor Learning .....	3
PET 5385C	Exercise Prescription & Testing .....	3
PET 5626	Rehabilitation of Athletic Injuries .....	3
PET 5635C	Therapeutic Modalities in Sports Medicine .....	3
PET 6346	Biomechanics of Sports Skills .....	3
PET 6355C	Advanced Exercise Physiology .....	3
Electives as approved by the department chair		

## PSYCHO-SOCIAL SPECIALIZATION

HLP 6535	Research Procedures .....	3
HLP 6595	Research Seminar .....	3
HSC 5037	Historical Foundations of Health Education .....	3
HSC 5506	Epidemiology .....	3
HSC 5585	Health Promotion and Planning .....	3

Choose 24 sh from:

EAB 4704	Introduction to Behavior Modification .....	3
EAB 5705	Advanced Behavior Modification .....	3
EAB 5738	Behavioral Medicine .....	3
HLP 6922	Field Experience .....	3
Course offered 1-3 sh per semester		
HLP 6940	Internship .....	3-6
Course offered 3-6 sh per semester		
HLP 6971	Thesis .....	6
Course offered 1-6 sh per semester		
HSA 6106	Critical Analysis of Health .....	3
HSC 5135	Health Guidance .....	3
HSC 5552	Communicable and Degenerative Diseases ....	3
HSC 6206	Community Health Delivery Systems .....	3
PCO 4310	Intervention in Addictions .....	3
PCO 6216	Theories of Individual Counseling .....	3
PCO 6246	Theories of Group Counseling .....	3
PCO 6278	Multicultural Counseling .....	3
PSB 4731	Psychobiology of Sexual Behavior .....	3
PSY 4820	Health Psychology .....	3
Electives as approved by the department chair		