

## Health Education

Degree: Master of Science  
Certificate: Gerontology  
Division: Health, Leisure & Exercise Science  
Building 54, Room 119  
(850) 474-2592  
<http://uwf.edu/hles/>  
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 Director, Center on Aging for information concerning the Certificate.

In addition to general University requirements, students seeking the M.S. in Health Education must meet the requirements listed below.

Course descriptions are listed alphabetically by prefix in the end of this *Catalog*.

### 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
IHS	6618	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	5118	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	5646	Substance Abuse and the Elderly	3
HLP	6922	Field Experience (limited to three credit hours)	3
Course offered at 1-3 sh per semester			

**Internship or Thesis (6 sh):**

*Choose one:*

HLP	6940	Internship Course offered 3-6 sh per semester	6
HLP	6971	Thesis Course offered 1-6 sh per semester	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
<i>Choose 24 sh:</i>			
HLP	6922	Field Experience Course offered 1-3 sh per semester	3
HLP	6940	Internship Course offered 3-6 sh per semester	3-6
HLP	6971	Thesis Course offered 1-6 sh per semester	6
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	4691	Exercise Testing for Special Populations	3
PET	5052	Motor Learning	3
PET	5553	Exercise Testing & Prescription	3

PET	5626	Rehabilitation of Athletic Injuries	3
PET	5635/L	Therapeutic Modalities in Athletic Training/Lab	4
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 Course offered 1-3 sh per semester	3
HLP	6940	Internship Course offered 3-6 sh per semester	3-6
HLP	6971	Thesis Course offered 1-6 sh per semester	6
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