



## ABOUT THE MAJOR

Educated advocates for the health and wellbeing of communities are essential in today's world. The Health & Kinesiology degree with the Community Health emphasis is a career-training program that will prepare you for health education roles in public, non-profit, and private health organizations including government agencies, corporate wellness facilities, and clinical education programs. The curriculum is based upon the core competencies of the Certified Health Education Specialist (CHES) national certification. The CHES national certification certifies skills in planning, implementing, administering, and evaluating programs to promote healthy living. You will graduate from the program prepared to work as a community health educator in governmental and non-governmental public health, health care organizations, worksite, and non-profit organizations.




## LEARNING OUTCOMES

- Plan, implement, and evaluate health education strategies, interventions, and programs.
- Conduct evaluations and research related to health education.
- Assess individual and community needs for health education.
- Communicate and advocate for health and health education.

## PLAN & PREPARE

At the U, we plan for our students to have an Exceptional Educational Experience identified by four broad categories we call the Learning Framework: Community, Knowledge & Skills, Transformation, and Impact. This major map will help you envision, explore, design, and plan your personalized Exceptional Educational Experience with the Learning Framework at the core. In addition to assisting you in planning your coursework and navigating the requirements of your major, it will help you incorporate other kinds of experiences that will expand your knowledge, support your development, and prepare you for the future you want.

### Get started today

-  Schedule an appointment with an advisor: [advising.utah.edu](https://advising.utah.edu)
-  Visit [ugs.utah.edu](https://ugs.utah.edu)
-  Learn more about the Learning Framework: [ugs.utah.edu/learning-framework](https://ugs.utah.edu/learning-framework)



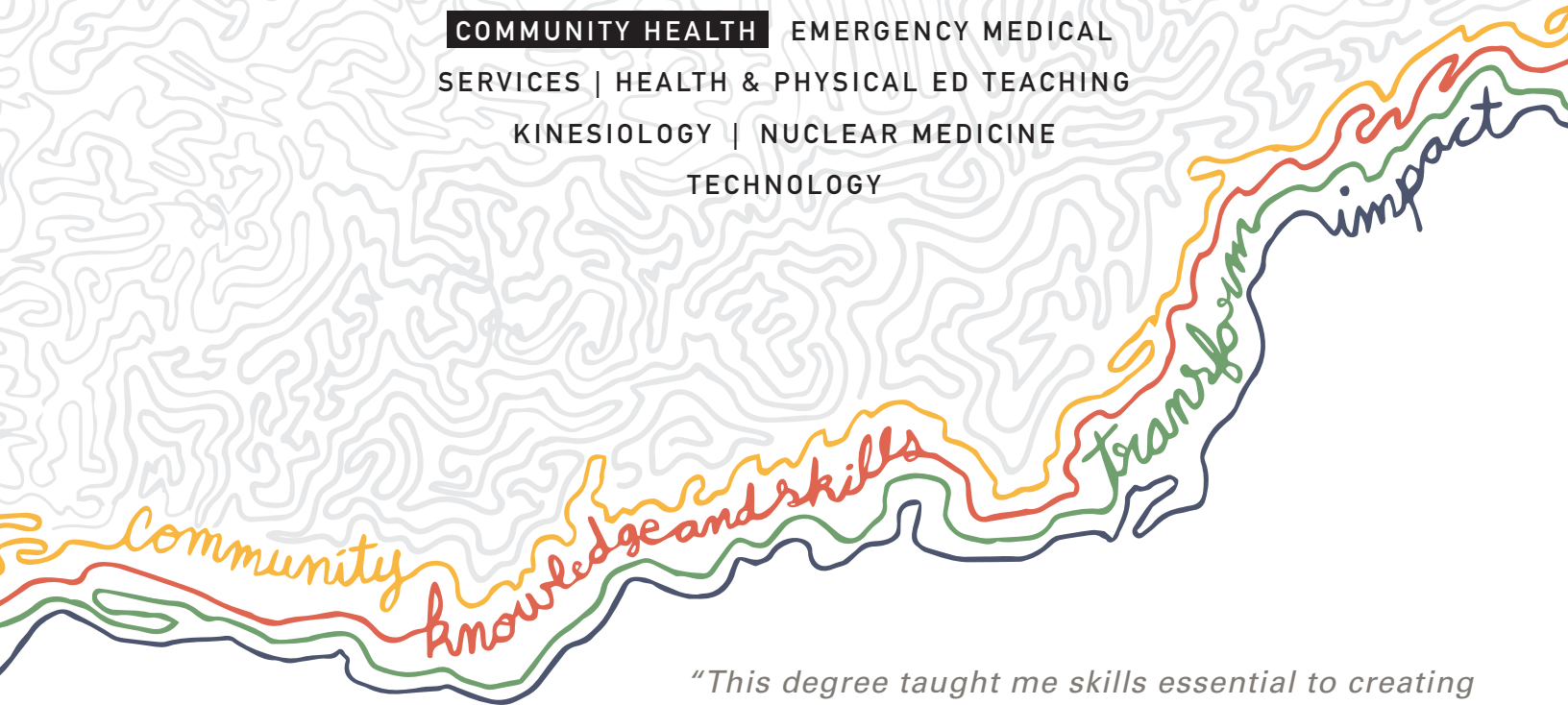
250 S 1850 E - HPR N 239  
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# HEALTH & KINESIOLOGY

