

# **MASTER OF SCIENCE IN HEALTH PROMOTION PROGRAM POLICY STATEMENT**

**Approved:**

**Approved by faculty vote: September 27, 2023**

## **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 populations 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 to conduct research.

#### **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:**

Conduct assessment of individual and community needs and assets that lead to the identification of biopsychosocial determinants that promote or compromise health.

Describe and contrast behavior change principles, theories, and models and successfully apply to the development of health promotion strategies and programs,

including health and wellness continuum from enhancing wellbeing to the prevention and management of chronic conditions.

Conduct theory-driven evaluation of health promotion programs, and utilize findings for dissemination and program improvement planning.

Demonstrate knowledge, and communication and advocacy skills to successfully disseminate health information for use by a wide variety of audiences and stakeholders.

Critically review, analyze, and synthesize scientific literature; design and conduct research in the area of health promotion; and, disseminate research findings via scholarship and verbal/poster presentation.

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.

Obtain, if desired, additional certifications appropriate to their area of specialization.

## **MASTER OF SCIENCE IN HEALTH PROMOTION PROGRAM POLICY STATEMENT**

### **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 has been granted permanent status with the University of Delaware.

### **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 (Courses in Psychology, Sociology, Statistics, 3 health related courses)
6. Acceptable TOEFL scores (100)

Admission is determined by the Health Promotion Graduate committee. Admission is competitive, based on the number of well-qualified applicants and the availability of faculty. 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.

4+1 Specific Requirements:

Provisional status may be designated if:

1. The baccalaureate degree is still in progress at the time the applicant's credentials are reviewed, unless the applicant has been accepted into the 4+1 Program. Admission to regular status is contingent on successful completion of the baccalaureate degree.
2. Prerequisite courses are incomplete. Any course deficits should be completed during the first year of graduate study.

Provisional status will be changed to regular status when all the admission contingencies have been satisfied. To change status, the student must complete a Graduate Student Change of Status form. Students on provisional status are not eligible for tuition scholarships or graduate teaching assistantships. Admission to the MSHP program is limited, and not all qualified applicants will be admitted.

### **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

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.

## Course Requirements for the Degree

The Master of Science in Health Promotion requires 33 credit hours of coursework at the 600 and 800 level, and 3 credits of either an internship or research project. The 33 credits of coursework must include 21 credits of required courses, and 12 credits of advisor approved coursework.

### Credit Requirements

Core Credits	21
Electives (advisor approved)	12
Internship or Research Project	3
<b>Total number of required credits</b>	<b>36</b>

### A. Courses Required Within Health Promotion (21 credits)

BHAN609	Survey Research Methods
HLPR632	Health Science Data Analysis
HLPR803	Advanced Health Promotion Programming
HLPR809	Health Behavior Theory
HLPR605	Concepts of Chronic Disease Management
HLPR819	Social Marketing and Health Communication or HLPR610 Health and the Media
HLPR804	Program Evaluation

### B. Prior Degree Requirements for 4+1 Specific Program

Students enrolled in the undergraduate Health Behavior Science major (within the Department of Health Behavior and Nutrition Sciences [HBNS] at the University of Delaware), may apply to the 4+1 Program in fall of their junior year. If admitted, students will take HLPR803 Advanced Program Planning instead of Program Planning (BHAN490); HLPR610 Health in the Media or HLPR819 Social Marketing instead of an elective; HLPR605 (Chronic Disease Management) instead of HBS requirement of either BHAN335 or BHAN 342; and HLPR632 (Health Science Data Analysis) for HLPR222 (Epidemiology) during their baccalaureate degree. Students applying to the 4+1 Program must: (1) have exceptional performance during the first three semesters of the Health Behavior Science major, (2) have the approval of the Health Behavior Science Graduate Programs Committee, and (3) be currently enrolled in the Health Behavior Science major in HBNS.

