

HEALTH AND PHYSICAL ACTIVITY PROMOTION MAJOR (B.S.)

<https://www.unh.edu/program/bachelor-science/health-physical-activity-promotion>

Description

The Health and Physical Activity Promotion major provides students a pathway to explore principles of human development, human performance, and behavior change across the lifespan. This major prepares students to work in non-clinical settings that focus on helping people to live healthy and active lifestyles across the lifespan.

The program provides students with an opportunity to take courses that deepen their learning in an area of specialized interest. This may include a self-identified grouping of courses or the declaration of a formal minor.

Students in this major can select between two options. The first, Health and Physical Activity Promotion, prepares students to work with clients of any age in a variety of settings including worksite wellness, fitness centers, community health and wellness programming, camps, sport coaching, and before/after-school programming. The second option, Health and Physical Education Teacher Licensure, specifically prepares students to teach health education and physical education in K-12 school settings.

For questions about the program, contact the undergraduate program coordinator [Holly Alperin \(holly.alperin@unh.edu\)](mailto:holly.alperin@unh.edu) or call (603) 862-1211.

Requirements

Degree Requirements

Minimum Credit Requirement: 128 credits

Minimum Residency Requirement: 32 credits must be taken at UNH

Minimum GPA: 2.0 required for conferral*

Core Curriculum Required: Discovery & Writing Program Requirements

Foreign Language Requirement: No

All Major, Option and Elective Requirements as indicated.

*Major GPA requirements as indicated.

Major Requirements

Students must achieve a 2.5 or better cumulative GPA across major-required courses.

Code	Title	Credits
Required Courses		
HPE 500	Introduction to Health & Physical Activity Promotion	2
HDFS 525	Human Development	4
HPE 600	Movement and Gymnastics Exploration	4
HPE 601	Foundations of Lifetime Physical Activity	3
HPE 603	Game On! Playing and Leading Team Sports and Activities	3-4
or HPE 676	Adventure Activities	

or HPE 671	Health Education Pedagogy	
HPE 610	Teaching Young Children Through Movement	4
HPE 781	Introduction to Adapted Physical Education	4
EXSC 607	Biology of Aging	4
HPE 648	Moving Towards Well-Being: Principles of Health Behavior Change for Health and Wellness Educators	4
HPE 653B	Biomechanics of Human Movement	2-4
or KIN 652	Clinical Kinesiology	
or EXSC 722	Applied Biomechanics	
HPE 675	Motor Development and Learning Across the Lifespan	4
HPE 702	Health Content and Youth Risk Behavior	4
HDFS 746	Human Sexuality	4
NUTR 400	Nutrition in Health and Well Being	4
BMS 507	Human Anatomy and Physiology I	4
BMS 508	Human Anatomy and Physiology II	4
EXSC 620	Physiology of Exercise	4
PSYC 402	Statistics in Psychology	4
or SOC 402	Statistics	
or HMP 540	Statistics for Health and Human Service Professionals	
HPE 712	Health Education Practicum	4
or HPE 570	Elementary Physical Education Practicum	
Senior Capstone Experience		
HPE 766	Middle School and Secondary Physical Education Practicum	4
Total Credits		74-77

Degree Plan

Sample Degree Plan

This sample degree plan serves as a general guide; students collaborate with their academic advisor to develop a personalized degree plan to meet their academic goals and program requirements.

First Year

Fall		Credits
HPE 500	Introduction to Health & Physical Activity Promotion	2
HPE 600	Movement and Gymnastics Exploration	4
NUTR 400	Nutrition in Health and Well Being	4
Discovery Course		4
Credits		14

Spring

HPE 601	Foundations of Lifetime Physical Activity	3
HPE 675	Motor Development and Learning Across the Lifespan	4
ENGL 401	First-Year Writing	4
HMP 540	Statistics for Health and Human Service Professionals	4
or PSYC 402	or Statistics in Psychology	
or SOC 402	or Statistics	
Credits		15

Second Year

Fall		
BMS 507	Human Anatomy and Physiology I	4
HPE 610	Teaching Young Children Through Movement	4
HPE 648	Moving Towards Well-Being: Principles of Health Behavior Change for Health and Wellness Educators	4

HPE 601	Foundations of Lifetime Physical Activity	3
Credits		15
Spring		
BMS 508	Human Anatomy and Physiology II	4
EXSC 607	Biology of Aging	4
Activity Course		3-4
Discovery or Elective Course		4
Discovery or Elective Course		4
Credits		19-20
Third Year		
Fall		
HPE 781	Introduction to Adapted Physical Education	4
HPE 702	Health Content and Youth Risk Behavior	4
EXSC 620	Physiology of Exercise	4
Discovery or Elective Course		4
Credits		16
Spring		
HDFS 746	Human Sexuality	4
HPE 653B or KIN 652 or EXSC 722	Biomechanics of Human Movement or Clinical Kinesiology or Applied Biomechanics	2-4
Practicum Course		4
Discovery or Elective Course		4
Discovery or Elective Course		4
Credits		18-20
Fourth Year		
Fall		
HPE 766	Middle School and Secondary Physical Education Practicum	4
Discovery or Elective Course		4
Discovery or Elective Course		4
Credits		12
Spring		
Discovery or Elective Course		4
Discovery or Elective Course		4
Discovery or Elective Course		4
Discovery or Elective Course		4
Credits		16
Total Credits		125-128

- Assess the effectiveness of health, fitness, and wellness programs at both individual and community levels and develop strategies for data-driven improvements.
- Utilize safety and risk management best practice in a variety of programs related to health, well-being, movement, & fitness.
- Demonstrate leadership, effective communication, and ethical decision-making to enhance health, fitness, and wellness programs in diverse settings.
- Utilize current and emerging technologies to enhance assessment, engagement, and program delivery in health, fitness and wellness programs.

Student Learning Outcomes

Program Learning Outcomes

- Analyze how principles of human development, human performance, and motor behavior affect well-being and movement across the lifespan.
- Apply learning theories, psychological frameworks, behavior change and human performance models to enhance health and physical activity to improve individual and community well-being.
- Use evidence-based practices to develop, implement, and manage programming that improves the health and well-being of participants.