COLLEGE OF HEALTH

## 2019-2020 MAJOR MAP

**COMMUNITY HEALTH** | EMERGENCY MEDICAL  
SERVICES | HEALTH & PHYSICAL ED TEACHING  
KINESIOLOGY | NUCLEAR MEDICINE  
TECHNOLOGY



*"This degree taught me skills essential to creating and evaluating programs that foster lifestyle changes. The courses offered taught me practical, community, and workplace skills that have assisted me in creating a career that I am passionate about."*

**>> Courtney Nielsen**

Health Promotion Director, 3cubelife



THE UNIVERSITY OF UTAH  
**EXCEPTIONAL  
EDUCATIONAL  
EXPERIENCE**

*The Office of Undergraduate Studies*

# COMMUNITY HEALTH

## GETTING STARTED

## MAKING PROGRESS

### COURSES

- Complete Math 1030 – Intro to Quant Reasoning or MATH 1050 – College Algebra
- Complete WRTG 2010 – Intermediate Writing
- Enroll in other Gen Ed courses that align with your interests
- Complete H EDU 1010 – Healthy Lifestyles

- Earn academic credit by participating in a learning abroad semester or program
- Take a summer field studies or Hinckley Institute internship course

### COMMUNITY

- Connect with a range of diverse health-related communities
- Volunteer for programs like U-Fit
- Intern alongside community partners
- Participate in research programs like UROP <sup>1</sup>
- Join student-led organizations

- Go to your student activity fair & consider joining a club that interests you
- Get to know the students in your classes & start building a community on campus

### KNOWLEDGE AND SKILLS

- Learn to use online tools like CIS, & My Degree Dashboard
- Attend major exploration events
- Visit with your advisor to create an academic plan
- Connect with support resources like the Writing Center & Math Lab

- Organize a study group
- Attend office hours
- Touch base with your advisor to stay on track
- Explore & register for electives that support your learning goals

### TRANSFORMATION

- Meet with an advisor to begin exploring where you want to go after you graduate
- Learn how to customize your undergraduate experience to meet your goals

- Explore the co-curricular activities offered through the College of Health like a CEL<sup>2</sup> course or a supervised internship
- Connect with student support services on campus the Student Success Advocates

### IMPACT

- Participate in the “Be Well Utah Fair”
- Find health-related student groups like SPEAK, & Students for Choice
- Attend a MUSE<sup>6</sup> Casual Friday
- Connect with a peer mentor through the University of Utah Mentoring Program

