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**MINNESOTA STATE
UNIVERSITY**
MANKATO

APPLIED HEALTH SCIENCE *College of Allied Health & Nursing*

Applied Health Science allows students to choose a path in health education or another allied health profession. All students completing the Applied Health Science program will be eligible for the Certified Health Education Specialist (CHES®) credential. The program has four tracks:

- Health Education and Promotion,
- Public Health,
- Healthcare Administration Preparation, and
- Occupational Therapy Preparation.

Students in this program choose one or more paths of coursework to support careers and/or seek further education in health education, public health, healthcare administration, occupational therapy, and other allied health professions.

HEALTH EDUCATION SPECIALISTS

Health education specialists work to improve public health by encouraging healthy lifestyles through educational programs, health communications, and public health advocacy. The duties of health education specialists vary depending upon where they work. These duties include:

- Assessing needs, resources, and capacity for health education,
- Planning, implementing, and evaluating health education programs,
- Administering and managing health education programs,
- Serving as a health and health education resource person,
- Providing training programs for other health professionals, and
- Communicating, promoting, and advocating for health and health education.

Most health education specialists work in public health departments (e.g., county health departments), health agencies and organizations (e.g., the American Cancer Society), health care settings (e.g., Mayo Clinic), businesses, and colleges and universities.

HEALTH EDUCATION & PROMOTION TRACK

Health educators encourage and enable healthy lifestyles by designing and delivering educational programs (e.g., diabetes prevention), creating media messages (e.g., public service announcements), and advocating for policies to support healthy individuals and communities (e.g., access to space and facilities for physical activity). The Health Education and Promotion track in Applied Health Science prepares students for entry-level positions and further education in health education and public health. Students in the Health Education and Promotion track complete a 9-credit internship in a public health department, health agency, community organization, health care setting, or university setting.

PUBLIC HEALTH TRACK

Public health professionals focus on health promotion as well as disease and injury prevention. They plan and provide programs to protect the health of individuals, families, and communities. Public health

professionals also play a key role in emergency preparedness and response. Career options in public health include, but are not limited to: public health educator, epidemiologist, biostatistician, environmental health specialist, occupational safety and health specialist, health policy analyst, and health administrators. Some of these career options will require a master's degree. The Public Health track in Applied Health Science prepares students for entry-level positions and further education in public health. Examples of additional courses in this track include environmental health, global health, biostatistics, and public health law.

HEALTHCARE ADMINISTRATION PREPARATION TRACK

Healthcare administrators manage healthcare and health-related businesses, agencies, and organizations. Health administrators need leadership skills, understanding of healthcare and health-related agencies and organizations, financial management, human resources, healthcare and health-related technology, and health informatics. A career as a healthcare administrator usually requires master's degree (M.S., M.P.H, M.H.A.) in health administration. The Healthcare Administration Preparation track includes courses normally required for undergraduate students to complete prior to applying to a graduate program in health administration. Examples of these courses include financial and managerial accounting, macroeconomics and microeconomics, and health care delivery.

OCCUPATIONAL THERAPY PREPARATION TRACK

Occupational therapists help people of all ages to perform activities of daily living needed to fully participate in school, work, and other activities. Services include comprehensive evaluations of the client's home and school or workplace environments, recommendations for adaptive equipment, and guidance and education for family members and caregivers. A career as an occupational therapist requires a master's or doctorate degree in occupational therapy. The Occupational Therapy preparation track includes courses normally required for undergraduate students to complete prior to applying to a graduate program in occupational therapy. Examples of these courses include human physiology, medical terminology, abnormal psychology, physics, and human development.

LICENSES & CERTIFICATIONS

The Applied Health Science major meets national standards for the preparation of entry-level health educators. All students completing the major, with a C or higher in all major HLTH courses, will be eligible to take the Certified Health Education Specialist (CHES®) exam offered by the National Commission for Health Education Credentialing, Inc. All states require occupational therapists to be licensed and certified as an Occupational Therapist, Registered (OTR) by the National Board for Certification in Occupational Therapy (NBCOT). Individuals must have an earned degree from an accredited program in occupational therapy

and completed all fieldwork requirements to be eligible to take the NBCOT exam. The American Occupational Therapy Association offers board and specialty certifications for occupational therapists.