### C. Concentrations (7 credits)

#### 1.) Clinical Health Coaching Concentration

HLPR631	Health Coaching (3 Credits)
HLPR605	Chronic Disease Management (3 Credits)
HLPR664	Health Coaching Practicum (1-3 Credits)

#### 2.) Health and Disability Concentration (12 credits)

BHAN645 Health, Physical Activity and Disability  
HLTH605 Self-Directed Supports for People with Disabilities  
or  
HLTH606 Values-Based Management of Disability Service Agencies

CHOOSE TWO OF FOLLOWING:

EDUC 624 or EDUC 673 or EDUC 681 or KAAP 607 or KAAP 651 or HDFS 621

**D. Recommended Electives (12 credits)**

HLPR 813	Health Behavior and Health Psychology
HLPR 823	Human Response to Stress
HLPR 630	Behavior Change Strategies and Tactics
HLPR 631	Health Coaching
HLPR 650	Healthy Lifestyles
BHAN855	Qualitative and Mixed Methods Research in Health Sciences
BHAN820	Social and Environmental Determinants of Health
BHAN856	Multivariable Biostatistics
HDFS601	Theories of Human Development
HDFS803	Human Development in Lifespan Perspective
HDFS642	Leadership in Human Services
COMM610	Organizational Communication Theory
COMM624	Media Message Analysis
COMM654	Children and Mass Media
COMM652	Communication and Persuasion
COMM653	Health Communication
COMM656	Communication in Organizations
EDUC685	Multimedia Literacy
EDUC 665	Elementary Statistics
KAAP665	12 Lead EKG Interpretation
KAAP 802	Human cardiovascular Control
NTDT640	Nutrition and Aging
NTDT610	Overweight and Obesity
HTDT640	Nutrition and Aging
PHIL 648	Environmental Ethics
SOCI 606	Qualitative Methodology
SOCI 607	Sociology of Gender
SOCI 614	Advanced Data Analysis
SOCI 647	Disparities in Health & healthcare
SOCI 671	Disasters, Vulnerability & Development
UAPP 657	Health Policy

**E. Internship or Research Project**

HLPR864 Internship  
OR

**Prior to enrollment in either HLPR864 or HLPR868 students must successfully pass a Qualifying Exam.**

## **Faculty Advisors**

Each student's advisor is assigned based on the student's interests, areas of 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 and have research as part of their workload.

## **Establishing a Program of Study (Form II)**

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 using Form II (included further on in this document) during the first semester of coursework.

Once approved, the form is submitted to all relevant parties, including the Graduate Services Coordinator who will place it in the student's electronic file.

The program of study must include BHAN609 (Survey Research Methods) or acceptable equivalent, Graduate Level statistics course, HLPR803 (Advanced Health Promotion Programming), HLPR804 (Program Evaluation), HLPR809 (Health Behavior Theory), HLPR819 (Social Marketing and Health Communication) or HLPR610 (Health and the Media), and HLPR605 (Concepts of Chronic Disease Management). In addition to the 7 required courses, the program of study must include 12 additional course credit hours consisting of an area of emphasis (minimum of 12 credit hours) or approved electives. The final requirement will include either an internship or research project (3 credits). 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 Graduate College 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. Please see the University of Delaware Graduate College Policy: <https://grad.udel.edu/policies/#transfer>

## 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. Please see the form that must be completed and signed ([http://www1.udel.edu/gradoffice/forms-new/course\\_substitution.pdf](http://www1.udel.edu/gradoffice/forms-new/course_substitution.pdf)). Approval is granted based on a majority faculty

	Year 1	Year 2
<b>Fall</b>	HLPR809 Health Behavior Theory (3) BHAN609 Research Design (3) HLPR605 Chronic Disease Mgmt <u>or</u> HLPR632 Health Sci Data Analysis (3)	HLPR803 Adv Health Promotion Prog (3) Elective <u>or</u> HLPR632 Health Sci Data Analysis (3) Elective/Concentration (3)
<b>Spring</b>	HLPR819 Social Mktg & Health Comm (3) <u>or</u> HLPR610 Health & the Media (3) Elective/Concentration (6)	HLPR804 Program Evaluation (3) HLPR868 Independent Research (3) <u>or</u> HLPR864 Internship (3)

affirmative vote. Course changes within the elective/emphasis area of the program can be done with approval of the student's academic advisor.

