**School Health Education - Bachelor of Science (BS)**

**Major requirements**

**School Health admission to program policy**

School health education majors and minors must meet the following additional requirements:

1. Apply for admission to teacher education;
2. Achieve a minimum 2.50 cumulative GPA to be admitted to teacher education;
3. Successfully complete a basic skills test (http://catalog.uwlax.edu/undergraduate/education/#Skills-testing);
4. Achieve a minimum 2.75 combined cumulative GPA and a 2.75 GPA in professional preparation courses and major or minor course sequence to student teach;
5. Achieve a combined cumulative 2.75 GPA and successful completion of departmental exit portfolio reviewed by school health education faculty to be licensed by the state to teach.

**Curriculum**

(Teacher certification programs)

82 credits, including interdisciplinary requirements and student teaching

**Health education and school health education requirements**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HED 205</td>
<td>Introduction to Health and Wellness Education</td>
<td>3</td>
</tr>
<tr>
<td>HED 345</td>
<td>Issues in Mental and Emotional Health</td>
<td>3</td>
</tr>
<tr>
<td>HED 409</td>
<td>Stress Management and Relaxation Skills</td>
<td>1</td>
</tr>
<tr>
<td>HED 425</td>
<td>Violence and Injury Prevention</td>
<td>3</td>
</tr>
<tr>
<td>HED 441</td>
<td>Human Disease Prevention and Control</td>
<td>3</td>
</tr>
<tr>
<td>HED 469</td>
<td>Drugs, Society and Human Behavior</td>
<td>3</td>
</tr>
<tr>
<td>HED 472</td>
<td>Sexual Health Promotion</td>
<td>3</td>
</tr>
<tr>
<td>SHE 310</td>
<td>Introduction to Curricular Processes &amp; Instructional Techniques</td>
<td>4</td>
</tr>
<tr>
<td>SHE 410</td>
<td>Application of Curriculum Processes &amp; Instructional Techniques</td>
<td>6</td>
</tr>
<tr>
<td>SHE 415</td>
<td>School Leadership for Health Educators</td>
<td>3</td>
</tr>
<tr>
<td>SHE 492</td>
<td>Student Teaching/Intern Seminar</td>
<td>1</td>
</tr>
<tr>
<td>NUT 200</td>
<td>Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>Electives (approved by program advisor)</td>
<td>3-5</td>
<td></td>
</tr>
<tr>
<td>SHE 494</td>
<td>Student Teaching: Early Childhood-Adolescence</td>
<td>3-15</td>
</tr>
<tr>
<td>or SHE 495</td>
<td>Teaching Internship</td>
<td></td>
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**Interdisciplinary requirements**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPR 105</td>
<td>Creating A Healthy, Active Lifestyle</td>
<td>3</td>
</tr>
<tr>
<td>or HED 207</td>
<td>Youth Health Issues</td>
<td></td>
</tr>
<tr>
<td>Select one of the following:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIO 100</td>
<td>Biology for the Informed Citizen</td>
<td>4</td>
</tr>
<tr>
<td>BIO 105</td>
<td>General Biology</td>
<td>1</td>
</tr>
<tr>
<td>MIC 100</td>
<td>Microbes and Society</td>
<td>1</td>
</tr>
</tbody>
</table>

**Degree requirements**

All students must complete the general education, college core (waived for teacher certification programs), major/minor, and university degree requirements in order to qualify for a degree. The easiest way to track all of these requirements is to refer to the Advisement Report (AR) found in the Student Information System (WINGS) Student Center. All enrolled students have access to the AR.

- General education (http://catalog.uwlax.edu/undergraduate/generaleducation)
- Baccalaureate degree requirements (p. 1)

**Baccalaureate degree requirements**

Candidates for the Bachelor of Arts or the Bachelor of Science degrees must accomplish the following:

1. Fulfill the general education requirements.
2. Complete at least one ethnic studies (diversity) course.
3. Complete the courses prescribed by the Undergraduate Curriculum Committee for the degree desired in the respective school or college. (No substitutions for graduation may be made in course requirements for a major or minor after the fourth week of the last semester of the senior year.)
4. Earn a minimum of 120 semester credits with at least a 2.00 cumulative GPA. At least 40 credits must be earned in 300/400 (senior college) level courses. Courses earned at the 100/200 level that transferred to UW-L as 300/400 level courses do not apply to this requirement nor do courses from two-year schools.
5. Complete major and minor requirements with at least a 2.00 GPA in each major and minor (and concentration or emphasis, if selected).
6. A minimum of 30 semester credits in residence at UW-L is required for graduation. (See undergraduate resident requirement [http://catalog.uwlax.edu/undergraduate/academicpolicies/graduation/#undergraduate-residence-requirement].)

7. File a completed "Apply for Graduation" form via the WINGS Student Center as soon as the student has registered for his or her final semester or summer term in residence. December and winter intersession graduates should file by May 1. May and summer graduates should file by December 1.

1 Grade point average requirements for some programs will be considerably higher than 2.00. Re-entering students may be required to earn credits in excess of the 120 needed for graduation in any curriculum in order to replace credits earned in courses in which the content has changed substantially in recent years. Each case will be judged on its own merit.

No degree will be awarded unless all requirements are fulfilled and recorded within 30 days after the official ending date of each term.

