

MASTER OF SCIENCE IN HEALTH PROMOTION PROGRAM POLICY STATEMENT

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**On Behalf of:
M.S. Health Promotion Graduate Committee**

M.S. Health Promotion

Program Mission:

The mission of the University of Delaware's M.S. in Health Promotion Program is to prepare leaders in the diverse health promotion fields who can translate science for the comprehensive promotion of health and prevention of disease among individuals and population across the lifespan.

Students of Health Promotion should be able to:

DEMONSTRATE BREADTH AND DEPTH OF KNOWLEDGE IN THE DISCIPLINE

Graduate students should understand the current and historical theories, concepts, and models of the discipline. They should possess the ability to access and evaluate the literature of the discipline and understand the major issues in the current state of knowledge. In addition to knowing the specific content of the discipline, students should be able to understand and appropriately use the methods and techniques of advancing knowledge in the field of study.

EFFECTIVELY COMMUNICATE KNOWLEDGE IN THE DISCIPLINE

Graduate students should possess the ability to write and speak about the current issues of the discipline to peers, practitioners, and the public. They should be able to articulate and demonstrate knowledge of the discipline and write and present scholarship to professionals.

DEMONSTRATE AN ABILITY FOR ANALYTICAL THINKING IN THE DISCIPLINE

Graduate students should be able to identify and understand critical issues in the discipline. They should possess the ability to challenge and evaluate information, as well as synthesize and integrate knowledge in the discipline.

EXHIBIT THE BEST PRACTICES, VALUES, AND ETHICS OF THE PROFESSION

Graduate students should understand and exhibit the professional standards for responsible conduct of research in the discipline and understand the values and ethics of practicing the profession in society.

APPLY KNOWLEDGE OF THE DISCIPLINE

Graduate students should possess the ability to apply knowledge in the discipline to solve sophisticated problems and to interpret technical issues.

Programmatic Outcomes:

Students will be able to:

- 1.) Assess individual and community need for health education and promotion,
- 2.) Identify health behavior principles and theories as they apply to health promotion
- 3.) Implement health promotion strategies, interventions, and programs,
- 4.) Conduct evaluation and research related to health promotion,

Assessment:

Program Learning Outcomes	Core Courses	Elective courses	Level of Emphasis (I, R, E)*	Assessment Methods (D or I)** /Proficiency Level
Assess individual and community need for health education and promotion	HESC609 HLPR 809 HLPR803 HLPR807 HLPR868 HLPR864	 NTDT 640	I R E R E E E	D-exam/ papers/presentation D-Paper/discussion/exam D- Research paper/exam Comprehensive exam D - summarize articles/present to peers D - research papers; presentations D- paper, exam, discussion
Identify health behavior principles and theories as they apply to health promotion	HLPR 809 HLPR 803 HLPR 823	 HLPR 815 HLPR 610 NTDT 660	E E R R E	D - research paper Comprehensive exam D - research paper, presentations D - essay exams, presentation D - essay exams D- essay exam
Implement health promotion strategies, interventions, and programs	HLPR803	 HLPR 813 HLPR815 HLPR819	E R R R	D- presentation/exam Comprehensive exam D – discussion/exam/paper D-discussion/exam/paper D-discussion/exam/paper
Conduct evaluation and research related to health promotion	STAT course HESC 609 HLPR868 HLPR864		I I E E	D - Papers and presentations D - Exam/papers,presentation D - Presentations/paper Scholarly project D - Paper/scholarly project

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Program History

The Master of Science in Health Promotion prepares professionals to successfully design, implement, administer, and evaluate health promotion interventions. Students are prepared in the science and art of helping people change their lifestyle and behaviors through a combination of efforts that involve cognitive and behavioral modification, and environmental and cultural change. The program is designed to meet the needs of both traditional graduate students and working professionals, with graduates having the skills and knowledge to work with a wide variety of populations and in diverse settings. The program provides opportunity to pursue specific areas of emphasis within Health Promotion which can include but is not limited to: exercise science, aging, community health, nutrition, social marketing, health psychology, health communications, public health, global health, worksite health, or behavioral health.