- Take more responsibility; apply for leadership positions in clubs like Eta Phi Epsilon
- Look into summer jobs in health professions by talking to your Career Coach

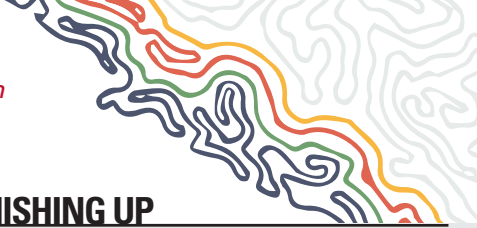
### CAREER

- Take Focus2 or the StrengthsFinder assessments through the CPDC<sup>7</sup> to get to know yourself better
- Use O\*Net & Who Hires U of U Grads to research career options
- Meet with a Career Coach for guidance

- Explore by completing informational interviews, shadowing, volunteering, or working in areas of interest
- Use career events (Career Fairs/Meet & Eats) & resources (Handshake/ AlumniFire) to get connected

<sup>1</sup> Undergraduate Research Opportunity Program <sup>2</sup> Community Engaged Learning <sup>3</sup> Associated Students of the U of U <sup>5</sup> My U

Use this map to explore, envision, design, and plan your Exceptional Educational Experience.



## FINISHING UP

## WHERE CAN I GO AFTER GRADUATION?

Continue taking prerequisite courses needed for emphasis:

- H EDU 3050 – Intro Driver Education
- H EDU 4650 – A&P for Health
- BIOL 2420 – Human Physiology

- Complete core classes by following the recommended sequence
- Finish your internship
- Prepare for and schedule certification exams
- Apply for graduation

- Biometric Health Screener
- Cancer Information Specialist
- Community Benefits Manager
- Community Outreach Manager
- Corporate Trainer
- Cultural Competency Trainer
- Employee Wellness Coordinator
- Grant Writer
- Health Coach
- Health Journalist
- Health Literacy Program Coordinator
- Health Marketing Coordinator
- Health Media Consultant
- Health & Wellness Coordinator
- Lactation Consultant
- Medical Resource Manager
- Nutrition Services Coordinator
- Patient Education Director
- Prevention Program Director
- Wellness Consultant
- Work-site Safety Coordinator

- Attend a Learning Abroad 101 Session to learn about programs, processes, & planning
- Become a member of Eta Phi Epsilon, our health honorary club

- Apply your knowledge by taking on more influential roles
- Coordinate a group service project
- Take on a leadership position within the Bennion Center

- Develop your knowledge through an independent study
- Seek out applied experience through job shadowing, community service, leadership, & direct patient/client exposure with organizations like Connect2Health & Primary Children's Medical Center

- Practice what you learned & share your knowledge in a real world setting such as an internship or a collaboration with a Kinesiology community health partner

- Try extracurricular activities outside the major through the Bennion Center, the Natural History Museum, ASUU,<sup>3</sup> or the Huntsman Cancer Institute

- Complete the capstone course & put theory into practice by working with under-served populations in the community
- If you've done research, consider presenting at the Undergraduate Research Symposium

- Volunteer in organizations on campus & in the community like U-Fit, Utah Reads, Science in the Parks, Connect2Health, or Friends for Sight
- Get valuable experience with an internship through the Hinckley Institute, PEAK<sup>6</sup> Fitness, or Skaggs

- Visit with your Career Coach or a Pre-Professional Advisor to discover opportunities to gain additional skills & experience through volunteering, job shadowing, clubs, or internships

- Develop back-up plans for your primary career goal
- Get your resume/LinkedIn reviewed & build references & contacts for the job search
- Attend the Career Conference to get all of these at once

- Meet with a Career Coach to refine your job or graduate school application materials
- Practice interviewing
- Practice salary negotiation