

Community Health and Human Services

Bachelor of Science in Community Health and Human Services with a Concentration in Health Promotion and Education or a Concentration in Human Services

A grade of "C" or better is required in all major courses.

Required Courses in Core Curriculum

Students, in consultation with their academic advisor, must sequence requirements to meet any stated prerequisite requirements for specific courses in their curriculum, including UAB Blazer Core Curriculum requirements.

All Community Health and Human Services programs honor the Alabama General Studies Committee's State Articulation Agreement for transferred coursework. Please see UAB's Undergraduate Admissions website for details if you plan to transfer courses to UAB.

Bachelor of Science in Community Health and Human Services with a Concentration in Health Promotion and Education

Requirements	Hours
Blazer Core Curriculum Requirements ¹	41
As part of the Blazer Core take the following:	
EDU 100 Touch the Future	
EH 101 English Composition I ²	
or EH 106 Introduction to Freshman Writing I	
EH 102 English Composition II ²	
or EH 107 Introduction to Freshman Writing II	
MA 105 Pre-Calculus Algebra (or higher)	
or MA 110 Finite Mathematics	
CMST 101 Public Speaking ³	
BY 101 Topics in Contemporary Biology	
& BY 102 and Topics Contemporary Biology Laboratory ⁴	
CH 105 Introductory Chemistry I	
& CH 106 and Introductory Chemistry I Laboratory ⁴	
PY 101 Introduction to Psychology ¹	
Pre-Professional Coursework	
CHHS 141 Lifelong Health & Wellness	3
CHHS 140 Taking Action in Emergencies: Preparedness, Management, First Aid, and CPR	3
EPR 214 Introduction to Educational Statistics	3
CHHS 230 Concepts of Health, Disease, and Prevention	4
CHHS 231 Addressing the Burden of Infectious & Chronic Diseases	4
NTR 222 Nutrition and Health	3
Major Requirements ⁶	
CHHS 223 Community Problem Solving & Systems-Based Approaches (Major Requirements) ⁵	3
CHHS 342 Professional Skills for Health & Wellness Promotion	3
CHHS 343 Behavior Change to Improve Health & Well-being	3

CHHS 420	Interpersonal Skills & Coaching to Improve Health & Well-being	4
CHHS 421	Health Communication, Advocacy, & Well-being Promotion	3
CHHS 425	Assessing Needs, Capacity, & Mobilizing for Change	3
CHHS 431	Planning Interventions & Services Delivery	3
CHHS 432	Leading for Social Impact: Project Management in Health & Human Services Organizations	3
CHHS 452	Program Evaluation & Intervention Effectiveness	3
CHHS 489	Intervention Strategies for Community Health & Human Services	3
EPR 414	Lifespan Human Development	3
CHHS Capstone Experience:		3
CHHS 499	Community Health & Human Services Capstone Experience	
or CHHS 428	Wellness Promotion Peer Education Part 2	
Advisor Approved Community Health Electives:		24
CHHS 300	Ethics, Leadership, & Professionalism in Health & Human Services	
CHHS 305	Social & Cultural Competency: Learning to Work with All People	
CHHS 350	Human Services: Making a Difference in People's Lives	
CHHS 402	Mental Health, Stress Management & Wellness Promotion	
CHHS 415	Case Management: Intake, Assessment, & Referral	
CHHS 408	Substance Abuse Prevention and Education	
CHHS 418	Lifespan Dimensions in Women's Health and Nutrition	
CHHS 426	Wellness Promotion Peer Educators Part 1	
CHHS 427	SHAPE Peer Education	
CHHS 428	Wellness Promotion Peer Education Part 2	
CHHS 455	Fundraising, Grantmanship, & Philanthropy for Social Impact	
CHHS 490	Special Projects in Community Health & Human Services	
CHHS 491	Addressing Problems in Community Health & Human Services	

Total Hours **122**

A minimum of 120 credit hours is required for degree.

- ¹ Blazer Core Curriculum requirements
- ² Fulfills a Academic Foundations: Freshman Writing
- ³ Fulfills Academic Foundations: Communicating in the Modern World
- ⁴ Fulfills Thinking Broadly: Scientific Inquiry
- ⁵ Must earn a "C" or higher in each course, including Community Health electives (e.g., all courses with CHHS prefix)

Plan of Study for the Bachelor of Science in Community Health and Human Services with a Concentration in Health Promotion and Education

Freshman		Second Term	
First Term	Hours	Hours	Hours
CHHS 141		3 BY 101 & BY 102	4
EDU 100		3 CHHS 223	3
EH 101 or 106		3 EH 102 or 107	3

MA 105 (or higher)	3 Blazer Core Reasoning	3
PY 101	3 Blazer Core: Thinking Broadly - Humans and Their Societies	3
		15
		16

Sophomore

First Term	Hours	
CH 105 & CH 106	4	
CHHS 140	3	
CHHS 342	3	
Blazer Core: Thinking Broadly - Creative Arts	3	
Blazer Core: City as a Classroom	3	
		16

Total credit hours: 47

Bachelor of Science in Community Health and Human Services with a Concentration in Human Services

This is an online program.