The program has been in existence since Fall 1998 and is currently under review for permanent status.

Admission

Students will be admitted to the program based upon enrollment availability and their ability to meet the following entrance requirements.

1. A bachelor's degree based on a four-year curriculum from an accredited college or university.
2. Acceptable undergraduate transcripts
3. Three letters of recommendation indicating the capability, interest, maturity, scholastic, and professional potential of the candidate for graduate study.
4. Adequate preparation in health as determined by prerequisite requirements
5. Acceptable GRE scores (combined math and verbal score of 1050)
6. Acceptable TOEFL scores (82 internet or 220 computer)

Admission is determined by the Health Promotion Graduate committee.

Recommended prerequisites

All prerequisites are subject to individual review by the Health Promotion Graduate committee. Specific prerequisites for the program are:

- Psychology
- Sociology
- Statistics
- Equivalent of 3 topical health-related courses
- Health Promotion or Community Health Programming course

For students interested in an Exercise Science emphasis prerequisites also include:

- Anatomy and Physiology

- Exercise Physiology with Lab

For students interested in a Nutrition emphasis prerequisites also include:

- Anatomy and Physiology
- Advanced nutrition course that requires biochemistry

Students may be accepted into the program without prerequisites. However completion of graduate program prerequisites as assigned by the admission committee must be fulfilled in order to successfully complete the MS in Health Promotion program of study.

Admission is competitive, based on the number of well-qualified applicants and the limits of available faculty and facilities. Those who meet stated minimum academic requirements are not guaranteed admission, nor are those who fail to meet those requirements necessarily precluded from admission if they offer other appropriate strengths.

Course Requirements for the Degree

The Master of Science in Health Promotion requires 30 credit hours of coursework at the 600 and 800 level, and 3 credits of either an internship or research project. The 30 credits of coursework must include 18 credits of required courses, and 12 credits of advisor approved coursework which may include an area of emphasis of a minimum of 6 credit hours.

Credit Requirements

Core Credits	18
Area of Emphasis (optional)	6
Electives (advisor approved)	6
Internship or Research Project	3
Total number of required credits	33

Note: Area of Emphasis is optional. If no emphasis area is chosen elective credit requirements are 12.

A. Courses Required Within Health Promotion (18 credits)

HESC 609	Survey Research Methods
HESC 602	Statistics (or equivalent)
HLPR 803	Advanced Health Promotion Programming
HLPR 807	Topics and Issues in Health Promotion
HLPR 809	Health Behavior
HLPR 823	Human Response to Stress

B. Area of Emphasis**Exercise Science Emphasis (6 credits)**

HESC685	Advanced Exercise Prescription
HESC800	Advanced Physiology of Exercise

Cardiac Rehabilitation Emphasis (6 credits)

HESC685	Advanced Exercise Prescription
HESC665	Cardiovascular Assessment I

Nutrition Emphasis (6 credits)

NTDT640	Nutrition and Aging
NTDT645	Teaching Methods: Nutrition and Foods
NTDT615	Advanced Nutrition and Physical Activity
NTDT660	Community Nutrition

Aging Emphasis (6 credits)

NTDT640	Nutrition and Aging
IFST603	Human Development: Lifespan Perspective
IFST600 level or higher – Aging related course	
HLPR 813	Health of Older Adults

C. Recommended Electives (12 credits)

HLPR 610	Health and the Media
HLPR 813	Health of Older Adults
HLPR 815	Health Behavior and Health Psychology
HLPR 819	Social Marketing
UAPP 657	Health Policy
UAPP 804	Program Evaluation for Health and Social Services
UAPP 808	Qualitative Methods for Program Evaluation
IFST 601	Theories of Human Development
IFST642	Leadership in Human Services
SOCI 607	Sociology of Gender
COMM 610	Organizational Communication Theory
COMM 654	Children and Mass Media
COMM 656	Communication in Organizations
COMM 657	Children, Television, and Education
COMM 624	Media Message Analysis
EDUC 685	Multimedia Literacy
EDUC 657	Children, television and education
EDUC 665	Elementary Statistics
HESC 800	Advanced Physiology of Exercise
PHIL 648	Environmental Ethics
PSYC 806	Social Cognition