Sample degree plan

Below is a sample degree plan that can be used as a guide to identify the courses required to complete the major and other requirements needed for degree completion. The actual degree plan may differ depending on the course of study selected (second major, minor, etc.). This sample plan also assumes readiness for each course and/or major plan. Actual degree plans may differ. Some courses may not be offered every term. Review course descriptions or the class timetable for course offering information.

The sample degree plans represented in this catalog are intended for first-year students entering UW-L in the fall term. Students should use the Advisement Report (AR) in WINGS ([https://wings.uwlax.edu/psp/csprod/?cmd=login&languageCd=ENG&]) and work closely with their faculty advisor(s) and college dean's office to ensure declaration and completion of all requirements in a timely manner.

General Education Program

General education (Gen Ed) is the common educational experience for all undergraduates at UW-L. Sample degree plans include Gen Ed placeholders to ensure completion of the general education curriculum. Courses may be rearranged to fit the needs or recommendations of the student’s program of study. Gen Ed courses may be taken during winter term (January between the semesters) and summer to reduce the course load during regular terms (fall and spring). Consult with your advisor and/or the assistant to the dean in your college for assistance with course and schedule planning. Refer to the general education requirements (http://catalog.uwlax.edu/undergraduate/generaleducation) for more specific details.

Note: at least 40 credits of the 120 credits required must be earned at the 300/400 level.

This sample degree plan does not establish a contractual agreement. It identifies the minimum requirements a student must successfully complete, to qualify for a degree, in a format intended to assist the student plan their academic career.

<table>
<thead>
<tr>
<th>Year 1</th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>Credits</td>
<td>Spring</td>
</tr>
<tr>
<td>CST 110 (Gen Ed Literacy - Oral)</td>
<td>3</td>
<td>ENG 110 or 112 (Gen Ed Literacy - Written)</td>
</tr>
<tr>
<td>BIO 100, 105, or MIC 100 (Gen Ed Natural Lab Science)</td>
<td>4</td>
<td>HED 205</td>
</tr>
<tr>
<td>HPR 105 (Gen Ed Health &amp; Well-Being)</td>
<td>3</td>
<td>ERS 100, HIS 306, SOC 225, or WGS 230 (Gen Ed Minority Cultures)</td>
</tr>
<tr>
<td>HIS 101 or 102 (Gen Ed World Hist)</td>
<td>3</td>
<td>Gen Ed Math</td>
</tr>
<tr>
<td>Gen Ed Arts</td>
<td>2-3</td>
<td>POL 101 or 102 (Gen Ed Self &amp; Society)</td>
</tr>
<tr>
<td>Meet with faculty advisor to discuss admission requirements for the School Health Education (SHE) Program. 1</td>
<td></td>
<td>Satisfy basic skills test requirement—see WINGS Advisement Report or faculty advisor.</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Year 2</th>
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<tbody>
<tr>
<td>Fall</td>
<td>Credits</td>
<td>Spring</td>
</tr>
<tr>
<td>ESS 205</td>
<td>3</td>
<td>ESS 206</td>
</tr>
<tr>
<td>NUT 200</td>
<td>3</td>
<td>PSY 212</td>
</tr>
<tr>
<td>EFN 205 (Gen Ed Minority Cultures) 2</td>
<td>3</td>
<td>Gen Ed Arts</td>
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<tr>
<td>Gen Ed Hum - Lit</td>
<td>3</td>
<td>Gen Ed Natural Lab Science (physical science) 4</td>
</tr>
<tr>
<td>Gen Ed Global Studies</td>
<td>3</td>
<td>Gen Ed Elective</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apply for admission to SHE Program—see WINGS Advisement Report for instructions. 1</td>
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<thead>
<tr>
<th>Year 3</th>
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</thead>
<tbody>
<tr>
<td>Fall</td>
<td>Credits</td>
<td>Spring</td>
</tr>
<tr>
<td>SHE 310</td>
<td>4</td>
<td>HED 469</td>
</tr>
<tr>
<td>HED 345</td>
<td>3</td>
<td>HED 472</td>
</tr>
<tr>
<td>HED 409</td>
<td>1</td>
<td>SPE 401</td>
</tr>
<tr>
<td>HED 425</td>
<td>3</td>
<td>PSY 370</td>
</tr>
<tr>
<td>HED 441</td>
<td>3</td>
<td>Gen Ed Lang/Logical Systems</td>
</tr>
<tr>
<td>Gen Ed Arts</td>
<td>2-3</td>
<td></td>
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<thead>
<tr>
<th>Year 4</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>Credits</td>
<td>Spring</td>
</tr>
<tr>
<td>SHE 410</td>
<td>6</td>
<td>SHE 492</td>
</tr>
<tr>
<td>SHE 415</td>
<td>3</td>
<td>SHE 494 5</td>
</tr>
<tr>
<td>SHE Elective—choose any CHE/HED/SHE course.</td>
<td>3</td>
<td>University Elective</td>
</tr>
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</tbody>
</table>

Total Credits: 120

1 See also the SHE admission policy (p. 1) for admission requirements.

2 School health education majors select one of the following Gen Ed Minority Cultures courses: ERS 100, HIS 306, SOC 225, or WGS 230.

3 EFN 205 is required for school health education majors.
4 Teacher education majors are required to complete one Gen Ed physical science course--with a lab (see WINGS Advisement Report for options).

5 See the Office of Field Experience (http://www.uwla.edu/SOE/For-teacher-candidates) for details about applying to student teaching.