Requirements	Hours
Blazer Core Requirements ¹	41
As part of the Blazer Core take the following:	
EDU 100 Touch the Future	
EH 101 English Composition I ² or EH 106 Introduction to Freshman Writing I	
EH 102 English Composition II ² or EH 107 Introduction to Freshman Writing II	
MA 105 Pre-Calculus Algebra (or higher - See Blazer Core) or MA 110 Finite Mathematics	
CMST 101 Public Speaking ³	
BY 101 Topics in Contemporary Biology ⁴ or BY 102 Topics Contemporary Biology Laboratory	
CH 105 Introductory Chemistry I ⁴ or CH 106 Introductory Chemistry I Laboratory	
PY 101 Introduction to Psychology	
Pre-Professional Coursework	
PSC 101 Foundations of American Government	3
PY 218 Psychopathology	3
CHHS 223 Community Problem Solving & Systems-Based Approaches	3
CHHS 141 Lifelong Health & Wellness	3
EPR 214 Introduction to Educational Statistics	3
CHHS 140 Taking Action in Emergencies: Preparedness, Management, First Aid, and CPR	3
Major Course Requirements	
CHHS 300 Ethics, Leadership, & Professionalism in Health & Human Services	3
CHHS 305 Social & Cultural Competency: Learning to Work with All People	3
CHHS 350 Human Services: Making a Difference in People's Lives	4

CHHS 343	Behavior Change to Improve Health & Well-being	3
CHHS 402	Mental Health, Stress Management & Wellness Promotion	3
CHHS 408	Substance Abuse Prevention and Education	3
CHHS 415	Case Management: Intake, Assessment, & Referral	3
CHHS 418	Lifespan Dimensions in Women's Health and Nutrition	3
CHHS 420	Interpersonal Skills & Coaching to Improve Health & Well-being	4
CHHS 425	Assessing Needs, Capacity, & Mobilizing for Change	3
CHHS 431	Planning Interventions & Services Delivery	3
CHHS 455	Fundraising, Grantmanship, & Philanthropy for Social Impact	3
CHHS 460	Management of Human Services Organizations	3
CHHS 489	Intervention Strategies for Community Health & Human Services	3
EPR 414	Lifespan Human Development	3
Internship		
CHHS 499	Community Health & Human Services Capstone Experience	3
Human Services Concentration Electives		12
Total Hours		121

- ¹ Blaze Core Curriculum Requirements
- ² Fulfills Academic Foundations: Freshman Writing
- ³ Fulfills Academic Foundations: Communicating in the Modern World
- ⁴ Fulfills Thinking Broadly: Scientific Inquiry

Health Promotion & Education Minor

The Health Promotion & Education Minor provides students with a background in developing intervention strategies to improve the health of individuals, families, and communities. A grade of "C" or better is required in all courses. Students cannot apply courses toward both a major and a minor. This minor is open to all students except Health Promotion & Education majors. All required courses for the minor are offered online. Elective options may be online or face-to-face; a student may choose.

Requirements	Hours
CHHS 223 Community Problem Solving & Systems-Based Approaches	3
CHHS 342 Professional Skills for Health & Wellness Promotion	3
CHHS 343 Behavior Change to Improve Health & Well-being	3
CHHS 421 Health Communication, Advocacy, & Well-being Promotion	3
Electives - Select two courses from the following:	
CHHS 402 Mental Health, Stress Management & Wellness Promotion	6
CHHS 408 Substance Abuse Prevention and Education	
CHHS 418 Lifespan Dimensions in Women's Health and Nutrition	
CHHS 426 Wellness Promotion Peer Educators Part 1	
CHHS 427 SHAPE Peer Education	
CHHS 428 Wellness Promotion Peer Education Part 2	
Total Hours	
18	

Minor in Human Services

The Human Services Minor provides students with a foundation for serving all people as a helping professional. A grade of "C" or better is required in all courses. Students cannot apply courses toward both

a major and a minor. This minor is open to all students except Human Services majors. This minor is offered completely online.

Requirements		Hours
CHHS 223	Community Problem Solving & Systems-Based Approaches	3
CHHS 350	Human Services: Making a Difference in People's Lives	4
CHHS 343	Behavior Change to Improve Health & Well-being	3
CHHS 415	Case Management: Intake, Assessment, & Referral	3
Elective - Choose Two Courses		6
CHHS 402	Mental Health, Stress Management & Wellness Promotion	
CHHS 408	Substance Abuse Prevention and Education	
CHHS 418	Lifespan Dimensions in Women's Health and Nutrition	
Advisor-Approved CHHS course		
Total Hours		19

Undergraduate Certificate in Health Coaching

Requirements		Hours
CHHS 342	Professional Skills for Health & Wellness Promotion	3
CHHS 343	Behavior Change to Improve Health & Well-being	3
CHHS 420	Interpersonal Skills & Coaching to Improve Health & Well-being	4
Electives		6
Choose two of the following:		
CHHS 402	Mental Health, Stress Management & Wellness Promotion	
CHHS 408	Substance Abuse Prevention and Education	
CHHS 418	Lifespan Dimensions in Women's Health and Nutrition	
CHHS 423	Human Sexuality	
CHHS 426	Wellness Promotion Peer Educators Part 1	
CHHS 427	SHAPE Peer Education	
CHHS 428	Wellness Promotion Peer Education Part 2	
CHHS 431	Planning Interventions & Services Delivery	
CHHS 489	Intervention Strategies for Community Health & Human Services	
KIN 222	Concepts of Health and Fitness	
NTR 222	Nutrition and Health	
PUH 305	Public Health Practice	
Total Hours		16