

Health Promotion and Management

Bachelor of Applied Science Degree

STUDENT NAME	SID#	
PROGRAM CHAIR	DATE	

PROGRAM REQUIREMENTS			Requested Substitution/Transfer Credits (if applicable)			Completed		
Course	Course Title	CR	College/University	Course	CR	Grade	Quarter	Year
PREREQUISI	TE REQUIREMENTS							
Associate degree [preferred in business-related, allied health, wellness, life science, or personal fitness training] or equivalent credits		50						
	TE REQUIREMENTS							
Lab & Life Science: [preferred NUTR 100 or BIOL& 160] or courses from AAS-DTA list (must include at least one lab course)		10						
College Leve	Statistics: MATH 130, BA 240, or equivalent	5						
Anatomy an	d Kinesiology: PE 236, BIOL& 160 or General Anatomy	5						
English: ENGL& 101 and ENGL& 235 or ENGL 201		10						
Social Science: from AAS-DTA list and at least one course be a Communications course		10						
CORE COURS	SES							
BUS 295 or BUS 342	Business Practices for Health Promotion Professionals Management Practices and Processes	2						
CMST 330	Intercultural Health Communication	5						
ECON 315	Economics of Healthcare	5						
HCML 325	Organizational Theory & Behavior in Healthcare	5						
HPM 325	Foundations of Health Promotion	6						
HPM 330	Leadership in Outdoor Pursuits	4						
HPM 335	U.S. Healthcare Systems	5						
HPM 340	Lifestyle Wellness Coaching	5						
HPM 360	Epidemiology and Healthcare Statistics	5						
HPM 375	Applied Research Methods	5						
HPM 405	Health Behavior - Understanding and Effecting Change	3						
HPM 415	Community Health	2						
HPM 430	Lifestyle Chronic Disease and Environment	6						
HPM 440	Safety and Workplace Ergonomics for Wellness	4						
HPM 445	Public Health Program Development & Evaluation	5						
HPM 450	Worksite Wellness Management	4						
HPM 460	Community Health Service - Learning	1						
HPM 465	Practicum in Wellness Promotion	5						
HPM 470	Technological Applications in Health Promotions	4						
HPM 475	Capstone	5						
PHIL 365	Biomedical Ethics	5						
CORE TOTAL		91						
GRAND TOTA	AL	181						

The Bachelor of Applied Science in Health Promotion and Management (HPM) is designed as a cohort career-oriented program. HPM graduates will be ready to develop effective wellness programs within organizations to reduce healthcare costs, increase productivity, lower absenteeism, enhance employee safety and improve employee well-being.

The degree program is designed for individuals with business or healthcare preparation and experience. The first 90 credits of the degree are fulfilled by entrance prerequisites. The second half of the degree program offers a professionally relevant curriculum that helps students achieve their goals.



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LEARNING OUTCOMES

Degree recipients should possess the skills and abilities described below:

- Apply knowledge of chronic disease, health promotion, nutrition, exercise science, environmental health, stress management and wellness in the development of effective health promotion programming
- Assess organizational culture, and develop, implement, market and evaluate a research-based health promotion program
- Demonstrate proficiency in health education sufficient to earn national certification in Wellness Coaching
- Collaborate effectively in multi-disciplinary work teams in support of organizational goals
- Identify health inhibiting behaviors and promote evidence-based strategies of altering such behaviors
- Conduct health research, including applying research processes and developing research instruments

- Two letters of recommendation from someone who personally knows your work, such as your current or past supervisor, discussing your contributions to your work place and how they believe you will benefit from completion of the BAS program.
- Personal statement of no more than 500 words discussing your understanding of the role in your chosen field and how that fits in with your personal or professional goals. You may also discuss your work experience; your advanced certifications; specific or unique attributes that you will bring to the program; challenges or hardships you have overcome in pursuing your educational or work goals; or other special considerations that would make you a good candidate for the program.
- A diversity statement that addresses the following prompt: Provide specific examples of how your educational and/or professional experiences, background or philosophy demonstrate your commitment to diversity and equity, and how these prepare you to contribute to the community, preventive medicine, and to Bellevue College (max 1 page).

PROGRAM ELIGIBILITY

Successful planning for this degree is best done with an advisor or the program director.

- Prerequisite Requirement: Associate degree [preferred in businessrelated, allied health, wellness, life science, or personal fitness trainer] or equivalent credits, to be eligible to enter BAS program.
- Co-requisite Requirements: before obtaining BAS degree, completion of the following courses or their equivalents with a grade of 2.0 or higher from a regionally accredited college
 - Lab and Life Science courses (must include at least one lab course)
 - College-Level Statistics
 - Course in Anatomy and Kinesiology
 - English Composition and Technical or Research Writing
 - Social Science: two courses from AAS-DTA transfer list, incuding at least one Communications course

DEGREE REQUIREMENTS

A complete description of the required curriculum is shown in the worksheet. In addition to eligibility requirements, students must also achieve the following:

- Completion of 90 quarter credits in the general program and concentration requirements, with a grade of "C", or better
- A minimum cumulative GPA of 2.0 for all coursework taken at BC and the courses applied to the degree, including credits transferred from other colleges
- At least 45 quarter credits for the degree must be completed in residence at BC, of which 30 credits must be upper division

APPLICATION PROCESS

To be considered for the Bachelor of Applied Science in Health Promotion and Management, prospective students must submit the following:

- Completed general Bellevue College admission form
- Nonrefundable admissions and placement fee of \$55
- Completed Bachelor of Applied Science application form
- Nonrefundable application fee of \$90
- Official transcripts from regionally accredited college(s), demonstrating completion of an appropriate associate's degree or equivalent credits, and the prerequisite courses, with a GPA of 2.0 or higher

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www.bellevue college.edu/programs/degrees/bachelor/hpm

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