



MASTERS PROGRAM IN HEALTH EDUCATION WITH A SPECIALIZATION IN HEALTH PROMOTION

The Health Education masters programs are designed to prepare researchers and practitioners for leadership roles in higher education, public schools, community health care settings, business and industry, government agencies, and voluntary health agencies. The programs emphasize a multidisciplinary, bio-behavioral and developmental approach to health promotion. Health promotion is any combination of health education and related organizational, economic, or political interventions designed to facilitate behavioral or environmental changes conducive to health. Research and practice in health promotion may occur in a variety of settings (school, community, worksite, health care) and focus on young children, adolescents, adults, and/or senior adults. Organizational and community contexts for health behavior are also important topics for health education research. A diverse faculty, coupled with research and clinical opportunities within and outside the university, provide an excellent milieu for professional development.

Two options are available for a master's degree with a specialization in Health Promotion.

The first option is a 36-hour Master of Education in Health Education non-thesis program. This option focuses on theory, application and practitioner skills oriented more towards careers in educational institutions, community health care settings, business and industry, government agencies, and voluntary health agencies.

- * No Thesis/No Report Option - Required Coursework – see page 3
- * No Thesis/No Report Option – Sample Curriculum – see page 5

The second option is a 36-hour Master of Arts in Health Education with thesis program. This program is more research oriented, offers the student an opportunity to identify and focus on more specific problems related to health promotion, and provides preparation for doctoral work in health education. Students planning to pursue doctoral programs are encouraged to engage in directed research in addition to the 36-hour Master of Arts requirements.

- * Thesis Option - Required Coursework – see page 6
- * Thesis Option – Sample Curriculum – see page 9

Admission Requirements

In addition to sending materials to the Graduate and International Admissions Office (GIAC), the applicant must submit to the department a copy of transcripts, Statement of Purpose, and the Declaration of Intent. Three letters of recommendation are required, and when possible, a personal interview is recommended. The final decision regarding admission is made by the Graduate Dean and is based on the departmental recommendation. Students are notified by letter as soon as the departmental recommendation is made.

MASTER OF EDUCATION IN HEALTH EDUCATION

HEALTH PROMOTION

(NO THESIS/NO REPORT OPTION)

Requirements in Health Education Concentration Area (15 hours)

HED 395 Theories of Health Behavior*

HED 395 Health Promotion/Disease Prevention: An Epidemiological Approach*

HED 395 Intervention Mapping: Health Promotion Program Development*

HED 386 Research Methods: Applied Research Techniques*

KIN 395 Advisor-Approved HED 395 Course

*These courses should be taken during the first year in the program.

Electives in Health Education/Kinesiology (9 hours)

With the approval of the supervising professor, choose three electives such as those courses (HED or KIN) indicated below. The student should attempt to select a sequence that meets his/her interests and career direction. A statistics course is recommended, either within the department or in the supporting work outside the department. The following courses are indicated as examples.

HED 395 Worksite Health Promotion

HED 395 Child and Adolescent Health Psychology

HED 395 Mind/Body Health

HED 395 Adult Development, Aging and Health

HED 395 Risk and Resilience in Children and Adolescents

HED 395 Special Topics in Public Health

KIN 395 Exercise and Mental Health

KIN 395 Physical Dimensions of Aging

Supporting Work Outside the Department (6 hours)

With the approval of the supervising professor, select two courses outside the department. Ideally, the two courses should represent a sequence in one department or a sequence in a specific content area (e.g., demography, organization change, survey research and evaluation, child and adolescent development, nutrition and adult learning). Sequences can be developed depending upon the student's interests.

Graduate Internship: HED 697P

The internship should be taken in the final semester after the completion of all course work. This experience gives students the opportunity to apply

cumulative knowledge and skills in a supervised practicum in community, school, worksite or health care setting. The student's academic advisor will supervise the internship. A written summary documenting the experience will be submitted to the supervising professor. In addition to the supervising professor, there is one other reader of the summary report. The written summary and oral report at the health internship presentation day constitutes the culminating experience for the Master of Education in Health Promotion without thesis.

