

# Department of Exercise, Sport, and Health Education

## Health Education and Health Promotion



The Health Education and Health Promotion concentration in the Department of Exercise, Sport, and Health Education is designed for students who wish to be employed in a variety of health settings to promote, maintain, or improve the health of individuals, communities, and the nation. There is currently an increased demand for qualified health professionals to help individuals and communities improve their health. This degree prepares students to take the Certified Health Education Specialist (C.H.E.S.) examination, the standard credentialing examination for health educators. This credential is often required or preferred of applicants for health promotion jobs in a variety of settings. The concentration prepares students to become entry-level health professionals, and prepares students for graduate study in health education, health promotion or public health.

Graduates of this program can be employed in a variety of settings: community organizations, health departments, worksites or hospitals. Graduates are involved in the planning, implementation, and evaluation of health promotion programs. Such programs might include physical activity promotion programs, smoking cessation (helping people to quit smoking) programs, smoking prevention programs, infectious disease prevention programs, etc. Students can also pursue graduate study in the field.

The minimum grade point average required to enter fieldwork (internship) is a 2.1 overall and 2.5 in the major.

Knowledge in health-related areas, such as substance use and abuse, nutrition, epidemiology, community health, health behavior change and program planning and evaluation will provide students with the background necessary for development of health promotion programs. Additional coursework in diversity of health, international health, and other courses will also help prepare students for careers in the field.

Courses in social work, sociology, foreign language, and psychology are encouraged. As part of the concentration, students are required to complete service learning projects. Projects are meant to involve students in health-related activities in the community before their fieldwork. Students are also encouraged to volunteer at health-related agencies to enhance their employment potential. Students wishing to pursue graduate degrees are encouraged to consult specific program requirements.

For more information about CHES certification visit the National Commission for Health Education Credentialing Inc.: <http://www.nchec.org/index.htm>

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