PSYC614 Psychopharmacology

POSC653 Politics and Healthcare

SOCI 608 Gender, Work, & Families

SOCI 671 Disasters, Vulnerability & Development

UAPP 608/IFST 608 Poverty , Neighborhoods, & Community Development

UAPP 616 Volunteer Management

UAPP 644 Grantsmanship and Proposal Writing (1 credit)

UAPP 653/POSC 653 Politics and Healthcare

UAPP 657 Health Policy

UAPP 676 Survey Research

C. Internship or Research Project

HLPR 864 Internship
OR
HLPR 868 Research Project

Prior to enrollment in either HLPR 864 or HLPR 868 students must successfully pass a Qualifying Exam.

Establishing a Program of Study

After admission to the program, all students are required to complete an approved program of study in order to meet the degree requirements. The program of study is planned by the student and the student's advisor during the first semester of coursework. The advisor is assigned to the student based on student's interest, faculty expertise, and faculty workload from the list of program faculty in Health Promotion. Faculty status in the Health Promotion program is granted to full-time faculty members who teach regularly scheduled graduate-level required or recommended courses within the Health Promotion program on a yearly basis or on a rotating-year basis, and/or who supervise three or more research projects on a yearly basis. The program of study is then presented to the Health Promotion graduate committee for their consideration, and recommendations or approvals are made. All programs of study must be approved by the graduate committee. Elective areas within the program of study are considered guides, not contracts, due to changing course availability and opportunities, and student interests and career goals.

The program of study must include HESC 609 (Survey Research Methods) or acceptable equivalent, Graduate Level statistics course, HLPR 803 (Advanced Health Promotion Programming), HLPR 807 (Topics and Issues in Health Promotion), HLPR 809 (Health Behavior Theory), and HLPR 823 (Human Response to Stress). In addition to the 6 required courses, the program of study must include 12 additional course credit hours consisting of an area of emphasis (minimum of 6 credit hours) or approved electives. The final requirement will include either an internship or research project. The time required to complete the program is a **minimum** of two years for full-time students.

Credits for the MS in Health Promotion are awarded for courses taken at the 600 and 800 level only. Students are limited to no more than 6-credit hours of special problem/independent study (HLPR 866) in their program of study. Students who lack graduate course prerequisites may be required by their advisor to take additional undergraduate prerequisites. This requirement is subject to approval by the Health Promotion Graduate Committee. Program prerequisites may be completed after acceptance to the program but prior to graduation. Program prerequisites will be determined upon acceptance to the MS in Health Promotion program.

Per University of Delaware Office of Graduate Studies guidelines, students who have taken graduate level work at other accredited institutions of higher education may transfer up to a maximum of 9 credit hours into their program of study pending approval of the Health Promotion Graduate Committee. If a student desires to take a graduate course (not available at the University of Delaware) from another accredited institution of higher education while matriculated at the University of Delaware they must gain prior approval from their academic advisor and Health Promotion Program director.

Course Substitution Process/Petition

In the event a student seeks to substitute a course for a required course the student must submit a written request explaining the nature and justification of the substitution to their academic advisor. The academic advisor will present this document to the Health Promotion Graduate Committee for consideration and approval. Approval is granted based on a majority faculty affirmative vote. Course changes within the elective/emphasis area of the program can be done with approval of the student's academic advisor.