Licensing requirements for healthcare administrators vary by state and certification is available in many areas of practice.

SALARY

The US Bureau of Labor Statistics (2021) reports the median annual wage in May 2020 was \$56,500 for health educators, \$86,280 for occupational therapists, and \$104,280 for health administrators.

JOB OUTLOOK

The US Bureau of Labor Statistics (2021) reports that from 2019 to 2029 employment will grow much faster than average for health educators (11%), occupational therapists (16%) and health administrators (32%).

GRADUATES MAKING A DIFFERENCE

MSU-M Applied Health Science alumni are making a difference in their communities. Our alumni have been employed at organizations and agencies around the United States including Watonwan County Human Services, Human Services of Faribault & Martin Counties, Rice County Public Health, Feeding Our Communities Partners, Cigna, American Lung Association, Minnesota Valley Action Council, Mayo Clinic, American Red Cross, and more. Students have also continued their education by pursuing graduate degrees in Health Education or Public Health.

STUDENT ORGANIZATIONS

Applied Health Science students lead the MSU-M chapter of Eta Sigma Gamma and participate in the annual meeting of the Minnesota chapter of the Society for Public Health Education. Many Applied Health Science students also participate in, and have been honored by, the annual Minnesota State University-Mankato (MSU-M) Undergraduate Research Conference. Students in the Occupational Therapy Preparation Track may also join the MSU-M Pre-PT/OT Club. Applied Health Science students have received national awards from the American Cancer Society and Eta Sigma Gamma.

ABOUT THE FACULTY

All Applied Health Science faculty have doctoral degrees and professional experience in health education. Faculty are active in research and are involved in state and national professional organizations such as the Society for Public Health Education, the American School Health Association, and the American Public Health Association.

For more information please contact Department of Health Science

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Website

<https://ahn.mnsu.edu/healthscience>

SAMPLE FOUR-YEAR CURRICULUM (HEALTH EDUCATION AND PROMOTION TRACK)

First Year (Fall)	First Year (Spring)
ENG 101 English Composition (4), Goal Area 1 STAT 154 (4) Elem Stat OR SOC 202 (3) Into Soc Stat, Goal Area 4 General Education (3), Goal Area 6 General Education (2-3), Goal Area 11	BIOL 220 Human Anatomy (4) CMST 100 Fund Comm OR CMST 102 Public Speaking (3), Goal Area 1 HLTH 101 Health and the Environment (3), Goal Area 10 General Education (3-4, Goal Area 5 (3-4) General Education, Goal Area 8 & Purple (3)
Second Year (Fall)	Second Year (Spring)
CHEM 104(3), 106(3), 111(3), OR 201(5) Chemistry, Goal Area 3 HLTH 212 Consumer Health (3), Goal 2 HLTH 260 Introduction to Health Education (3) General Education (3), Goal Area 7 & Gold General Education (3), Goal Area 9	BIOL Elective, Goal 3 Lab (4) Note: BIOL 310 Doesn't Meet Goal 3 HLTH 360: Theories & Models of Health Education (3) General Education(3) Goal Area 5, Writing Intensive General Education, Goal Area 6 (3) Elective (3)
Third Year (Fall)	Third Year (Spring)
HLTH 361 Health Communication and Advocacy (4) HLTH 460 Introduction to Epidemiology (3) HLTH 3XX OR 4XX Major Unrestricted Elective (3) Elective (3) Elective (3)	HLTH 380W Health Ed. Planning, Implementing, & Evaluating I (3) HLTH 454 Chronic and Infectious Disease (3) HLTH Major Unrestricted Elective (3) Elective (3) Elective (3)
Fourth Year (Fall)	Fourth Year (Spring)
HLTH 480 Health Ed. Planning, Implementing, & Evaluating II (3) HLTH 482 Administration & Grant Writing in Health Education (4) HLTH 495 Senior Seminar in Health Education (1) Elective (3) Elective (3) Elective (3)	HLTH 496 Internship: Health Education (9) Elective (3)

For additional information about course requirements, please visit ahn.mnsu.edu/advising-and-scholarships/mav-plans/

07/21



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