Sample course sequence follows on the next page.

## Sample MS Course Sequence

### 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. Typically, this exam is completed immediately before Spring of year 2. The comprehensive examination will consist of questions provided by Health Promotion program faculty from which the student has had coursework. Upon completion of this exam, the Graduate College will be notified of the results and then the student will be registered for either HLPR868 or HLPR864.

Initiation of the comprehensive examination is done by the student, who informs the Program 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 exam will be completed onsite under faculty and staff supervision. 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 for a question, 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 if they have an unacceptable grade for the specific written question. 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 and will be counted towards elective credits. Students must complete an independent contract form with the supervising faculty member. Constitution of an acceptable independent study varies, but is dependent on approval of their academic/study advisor and the Health Behavior and Nutrition Sciences Department Chair. Students may complete a maximum amount of 6 independent credits.

## **Internship Guidelines (HLPR864)**

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. Internship is 120 hours, plus required class time with the Graduate Internship supervisor. In addition, students are required to

complete a special project relevant to their internship site, and approved by the internship supervisor, professional development assignments, and meet with the internship supervisor during the semester.

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 HLPR864 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.

### **Research Project Guidelines (HLPR868)**

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, health promotion program evaluation, 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 primary project advisor must be a full-time faculty member in Health Behavior Science. The second reader shall have a terminal degree for their field and be a full-time faculty member at the University of Delaware. As needed, there may be a third reader (not required to be a faculty member or hold a terminal degree, i.e. community partner) 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. This form is due **October 15** for spring research. The project proposal must also be formally presented to the project advisor and second reader by **November 30**. There will be a formal presentation of the research proposal within 3 weeks of the form submission. For those who elect to complete their research in semesters beyond spring semester, due dates will be modified with approval by the faculty advisor.

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. The IRB application (where needed) should be submitted as soon as possible to ideally obtain IRB approval **by December 15**. 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 should be submitted to the advisor and reader for review by **April 15**. Students should expect to complete 5-10 drafts prior to the final version that is submitted to meet the graduation requirements; be sure to plan sufficient review time for multiple drafts. The final accepted draft will mark the completion of the research project experience. Research project format will be governed by the advisor and reader. HLPR868 will be graded via standard grading and the completion of the milestones will be taken into consideration with the grade.

### **Presentation of Capstone (HLPR864/HLPR868)**

All students will present either a summary of their internship experience or their research to faculty and students at the end of the semester. This will be a formal presentation that will be open to students and faculty.

### **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 (HLPR868), 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). However, to remain as a full-time student a minimum of 6-credit hours per semester is required.

All students will be required to meet with their academic advisor and complete a Program Plan form (Form II in this document). This form will assist the student in guiding them to keep on track to graduate.

Part-time students are expected to complete their program requirements in a maximum 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 HLPR868 to complete their research project requirements. If students have not completed their research project during the semester that they are registered, they will receive a grade of incomplete and will be registered for sustaining until they have completed the 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 student's project advisor.

Students in the internship option (HLPR864) 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 if students receive an F for the course. In the event of extenuating circumstances, students must consult with the internship director to determine their eligibility to continue the internship. If the internship director denies their eligibility to continue the internship, the student may withdraw from the internship by the posted UD withdrawal deadline, or appeal in writing to the Health Promotion Graduate Committee.

A majority affirmative vote is required to obtain permission to repeat the course. A maximum of one HLPR866 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 should complete the following form: [http://www1.udel.edu/gradoffice/forms-new/Change\\_of\\_Classification.pdf](http://www1.udel.edu/gradoffice/forms-new/Change_of_Classification.pdf). 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 apply to the University of Delaware Graduate College, and follow the admission protocol outlined for all potential graduate students.


## **MS to PhD Bypass Program**

Students enrolled in the MS in Health Promotion (currently offered within the Department of Behavioral Health and Nutrition) may apply to the HBS PhD program during their first year and with agreement in writing from their MS advisor. They should complete the following form: [http://www1.udel.edu/gradoffice/forms-new/Change\\_of\\_Classification.pdf](http://www1.udel.edu/gradoffice/forms-new/Change_of_Classification.pdf).

