MISSION
The mission of the Health and Exercise Sciences Department is to prepare students of strong academic ability and character to become agents of change for the health and well-being of all people.

PHILOSOPHY
The Health and Exercise Sciences faculty and staff are dedicated to providing students with a world-class education in a stimulating and supportive environment. This student-centered philosophy is expressed through an emphasis on problem-based learning, practical experience, and scholarly research that promote a rich learning environment greatly enhancing student development.

DEGREE FEATURES
- The Bachelor of Science degree in Health Science is enhanced by a broad liberal arts and sciences background in English, statistics, biological and physical sciences, social sciences, and humanities.
- The Health Science program is approved by the Society for Public Health Education-American Association of Health Education Baccalaureate Program Approval Committee (SABPAC).
- Curriculum designed to prepare our students to promote health in educational or clinical settings in school, worksite, community, or public health contexts.
- Our students frequently conduct in research and present their findings at international, national, regional, state, or local professional conferences, or publish their work in professional journals.
- A Public Health Practicum or Field Experience is a featured component of the curriculum.
  - Provides training for entry-level positions in municipal, county, state and national health departments, voluntary health agencies and HMOs (health maintenance organizations) as well as the curricular background necessary for graduate work in public health, health administration, occupational therapy, medicine, or physician assistant (PA) programs.
- The Certified Health Education Specialist (CHES) exam serves as the senior exit exam
  - Affords our students the opportunity to obtain validation of their education through a nationally recognized process. Truman is among only a handful of institutions in the country to provide this opportunity for their health science graduates.

The Health Science program at Truman, including the excellent faculty and variety of classes, prepared me with opportunities in leadership, research, service, and a great education. I was able to graduate with the confidence that I would be successful in my future.

Rebecca Verhaeghe, ’09

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THE CURRICULUM

Bachelor of Science Requirements
- BIOL 325 - Human Physiology
- BIOL 365 - Human Anatomy
- BIOL 365L - Human Anatomy Lab

Core Requirement
- HLTH 255 - Introduction to Community and Public Health
- HLTH 290 - Principles of Health Education and Health Science
- HLTH 349 - Research Methods in Health Science
- HLTH 366 - Program Assessment and Planning
- HLTH 410 - Health Communication Methods
- HLTH 440 - Program Implementation and Evaluation

Core Electives: Select at least two from the following:
- HLTH 150 - Nutrition in Health
- HLTH 245 - Substance Abuse Prevention
- HLTH 260 - Human Sexuality
- HLTH 270 - Consumer Health
- HLTH 320 - Patient Education
- HLTH 330 - Community Nutrition
- HLTH 361 - Mental Health
- HLTH 362 - Environmental Health

Required Pattern (select one):
- Community, Worksite, and Public Health: The Community Health Educator seeks to minimize or eliminate illness and injury through the assessment, planning, implementation, and evaluation of quality health education/health promotion programs. Possible employment opportunities include disease prevention/health promotion specialist in voluntary agencies, local agencies, county, state or federal agencies.

- Health Administration: Health Administrators lead facilities/organizations/agencies: voluntary agencies, health departments, hospitals, state agencies, and federal agencies. A minor in Business Administration is awarded to students who complete this pattern and satisfy all other requirements for the minor.

Pre-Medical Sciences: Provides a foundation of science courses for students seeking admission to a variety of health professional programs such as osteopathic medicine, allopathic medicine, physician assistant, dental medicine, optometry, etc.

Pre-Occupational Therapy: Prepares a student for admission into a graduate program in occupational therapy. Students in this pattern often obtain a minor in psychology.

Individualized: The Individualized Pattern is designed to support the development of special support areas not available in an established pattern. This pattern must be relevant to the career goals of the student and logically follow from the courses included with the major.

GRADUATE PLACEMENT
- 95% 1st time CHES pass rate since 2008
- 65% of Health Science graduates pursue graduate degrees immediately after graduating from Truman

Medical and Graduate school placements include:
- University of Minnesota
- Tulane University
- University of North Carolina at Chapel Hill
- Saint Louis University
- Washington University at St. Louis
- Des Moines University
- Kansas City University of Medicine and Biosciences
- A.T. Still University/Kirksville College of Osteopathic Medicine
- University of Missouri at Columbia
- University of Kansas Medical School
- Creighton University
- George Washington University
- University of Michigan

STUDENT ORGANIZATIONS
- Eta Sigma Gamma (ESG) – National Professional Health Education Honor Society
- Student Public Health Association (SPHA)
- Phi Epsilon Kappa (PEK) – professional fraternity in the health and exercise sciences open to all students.
- American Medical Students Association (AMSA)
- GlobeMed
- Pre-Student Osteopathic Medical Association (Pre-SOMA)

I am extremely grateful for the education and opportunities I received at Truman. I use skills developed during my Health Science coursework on a daily basis. I’ve been able to handle a variety of projects that have been thrown at me because I was so well equipped by talented HES professors and the Health Science curriculum. The preparation has been invaluable.

Christy Vogt, ’08

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