**Assessment of the Health Behavior Sciences Major:**

Overall Goals:

1. Demonstrate the ability to change individual health behaviors (Gen Ed Goals1, 2,3, 6)

Objectives: The student will be able to:

* 1. Identify and evaluate the components of overall health
  2. Apply health behavior theory to practice to develop individualized health promotion strategies.
  3. Apply basic principles of exercise science to promote an active lifestyle across population groups.
  4. Apply the basic principles of nutrition to promote healthy eating habits

1. Demonstrate an ability to assess and implement community based health promotion programs. (Gen Ed Goals 4, 6, 5, 7)

Objectives: The student will be able to:

* 1. Conduct a needs analysis related to community health status
  2. Plan community based health promotion strategies
  3. Develop implementation strategies for health promotion
  4. Assess the effectiveness of community based programs
  5. Adapt programs to “priority populations”

1. Understand and be able to apply principles related to institutional/organizational management.(Gen Ed Goals 1, 3, 5,6)

Objectives: The student will be able to:

* 1. Apply basic business principles
  2. Understand the importance of teamwork
  3. Develop basic leadership skills

**Course Mapping**

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|  | a | b | c | d | a | b | c | d | e | a | b | c |
| HESC 155 | X | X | X | X |  |  |  |  |  |  | X |  |
| HESC160 |  |  |  |  |  |  |  |  |  |  |  |  |
| HESC311 |  |  |  |  |  |  |  |  |  |  |  |  |
| HESC220 |  |  |  |  |  |  |  |  |  |  |  |  |
| HESC326 |  |  |  |  | X |  |  | X |  |  |  |  |
| HESC329 |  | X |  |  |  |  |  |  |  |  | X | X |
| HESC332 | X | X |  |  | X | X | X |  | X |  | X |  |
| HESC335 |  |  | X |  |  | X |  |  | X |  |  |  |
| HESC342 |  |  | X |  |  |  |  |  | X |  |  |  |
| HESC430 |  |  | X |  |  |  |  |  |  |  |  |  |
| HESC431 |  |  | X |  |  |  |  |  |  |  |  |  |
| HESC422 |  |  |  |  |  |  |  |  |  | X | X | X |
| HESC435 |  |  | X |  |  |  |  |  |  |  |  |  |
| HESC464 |  |  |  |  |  |  |  |  |  |  |  |  |
| HESC490 | X | X |  |  | X | X | X | X | X |  | X |  |
| NTDT 200 |  |  | X |  |  |  |  |  |  |  |  |  |
| NTDT310 |  | X | X |  |  |  |  |  |  |  |  |  |

Course Goal 1 Goal 2 Goal 3

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | a | b | c | d | a | b | c | d | e | a | b | c |
| HESC 155 | PO,E | CS | E,CS | PR,E |  |  |  |  |  |  | CS |  |
| HESC160 |  |  |  |  |  |  |  |  |  |  |  |  |
| HESC311 |  |  |  |  |  |  |  |  |  |  |  |  |
| HESC220 |  |  |  |  |  |  |  |  |  |  |  |  |
| HESC326 |  |  |  |  | PR |  |  | PR,E |  |  |  |  |
| HESC329 |  | PR |  |  |  |  |  |  |  |  | PR,E,P | PR,E,P |
| HESC332 | E | CS,E  PR |  |  | CS,PR | CS,PR  E | PR,E |  | CS |  | CS,PR |  |
| HESC335 |  |  | CS,E |  | CS,E,  FW |  |  |  | CS,  FW |  |  |  |
| HESC342 |  |  |  |  |  |  |  |  |  |  |  |  |
| HESC430 |  |  | E |  |  |  |  |  |  |  |  |  |
| HESC431 |  |  | L |  |  |  |  |  |  |  |  |  |
| HESC422 |  |  |  |  |  |  |  |  |  |  |  |  |
| HESC435 |  |  | E,L |  |  |  |  |  |  |  |  |  |
| HESC464 |  |  |  |  |  |  |  |  |  |  |  |  |
| HESC490 | PR,E | PR,E |  |  | PR,E | PR,E | PR,E | PR,E | PR,E |  | PR,PO |  |
| NTDT 200 |  |  |  | E,PR |  |  |  |  |  |  |  |  |
| NTDT310 |  |  | E,H,  PR | E,H,  PR |  |  |  |  |  |  |  |  |
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**Assessment Strategies**

Course Goal 1 Goal 2 Goal 3

**Assessment Key:**

P=paper, E=Exam, PO=Portfolio, L=Lab, PR=Project

O= Oral Presentation, I= Internship, FW=Field Work

CS=Case Study, H=Homework