

**Effective date: Fall 2014
Pending IBHE approval**

Program Proposal:

Health Promotion and Leadership

Program Mission: The mission of the Department of Health Studies Graduate Program in Health Promotion and Leadership is to prepare leaders in the field of health practice by providing competencies and skills needed to be productive professionals who serve the health-promotion and leadership needs of diverse local, regional, national, and international populations. These competencies and skills include the ability to perform research, program evaluation, and leadership to encourage collaborations across communities.

Admission Requirements: To be eligible for degree candidacy, applicants must meet all of the requirements for admission to the Graduate School (see "[Admission to Graduate Degree and Certificate Programs](#)"). Additional requirements include three letters of recommendation, a resume, and a statement of purpose. Admission is competitive and meeting GPA requirements does not guarantee admission.

Degree Audit: The graduate plan of study is the EIU Degree Audit, which is generated automatically in the Degree Audit Reporting System (DARS) at the time of degree or certificate candidacy. Modifications of the standard EIU Degree Audit are submitted by the graduate coordinator to the certification officer in the Graduate School at the time modifications are approved. The Degree Audit serves as an unofficial summary of requirements for the program. Degree and certificate candidates are advised to review the comprehensive summary of the Degree Audit process specified on the "Requirements for All Degree and Certificate Candidates" section of the *Graduate Catalog*. Individual programs may require candidates to submit plans of study in addition to the Degree Audit, candidates should consult with the program coordinator.

Degree Requirements

Degree requirements include those outlined for the master's degree by the Graduate School (see [“Requirements for the Master's Degree”](#)).

CURRICULUM FOR THE MASTER OF SCIENCE IN HEALTH PROMOTION AND LEADERSHIP Total Credits: 33

Required Courses (Credits: 21)

- **HST 4910 – Health Communication. Credits: 3**
 - An examination of applied health communication in the interpersonal, organizational, and mediated contexts. Emphasis is on higher order application of skills from different occupational perspectives.
- **HST 5600 – Essentials of International Health. Credits: 3**
 - This course is designed for students to develop worldwide perspectives as they research, analyze, and compare similarities and differences among the health and wellness practical issues and applications. The course assists students in developing awareness, skills and competencies necessary to become effective and viable global citizens in a diverse world.
- **HST 5700 – Health Behavior: Theory and Application. Credits: 3**
 - An in-depth examination of social and behavioral science theory, research, and practice as related to promoting and maintaining health behaviors. Based on the premise that health behavior and behavior change programs are most beneficial when based within a theoretical framework, emphasis will be placed on critical analysis of theory utilization in practical context, including individual- and community-based interventions.
- **HST 5750 – Program Planning. Credits: 3**
 - This course will provide both a theoretical and practical approach to program planning and evaluation ranging from individual-level health education and promotion programs to population -based health policy programs. Concepts covered will include needs assessment, interventions, implementation strategies, and process, impact, and outcome evaluation, models/designs, data collection, and analysis and interpretation strategies.
- **HST 5770 – Leadership and Ethics for Health Professionals. Credits: 3**
 - An examination of theories, skills, and applications concerning leadership and ethics within a health organization context.
- **HST 5800 – Statistical Analysis for Health Professions. Credits: 3**

- This course introduces students to the fundamental concepts of statistics and provides students with reasoning skills that can be applied to statistical information that may be encountered on a daily basis. The course prepares students to draw conclusions from analyses and also communicate analysis results.
- **HST 5810 – Research Methods for Health Professionals Credits: 3**
 - This course covers designing, conducting, and analyzing research, including issues of ethics, informed consent, control groups, measurement, and data collection. The course prepares students to design and carry out methodologically sound research.

Elective Courses (Credits: 6; all elective hours are subject to approval by graduate advisor).

- **HST 4800 – Drugs and Society. Credits: 3**
 - A study of drugs and drug use from an historical, biological and social perspective with emphasis on the physiological and pharmacological action of drugs in the body.
- **HST 4890 – Health and Aging. Credits: 3**
 - This course is designed to examine common health changes, issues and concerns as they pertain to the aging individual.
- **HST 5765 – Epidemiology in Public Health. Credits: 3**
 - This course provides students with a basic working knowledge of the core competencies, concepts and practices of epidemiology and public health (EPH). The course offers the student exposure to both established principles as well as new and emerging trends.
- **HST 5980 – Internship. Credits: Arr.-Arr.-3 to 6**
 - (Arr.-Arr.-3 to 6) A supervised experience in an agency or institution appropriate to the student’s area of specialization. May be taken to a maximum of six semester credit hours.
- **HST 5990 – Independent Study. Credits: Arr.-Arr.-1 to 6**
 - (Arr.-Arr.-1 to 6) An intensive individual study on a topic selected by student under the supervision of a faculty member within the area of interest in health promotion and administrative leadership. Course may be repeated once. A maximum of nine semester hours may be earned in a combination of Thesis and Independent Study.
- **FCS 4753 - Nutrition and the Addicted Person. Credits: 1**
 - Consideration of nutrition needs and eating problems of addicted persons; nutrition management and treatment plans.
- **FCS 4755 - Nutrition for Physical Performance. Credits: 3**

- Examination of metabolism and energy systems related to physical performance. Planning optimum diets for performance. Examine/evaluate controversial practices that may influence metabolism and performance.
- **FCS 4820 - Death and Dying. Credits: 3**
 - Issues of death and dying and their implications for individuals and their families.
- **FCS 5151 - Nutrition for Older People. Credits: 1**
 - Changes in aging as related to nutrition; dietary needs and diet planning.
- **FCS 5854 - Family and Professional Group Processes. Credits: 3**
 - The application of group interaction in studying the effects of personality on personal and family functioning.
- **KSS 5120 – Social Psychology and Physical Activity. Credits: 3**
 - Study of psychological theories, influence of an audience, the use of social reinforcement, the influence of a model, the impact of competition, personality, attitudes and aggression in physical activity.
- **KSS 5225 – Physical Activity and Aging. Credits: 3**
 - This course includes information on theories of physical aging, functional changes in humans with aging, and effects of both short term and chronic physical activity upon aging systems. Indications and contraindications of activity for older persons are discussed.