Comprehensive Exam Requirement

All students will be required to complete a comprehensive examination. The examination can be completed as early as the last four weeks of the semester in which they complete their last required and recommended didactic program coursework (excluding electives), but before the internship or research project. The comprehensive examination will consist of questions provided by Health Promotion program faculty from which the student has had coursework. Initiation of the comprehensive examination is done by the student who informs the director when they would like to sit for their comprehensive exams. The director must be informed no less than one month prior to the chosen time/date. Selection of faculty will be by the Health Promotion program director in consultation with the student. The selection will consist of the student's primary advisor and two Health Promotion faculty who will then form the student's examination committee. Including the student advisor, the committee will consist of two faculty members who will represent required coursework, one faculty member who represents the area of emphasis (if applicable) or one faculty member selected from whom the student has had a course. Each faculty member will be responsible for submitting one question that reflects the course content as it relates to the broader issues of Health Promotion. The student must be informed by each

respective committee member, at least two weeks in advance of the examination date(s), about the general area of assessment. The examination will be in written format and can be completed one question per day, or all three questions in one day (or a variation thereof) based on mutual agreement between the student and the Health Promotion program director and faculty advisor. The student's response to each question must be evaluated by the respective comprehensive exam committee members and the student notified of the committee's decision within two weeks after the last examination date. Responses will be assessed as acceptable or unacceptable.

In the case of an unacceptable response the student may schedule an oral examination as an appeal within four weeks of the date the student was notified of the committee's decision. The oral examination provides an opportunity for the student to orally defend their position or clarify their response. Upon favorable review, the committee has the option of changing the assessment to acceptable. If the student fails his/her oral examination he/she will not be permitted to complete his/her program of study. The student must obtain acceptable responses to all three questions posed by the examination committee to successfully pass the comprehensive examination.

Independent Study

Independent Study in Health Promotion (HLPR 866) provides students an opportunity for academic inquiry into an area of interest and/or career/field enhancement. Constitution of an acceptable independent study varies, but is dependent on approval of their academic/study advisor and the Health Promotion Program director. The Independent Study faculty advisor must be approved by the Health Promotion Graduate director.

Internship Guidelines (HLPR 864)

The internship is a three-credit optional requirement that consists of a full-time, full-semester experience. The internship should be (although does not need to be) a paid experience which can be completed after successful completion of required didactic coursework and the comprehensive examination. Students will spend up to 450 hours in an agency that will assist them in meeting their career objectives. In return, the student will provide the agency with their expertise and services to help the agency achieve its mission and goals. For example, the student may initiate and/or complete a special project, develop a program or intervention, conduct need assessments, develop resource and educational materials. Students are responsible for obtaining their internship, although their advisor or related professionals can provide information about potential agencies within their field of interest. The student intern will be supervised by a host agency representative who will function as their immediate superior at the internship site. The intern will be monitored by a Health Promotion program faculty member responsible for HLPR 864—Internship. This faculty member will be responsible for ensuring students fulfill all academic requirements for the internship. Student interns are responsible for meeting internship guidelines and requirements which include but are not limited to: completion of time requirements, fulfillment of a special project on behalf of the host agency, satisfactory supervisory evaluations,

regular meetings, or reports to the faculty advisor, final report of internship experience. Internships will be graded on a pass-fail basis.

Research Project Guidelines (HLPR 868)

The research project option provides opportunity for application of course work to a student's specific area of interest. The research project may include experimental techniques, pilot programs, case studies, surveys, interviews, qualitative research or other items of mutual benefit to the student and sponsor institution. For quantitative and qualitative techniques, nationally acceptable standards involved in scientific inquiry as established by professional refereed journals shall be used in the development of proper research protocol. Additional standards applied to the research project shall be agreed upon by the candidate and the project advisory committee. The student research project advisory committee shall consist of two faculty members: a faculty advisor and a faculty member serving as a second reader. The main project advisor must hold full-time faculty status and teach at least one course in the Health Promotion program. The second reader shall be agreed upon by the advisor and the candidate.

A typed proposal regarding the procedures for obtaining the necessary information must be submitted to, and found acceptable by, the project advisor and second reader prior to the initiation of the project. In addition, approval for the use of human subjects (when necessary) must be obtained from the University Human Subjects Review Board before data collection can commence. Following the advisor and second reader's acceptance of the proposal, activities will be implemented in an approved setting. The first typed draft of the completed project will be submitted to the advisor and reader for review and defense. The final accepted draft will mark the completion of the research project experience. Research project format will be governed by the advisor and reader.

Timetable and Definition of Satisfactory Progress toward Degree

Full-time students are expected to complete their program requirements in a minimum of two academic years. Normal course load is 9 graduate level course hours. For students opting for the research project (HLPR 868), 9 credit hours will be taken during the Fall-Spring-Fall sequence, and 6 credit hours during their final Spring semester (3 credit hours for the Research Project and 3 credit hours of elective). Students who opt for an internship experience will increase their course work by 3 credit hours during the Fall-Spring-Fall sequence, and fulfill the internship requirement solely during their final Spring semester. Course loads may vary as appropriate if acceptable winter and summer courses are planned, or if course opportunities and offerings change unexpectedly. However, to remain as a full-time student a minimum of 6-credit hours per semester is required.

Part-time students are expected to complete their program requirements in a minimum of five academic years. Extensions to this timeframe may be requested with a formal letter to the Health Promotion Graduate Program director. Extensions will be determined by the Health Promotion Graduate Committee. A majority affirmative vote is required to obtain an extension.

Acceptable program progress is determined by maintaining an overall B average (3.0) in graduate level coursework, completion of program prerequisites, and timely completion of program requirements based on full-time or part-time status. Students in the research project option have one full calendar year from the beginning of the semester they enroll in HLPR 868 to complete their research project requirements. Extensions to this timeframe may be requested with a formal letter to the Health Promotion Graduate Program director. Extensions will be determined by the Health Promotion Graduate Committee. A majority affirmative vote is required to obtain an extension.

Students in the internship option (HLPR 866) must satisfactorily complete their requirements in the semester they register for this course. A failure to meet the requirements will disqualify them from completion of the degree. Students do not have automatic opportunity to redo an internship. In the event of extenuating circumstances, students may withdraw from the course and complete it in another semester, or appeal in writing to the Health Promotion Graduate Committee. Opportunity to redo the internship will be determined by the Health Promotion Graduate Committee. A majority affirmative vote is required to obtain permission to repeat the course. A maximum of one HLPR 866 course repeat is permitted pending Committee approval.

Changing Programs of Study

Students desiring to switch from one graduate program within the College of Health Sciences to the Health Promotion graduate program are required to complete a formal application and accompanying materials as previously outlined in the admission requirements, and submit it to the Health Promotion Graduate Committee for review. Students within the College of Health Sciences are not required to reapply to the University of Delaware Graduate Studies Office. Students who change their program of study must be aware that they can lose their assistantship from their previous program, and are not guaranteed in-kind financial aid from the Health Promotion program.

Students desiring to switch from one graduate program outside the College of Health Sciences to the Health Promotion graduate program will be required to reapply to the University of Delaware Graduate Studies Office, and follow the admission protocol outlined for all potential graduate students.

Financial Aid

Available financial aid will be awarded to full-time students (registered in at least 6 graduate credits each semester) based on admission ranking, needs of the program,

and experience and expertise of the graduate student. Students who receive financial aid will be obligated to work up to 20 hours per week in an assigned position during the fall and spring semesters. Some forms of financial aid may provide support for tuition while others may not, and some may require work during the academic Winter session. Continuation of this award is contingent upon the evaluation of the program director and Health Promotion Graduate committee. The student must remain in good academic standing to be eligible for the continuation of the award.

Departmental Operations

It is the responsibility of the students to keep the Health Promotion program director and faculty aware of their current contact information. Communication between faculty and students is essential in the program. Students are encouraged to attend professional meetings and conferences. However currently, the Department of Health, Nutrition, & Exercise Sciences does not provide travel to such meetings.