

University of Indianapolis – *College of Health Sciences*

**2025-2026 Curriculum Guide for Public Health Education and Promotion (PHEP) with Pre-Occupational Therapy (POT) Concentration 4 Year Plan**

**Bachelor of Science**

Students majoring in Public Health and planning to apply for the graduate Occupational Therapy program must complete the requirements for the Public Health major, the General Education Core requirements and the Pre-Occupational Therapy requirements during their four years of study. Completion of these sets of requirements will take careful planning; therefore, you should consult with your academic advisor on a regular basis. The following is a suggested four-year plan.

**NOTES**

- Some courses at UIIndy may have prerequisites that are not required by the Gen Ed Core, the major or the OT program prerequisites. Please consult the Academic Catalog regularly for prerequisite information.
- The OT program does not accept Advanced Placement (AP) credits for prerequisite work. If you have AP credits, please check with your academic advisor prior to registration.
- Pre-occupational therapy students are encouraged to communicate with the financial aid office directly as they plan the completion of their undergraduate degree and the start of occupational therapy graduate coursework.
- Consult the general education core curriculum guide when choosing core classes.

**Year I Semester I (15 hours)**

- **INTD 101** New Student Experience (1) \*
- **MATH 180** College Algebra and Trigonometry (4) \*^
- **KINS 265** Current Topics in Public Health Content I (2) #
- **ENGL 101** Intro to College Writing (3) \*^
- **FYS ELEC** Select a First Year Seminar (select one to meet another General Education Requirement) (3)
- **ARTS ELEC** Arts (2) \*

**Year I Semester II (15 hours)**

- **KINS 190** Intro. to Kinesiology, Health, and Sport Sciences (2) #
- **KINS 260** Intro. to Health in Diverse Communities (3) (meets Global Awareness & Experiencing Cultural Differences) \*#
- **KINS 275** Current Topics in Public Health Content II (2) #
- **BIOL 203** Biology's Impact on Humans (4) #\*
- **CHEM 150/151** General Chemistry I (3) & Lab (1) \*^

**Year II Semester I (16 hours)**

- **ENGL 102** Literature or other general education literature course (3) \*^
- **KINS 236** Theory of Health Behavior (3) [Prerequisites: KINS 260] #
- **BIOL 165** Intro to Cell Biology (4) ^
- **HIST ELEC** General Education History course (3) \*
- **PSY 120** Introduction to Psychology (3) ^

**NOTE:** All PHEP majors must pass KINS 260, KINS 236, and BIOL 203 (or BIOL 104 or CHEM 150) with a grade of C or better to move forward into 300-level and above public health courses.

**Year II Semester II (18 hours)**

- **KINS 204** Intro to Research Methods and Biostats (3) [Prerequisite: MATH 108 or above] #
- **KINS 330** Methods in Public Health Education (3) [Prerequisites: KINS 260 & KINS 236] #
- **KINS 331** Wellness Coaching (3) [Prerequisites: KINS 190 AND KINS 236 or KINS 280] #
- **Gen Ed ELEC** Social Science (3) – Take SOC 101 or ANTH 100\*^
- **Gen Ed ELEC** Philosophy/Ethics (3) \*
- **PSY 245** Lifespan Psychology (3) ^#

\*=UIIndy core; # = Public Health Major.; ^ = Occupational Therapy Prerequisite

**Year III Semester I (16.5 hours)**

- **KINS 305** Grant Writing (3) [Prerequisites: KINS 260] \*#
- **KINS 313** Introduction to Environmental Health (3)  
[Prerequisites: BIOL 203 OR BIOL 103 and BIOL 104] #
- **KINS 445** Skill Applications in Diverse Pub Health Settings (3) [Prerequisites: KINS 236, KINS 330] #
- **COMM 100** Public Speaking (3) \*^
- **INTD 201** L/P Credit (.5) \*
- **BIOL 330** Mammalian Physiology (4) ^

**Year III Semester II (14.5 hours)**

- **KINS 101/104** Honors Wellness/Fitness for a Lifetime (1-2) \*
- **KINS 400** Assessment & Research in Health and Physical Activity (3)  
[Prerequisites: KINS 204 OR Instructor Permission] #
- **KINS 452** Health Policy and Advocacy (3) [Prerequisites: KINS 260] #
- **INTD 202** L/P Credit (.5) \*
- **REL ELEC** Religion Requirement (3) \*
- **BIOL 305** Human Functional Anatomy (4) or BIOL 240 Vertebrate Anatomy (4) ^

**Year IV Semester I (14 hours)**

- **KINS 440** Epidemiology (3) [Prerequisites: KINS 204 OR KINS 400 OR MATH 220/245] #
- **KINS 465** Planning, Implementation, Evaluation in Public Health (3)  
[Prerequisites: KINS 236, KINS 330 & KINS 400] (meets Global Awareness & Experiencing Cultural Differences for General Education) \*#
- **KINS 450** Health Disparities (3) [Prerequisites: KINS 260] #
- **PSY 345** Abnormal Psychology (3) ^
- **BIOL 200** Medical Terminology (2) ^ or HSCI 120 (1) ^

**Year IV Semester II (12 hours)**

- **KINS 486** Directed Readings in Public Health (1) #
- **KINS 495** Field Experience in Public Health Ed. & Prom. (6) Senior Status  
[Prerequisites: All major courses] \*#
- **ELEC ELEC** Elective Hours (4) \*

\*=UIIndy core; # = Public Health Major.; ^ = Occupational Therapy Prerequisite

**Total Credit Hours in Major: 59**

**Total Credit Hours in Pre-OT Coursework: 27**

**Total Credit Hours for Graduation (Including General Education): 129**

**Directed Electives (Select from the following list):**

- **KINS 266** Sexuality & Human Health (3)
- **KINS 245** Principles and Practices of Exercise Science (4)
- **KINS 249** Basic Sport/Community Nutrition (2)
- **KINS 268** Stress Management & Human Health (3)
- **KINS 420** Drugs & Social Involvement (3)
- **KINS 480** Special Topics in Health and Physical Education (1-3)
- **PSY 220** Child and Adolescent Development (3)

- **PSY 245** Lifespan Development (3)
- **PSY 360** Adult and Development and Aging (3)
- **ANTH 335** Global Health (3)
- **GERO 301** Interdisciplinary Perspectives in Aging (3)
- **ENGL 489** Writing/Editing for Nonprofits (3)
- **SOC 235** Environmental Sociology (3)
- **SOC 220** Race and Ethnic Relations (3)
- **SOC 250** Gender Issues in Law and Society (3)
- **SOC 315** Cities and Communities (3)

## NOTES

- Public Health Education and Promotion is a 59-hour major.
- A grade of C (2.0 on a 4.0 scale) or higher is required in all courses applying toward the Public Health Education & Promotion Major.
- The Bachelor of Science degree requires a minimum of 120 hours.
- See the General Education Core Guide for additional course requirements.
- A student may complete more than one major as long as each major has at least 24 discrete hours. Please see the Academic Catalog for additional details.

## REMEMBER

If you have any questions about the Public Health Education & Promotion Major requirements, contact your academic advisor. Courses and requirements sometimes change so keep in contact with your advisor.