Students may choose between a Project and a Thesis option. Students considering doctoral work are encouraged to complete the Thesis option.

➤ **Project Option**

- **HST 5900 Graduate Project. Credits: 3**
- **3 hours from HST or related area**

➤ **Thesis Option**

- **HST 5950A – Thesis I. Credits: 3**
 - (Credit/No Credit) Individual direction of research thesis writing.
- **HST 5950B – Thesis II. Credits: 3**
 - (Credit/No Credit) Individual direction of research thesis writing.

Project Policy

- Enrollment in HST 5900.
- Enrollment in the regular fall, spring or summer session in which the degree will be completed.
- If a student wants to work on his/her project during the summer, he/she must have the project chair's approval.
- Students are responsible for meeting university deadlines.

➤ Steps for Completing the Final Project

- Request an EIU HST graduate faculty to serve as project advisor.
- With an advisor's help, select a project topic and target an appropriate peer-reviewed journal for publication.
- Enroll in HST 5900.
- With an advisor's help, select project committee (minimum of three members including chair).
 - Approach potential committee members, explain project idea, and ask about their willingness to serve.
 - A minimum of two faculty (one being chair) from within the HST Department and one from outside of the program are required.
 - Additional committee members may be chosen including faculty from other universities.
- During first three weeks of the semester, schedule an informal proposal meeting with committee. Present committee with a written outline of your project and a written timeline for completion of the project.
- With an advisor's help, prepare an extended literature review relative to topic and prepare the manuscript using the format of the targeted journal.
- Finish manuscript following the appropriate guidelines and approved manuscript style. Advisor's permission is required before sending to committee.

➤ Project Organization and Format

Projects do not require designing and executing an experiment. The project includes a critical review of literature and a written manuscript for submission to a specific journal approved by the project committee.

Thesis Policy

- After selection of a thesis advisor and enrollment in HST 5950A and HST 5950B (sequence) the student may begin working on the thesis. If more than two semesters are needed to complete the thesis then registration in 0 credit hours of Non-credit Thesis [HST 5951] is required. Enrollment in 5951 after meeting the maximum number of hours for thesis, research, and/or independent study allows a student access to services required to complete the thesis (see the Manual for the Master's and Specialist's Thesis at http://www.eiu.edu/graduate/pdf/thesisresearch_manual.pdf).
 - Under the direction of the thesis committee, the student will collect and analyze data, write the thesis and file it with the Graduate School. The student is responsible for meeting published university deadlines.
 - If a student wants to work on the thesis during the summer, he/she must have approval from the thesis advisor.
- Thesis Organization and Format
Contact the Graduate Coordinator for typing and page formatting rules.
- Steps for Completing the Thesis

Student will:

- Request a thesis advisor from EIU HST Graduate Faculty
 - Select a thesis topic.
 - Enroll in HST 5950A and begin work on the proposal.
 - With an advisor's help, select thesis committee (minimum of three members including chair).
 - Approach potential committee members, explain project idea, and ask about their willingness to serve.
 - A minimum of two faculty (one being chair) from within the HST Department and one from outside of the program are required.
 - Additional committee members may be chosen including faculty from other universities.
 - Prepare an extended literature review, introduction and methods section. Work closely with an advisor since many revisions will usually be required.
- Formal Proposal to Thesis Committee
- Submit a written proposal to committee members two weeks before the oral proposal meeting. Advisor's approval is required before submission to the committee.
 - Formal oral presentation of thesis proposal should be 15-20 minutes. Professional Attire is expected.

- If the committee approves the proposal, required revisions will be documented and signed by all members.
- Revise the proposal as agreed upon by the advisor.
- Submit the proposal to the Office of Research and Sponsored Projects for Human Subjects Approval Institutional Review Board (IRB).
- Enroll in HST 5950B.
- Collect and analyze data.
- Complete Thesis (results and discussion) following EIU Guidelines.

➤ Thesis Defense

- Schedule defense with committee members.
- Schedule an appropriate room for defense through the Department office.
- Submit the complete manuscript to committee members two weeks before the scheduled defense and make a copy available one week before the defense in the department's office.
- Prepare a formal oral presentation (approximately 20-30 minutes) of the research project for committee and interested parties. Professional Attire is expected.
- Expect and answer questions from audience.
- After the audience is dismissed, the committee will ask questions.
- The student will be informed of the results and of any corrections that must be made.
- Committee will sign the thesis approval page. Bring this page to defense.
- Make all revisions and submit to the advisor for final approval and signature.
- Schedule appointment with graduate school to obtain approval for format.
- Along with a copy of the title page, the defense form and signature page with original signatures of committee members should also be submitted.

Graduate Assistantships

Information on graduate assistantships may be obtained at <http://castle.eiu.edu/healthst/> or by contacting the Coordinator of Graduate Studies or Chair, Department of Health Studies, 1201 Lantz, EIU.

APPROVALS

Date approved by the department: 10/24/13

Date approved by the college curriculum committee:

Date approved by CGS: