

# HEALTH EDUCATION AND PROMOTION (MEd)

## Health and Human Enrichment

Health Education and Promotion (HEP) is a pillar for the broader field of public health, which is the science of protecting and improving the health of people and their communities. This master's degree program prepares Health Education and Promotion specialists who may serve in a variety of roles calling for broad knowledge and leadership skills used to address health behavior change across all levels of the socio-ecological spectrum, from individual knowledge, skills and attitudes to community-wide and regional population health, and environmental/policy change leadership. Graduates will be qualified to take the Certified Health Education Specialist (CHES) examination offered by the National Commission for Health Education Credentialing. This certification is widely recognized by clinical, corporate, academic and community employment Health Education and Promotion employment settings.

**Optional specialization** is available for students who desire specific professional development for the **K-12 Health Education Certification**.

## Admission Requirements

The MEd in Health Education and Promotion requires the following materials to be submitted through our online application (<https://www.plymouth.edu/apply/>)

- Recommended 3.0 or better GPA in undergraduate coursework
- Official transcripts from any/all college level work
- Three professional recommendations
- Current Resume
- Statement of interest
- NH Residency Verification form (NH residents only)

## Deadlines

Students can apply for admission to any of the upcoming semesters.

- Fall Semester – August 1
- Spring Semester – December 1
- Summer Semester – April 15

*\*We suggest submitting your documentation at least two weeks prior to the posted date to ensure your application is complete and can be reviewed by the deadline.*

## Degree Requirements

### Program Planning

The core education courses are offered year-round, and the required health education courses are offered primarily as weekend and hybrid courses. A limited number of courses will be offered during the fall terms. Content classes are offered on a rotating basis. This schedule allows students to complete their degree in two or three years on a part-time basis. Full-time students may be able to complete the requirements in less time.

## There are three different options in Health Education

Complete one concentration in the following:

- MEd, Health Education and Promotion
- MEd, K-12 Health Education Teacher Certification
- Health Education, K-12 Certification Only

### MEd, Health Education and Promotion

Students interested in community, clinical, and corporate health promotion should choose this concentration. Coursework also provides preparation for the Certified Health Education Specialist (CHES) examination.

#### Curriculum Requirements

Course	Title	Credits
<b>Master's Core Component</b>		
ED 5000	Understanding Social Behaviors	3
ED 5010	Philosophy, Ethics & Education	3
ED 5030	Research Design	3
<b>Health Education Component</b>		
HP 5010	Scientific Foundations of Health Behavior	3
HP 5020	Designing and Implementing Health Promotion Programs	3
HP 5030	Evaluation of Health Promotion Programs	3
<b>Professional Development Component</b>		<b>12</b>
Choose at least four courses from HP, HH, OH or CO (Eating Disorders: CO-5160, CO-5170, CO-5185) based on previous education and/or professional experience.		
<b>Capstone Experience</b>		
HL 5750 or HL 5800	Individual Research: Health Education Practicum in Health Education	3
<b>Total Credits</b>		<b>33</b>

### MEd, K-12 Health Education Teacher Certification

Students in the K-12 Health Education Teacher Certification option must fulfill the Master's Core Component in addition to the requirements below. Passing Praxis I and the Department HE Content Exam is required prior to completing Experience Component.

Requirements for certification may change, subject to changes made by the New Hampshire Department of Education.

#### Curriculum Requirements

Course	Title	Credits
<b>Teaching and Learning Component</b>		
Choose at least two courses from the following based on previous education or professional experience:		6
ED 5270 or ED 5060	Foundations of Teaching Exploring Learning Theories and Cognitive Growth	
SE 5400	Classroom Interventions and Special Education Strategies	
HP 5130	Teaching Strategies in Health Education	
<b>Health Education and Promotion Component</b>		
HP 5010	Scientific Foundations of Health Behavior	3
HP 5020	Designing and Implementing Health Promotion Programs	3
HP 5030	Evaluation of Health Promotion Programs	3

**Professional Development Component 6**

At least 2 HP, HH, OH or CO (Eating Disorders: CO-5160, CO-5170, CO-5185) courses will be approved by Coordinator depending upon previous education and/or professional experience.

**Teaching Experience Component**

HP 5960	Health Education Teaching Internship	6
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<b>Total Credits</b>		<b>27</b>
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- Community organizations and nonprofits, such as the YMCA and community clinics
- School health, including colleges and universities
- Corporate offices that encourage stress management and sponsor wellness programs for employees
- Wellness Coaching
- Addiction Counseling

**Health Education, K-12 Certification Only**

This post-baccalaureate program is designed to prepare K-12 Health Education teachers with already completed undergraduate degrees. Each candidate will be required to take and pass the NH DOE tests including a content knowledge test in health education. Transcript review will be completed by the Program Coordinator with a minimum of 6 credits of coursework required prior to the Internship.

**Curriculum Requirements**

Course	Title	Credits
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<b>Professional Education Standards:</b>		<b>0-6</b>
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ED 5400	Introduction to the Professional Education Standards (Introduction to the Professional Education Standards )
ED 5410	Intermediate Level: Professional Education Standards (Intermediate Level: Professional Education Standards )
ED 5420	Advanced Level: Professional Education Standards (Advanced Level: Professional Education Standards )

<b>Content Standards: Health Education and Promotion Theory</b>	<b>0-9</b>
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HP 5010	Scientific Foundations of Health Behavior
HP 5020	Designing and Implementing Health Promotion Programs
HP 5030	Evaluation of Health Promotion Programs

<b>Pedagogy Standards: Health Education Content</b>	<b>0-12</b>
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Minimum of 12 credits in health content including: substance abuse; injury prevention; nutrition; family health; consumer health; and sexual health. These courses can be from HH, HP, HL, or CO.	
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<b>Internship: Teaching Experience Component</b>	<b>3</b>
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HP 5960	Health Education Teaching Internship
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<b>Total Credits</b>	<b>3-30</b>
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**Learning Outcomes****Health Education & Promotion:**

- Demonstrate knowledge of basic health content and current health issues appropriate for an entry level health professional.
- Assess, plan and implement health promotion programs.
- Evaluate health promotion programs for process and outcomes
- Obtain national certification as a certified health education specialist (CHES) from the National Commission of Health Education Credentialing, INC. (NCHEC)

**Career Pathways**

- Public health agencies, including the Centers for Disease Control and Prevention