Sample Masters Curriculum – No Thesis Option

Year 1

Fall:

- 1) HED 395: Theories of Health Behavior
- 2) HED 386: Research Methods
- 3) **EITHER** HED370K: Introduction to Health Promotion (ONLY for students who do not have an HED prerequisite) **OR** any advisor-approved HED to fulfill final requirement (for students who have HED prerequisite)

Spring:

- 1) HED 395: HP and DP: An Epidemiological Approach
- 2) Elective Course
- 3) Elective Course

Year 2

Fall:

- 1) HED 395: Health Promotion and Program Planning: Intervention Mapping
- 2) Elective Course
- 3) Elective Course

Spring:

- 1) HED 697P: Internship
- 2) Elective Course
- 3) Elective Course (ONLY, if Intro. To Health Promotion was required)

MASTER OF ARTS IN HEALTH EDUCATION

HEALTH PROMOTION

(THESIS OPTION)

Requirements in Health Education Concentration Area (15 hours)

HED 395 Theories of Health Behavior*

HED 395 Health Promotion and Disease Prevention: An Epidemiological Approach*

HED 395 Intervention Mapping: Health Promotion Program Development *

HED 386 Research Methods: Applied Research Methods*

KIN 395 Advisor-Approved HED 395 Course

*These courses should be taken during the first year in the program.

Electives in Health Education/Kinesiology (9 hours)

With the approval of the supervising professor, choose three electives such as those courses (HED or KIN) indicated below. The student should attempt to select a sequence that meets his/her interests and career direction. The student's supervising professor must approve selections. The following courses are indicated as examples.

HED 386 Research Methods: Proposal Writing

HED 395 Worksite Health Promotion

HED 395 Child and Adolescent Health Psychology

HED 395 Mind/Body Health

HED 395 Adult Development, Aging and Health

HED 395 Risk and Resilience in Children and Adolescents

HED 395 Special Topics in Public Health

KIN 395 Exercise and Mental Health

KIN 395 Physical Dimensions of Aging

Supporting Work Outside the Department (6 hours)

One of the elective courses must be a graduate statistics course, which should be selected with the guidance of the student's supervising professor. Depending upon the student's background, an undergraduate statistics course may be necessary. The other elective should complement the student's specific research interest and should be selected with the guidance of the supervising professor. Suggested courses may include, for example, demography,

organizational change, survey research and evaluation, child and adolescent development, nutrition and adult learning.

Thesis (6 hours) - HED 698a & HED 698b

The supervising professor is responsible for the master's thesis and for ensuring that the student completes the approved program of study and other requirements for the degree. The research project for a master's thesis should be of the highest quality and contribute to the body of knowledge in the area of investigation.

While the thesis may be either an original work, a part of a more comprehensive research project, or an analysis of an available data set, the student should be responsible for the product (data collection, analyses, etc.). Each student will prepare a concise but sound thesis proposal and present it to his/her supervising professor for approval. Following approval the proposal must be signed by the supervising professor and filed with the graduate adviser prior to registration in 698B; however, modification and fine-tuning of the project may continue.

Prerequisites

The prerequisites for graduate study are the possession of a Bachelor's Degree from an accredited college or university, and the completion of a minimum 3 hours of course work from each of the following areas (total of 12 hours): biological sciences, behavioral sciences, theory and methods of health education and/or health promotion, and statistics. Courses completed at another college or university may be used to satisfy part or all of the prerequisites, provided such courses were completed prior to beginning graduate study at The University of Texas at Austin. Such courses may not be used to fulfill requirements for a graduate degree at the University. Individuals admitted without these prerequisite courses must fulfill this requirement in their first year by taking the appropriate courses either in residence or by advanced standing examination at The University of Texas at Austin. It is the policy of the Graduate Studies Committee that all courses taken to fulfill prerequisite requirements be taken on a letter grade basis.

After entering the program, the student should request a prerequisite form from the Graduate Program Coordinator in Belmont 710. The completed form should be submitted to the Faculty Advisor for approval before it is submitted to the Graduate Advisor.

University of Texas courses serving as prerequisites:

KIN 370K Introduction to Health Promotion

EDP 371 Introduction to Statistics

PSY 341 Health Psychology or SW 327 Human Behavior and Social Environment

ZOO 365L Vertebrate Physiology or ZOO 365N Vertebrate Physiology and ZOO 316K Human Physiology

Sample Masters Curriculum – Thesis Option

Year 1

Fall:

- 1) HED 386: Research Methods
- 2) HED 395: Theories of Health Behavior
- 3) **EITHER** HED370K: Introduction to Health Promotion (ONLY for students who do not have an HED prerequisite) **OR** any advisor-approved HED to fulfill final requirement (for students who have HED prerequisite)

Spring:

- 1) HED 395: HP and DP: An Epidemiological Approach
- 2) Elective Course
- 3) Elective Course

Year 2

Fall:

- 1) HED 395: Health Promotion and Program Planning: Intervention Mapping
- 2) Elective Course
- 3) Elective Course

Spring:

- 1) HED 698A: Thesis A
- 2) Elective Course
- 3) Elective Course (ONLY, if Intro. To Health Promotion was required)

Summer:

- 1) HED 698B: Thesis B