If admitted, they may begin their HBS PhD program in their second year within the Department. Students applying to the MS to PhD bypass option must: (1) have exceptional performance during the first year of the Master's program, (2) have the approval of the HBS graduate programs committee and their advisor, and, (3) have completed a bachelor's degree in health promotion, public health or the related social and behavioral sciences from an accredited university. They will be reviewed by the Graduate Health Promotion Committee.

Sample plan for the MS/PhD bypass follows on the next page.

## Sample Plan for MS/PhD Bypass

MS Year 1	
Fall	BHAN609 Research Design (3) HLPR809 Health Behavior Theory (3) HLPR632 Health Science Data Analysis (3)
Winter	<i>Apply to MS/PhD program bypass option</i>
Spring	HLPR819 Social Marketing and Health Communication (3) or HLPR610 Health & Media Elective (6)
Summer	Research (0) 

PhD	Year 1	Year 2	Year 3	Year 4
<b>Fall</b>	BHAN Seminar (0)  <b>HLPR803</b> Advanced Health Promotion Programming (3)  <b>BHAN855</b> Qualitative and Mixed Methods Research in Health Sciences (3)  Statistics/Data Analysis/Research Methods Elective (3) ( <b>STAT608</b> – Statistical Research Methods)  <b>HLPR868</b> Independent Research (1) <b>[10 credits]</b>	BHAN Seminar (0)  <b>Elective (3)</b>  Statistics/Data Analysis/Research Methods Elective (3)  Statistics/Data Analysis/Research Methods Elective (3)  <b>HLPR868</b> Independent Research (1)  <b>[10 credits]</b>	BHAN Seminar (0)  <b>HLPR969</b> Dissertation Research (9)        <b>[9 credits]</b>	BHAN Seminar (0)  *Sustaining  Instructor of record in one course (326, 332, 334)
<b>Winter</b>	PhD Journal Club	PhD Journal Club	PhD Journal Club	PhD Journal Club
<b>Spring</b>	PhD Journal Club  Elective (3) <b>HLPR820</b> Social and Environmental Determinants of Health (3)  <b>HLPR813</b> Health Psychology and Behavioral Medicine  <b>HLPR868</b> Independent Research (1) <b>[10 credits]</b>	PhD Journal Club  <b>BHAN856</b> Multivariate Biostatistics for Population Health (3)  Elective (3)  <b>HLPR868</b> Independent Research (3)    <b>[9 credits]</b>	PhD Journal Club  *Sustaining  Instructor of record in one course (326, 332, 334)	PhD Journal Club  *Sustaining  Instructor of record in one course (326, 332, 334)  Final doctoral dissertation defense.

Summer	Research (0)	Research (0) Prelim Exams and Doctoral proposal defense (by Aug 1)	Research (0)	
--------	--------------	---	--------------	--

## **HBNS Statement of Diversity, Equity and Inclusion**

The Department of HBNS is committed to sharing values of diversity, equity, and inclusion. We believe that we can best promote and endorse these values by recruiting and retaining a diverse group of students, faculty, and staff and by creating a climate of respect that is supportive of their academic success. This climate for diversity, equity, and inclusion is central to achieving our academic potential through research and scholarship, teaching, and service.

The HBNS department gives definition to this climate of a diverse, equitable, and inclusive community as it is related to:

1. **Access to our Department's Programs and Practices:** We implement academic programs and scholarly practices that seek to provide equitable access and enable all students to grow academically. Specific strategies that we are strongly committed to include:
  - a. Active participation in the annual, 6-day College of Health Sciences Summer Camp that provides a deep exploration into health sciences majors and careers for traditionally underrepresented students (e.g., minority, low-income, or [soon to be] first generation students).
  - b. The provision of a dynamic and up to date HBNS website that utilizes culturally diverse images and engages current and potential students, as well as their families, in learning about our ongoing programs.
  - c. Engagement with the Ronald E. McNair Post Baccalaureate Achievement Program (the McNair's Scholars Program). The McNair Scholars program is renowned for preparing traditionally underrepresented groups for graduate education.
  - d. Recruitment of students from Historically Black Colleges and Universities (HBCUs) and other Minority Serving Institutions (MSIs) and organizations. Specifically, we engage with central organizations such as The Delaware Valley Consortium for Excellence & Equity (formerly the Delaware Valley Minority Student Achievement Consortium or DVMSAC), and The New Jersey Network to Close the Achievement Gaps to directly market our academic programs to traditionally underserved groups.

## **Financial Aid**

Available financial aid may 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.

## **Outside Employment**

For outside employment policy, please see the University of Delaware's Graduate College Policy.

## **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. Students should complete the form for professional development <https://grad.udel.edu/professional-development-award-application-form/>

## **Health Promotion Program Faculty Research Areas**

**Adam Davey, PhD** (Pennsylvania State University), Full Professor  
Bioinformatics, latent variable modeling, healthy aging, health disparities

**Greg Dominick, PhD** (University of South Carolina), Associate Professor  
Health literacy, program evaluation, and using wearable technology to promote physical activity and other behaviors to improve cardiovascular health.

**Jody Greaney, PhD** (University of Delaware), Assistant Professor  
Mood disorders, stress susceptibility/resiliency, cardiovascular and neurocognitive health, autonomic function

**Daehyoung "DH" Lee, PhD** (Indiana University), Assistant Professor  
Disability and health, physical activity measurement and evaluation, mobile & wearable technology and gamification for physical activity behavior change

**Laura Lessard, PhD, MPH** (Emory University), Associate Professor  
Program and policy evaluation, the wellbeing of the child care workforce and child care settings

**Iva Obrusnikova, PhD** (Palacky University), Full Professor

Inclusion, active community living, and cardiometabolic risk factors of individuals with disabilities.

**Elizabeth Orsega-Smith, PhD** (Pennsylvania State University), Full Professor  
Psychosocial determinants of physical activity, aging and health, Community based participatory research with eating and physical activity behaviors

**Freda Patterson, PhD** (Temple University), Full Professor  
Sleep and cardiovascular health, multiple health behavior change and population health

**P. Michael Peterson, EdD** (University of Kentucky), Full Professor  
Social marketing and health communication, workplace stress, behavior change strategies

**Laurie Ruggiero, PhD** (Louisiana State University), Full Professor  
Developing/tailoring community and technology-based interventions to promote healthier lifestyles, especially with underserved populations; diabetes self-management/diabetes prevention; behavior change theory

**Richard Suminski, PhD, MPH** (University of Pittsburgh), Full Professor  
Community-engaged research, built-environment/physical activity promotion, community-level physical activity infrastructure, physical activity measurement

#### **Additional Faculty**

**Tara Leonard, MS, NBC-HWC** (University of Delaware), Associate Instructor, health and wellness coaching, client-centered communication and health behavior change strategies, prediabetes, cancer survivorship, older adult health and wellness

**Marc Lodyga, PhD, CHES** (Southern Illinois University), Associate Professor  
Psychosocial determinants of depression and anxiety, psychopharmaceutical abuse and misuse, interpersonal resilience, behavior theory



**Department of Health Behavior & Nutrition Sciences  
Health Promotion Graduate Program**

**SUMMARY SEQUENCE OF EVENTS – FORM I**

**STUDENT NAME:**

<b>Time Frame</b>	<b>Event</b>	<b>Documentation</b>	<b>Date(s) of Completion</b>
1 <sup>st</sup> Year – complete by end of fall semester (Recommended Deadline = December 1)	Approval of Student’s Program of Study	Program Plan – Form II	
1 <sup>st</sup> Year – fall and spring semesters	Discussion of Professional Opportunities (i.e. Conference Presentations, Additional Certifications)		
1 <sup>st</sup> Year – spring (by the end of May)	Identification of Scholarly Research Advisor		
2 <sup>nd</sup> Year – fall and spring semesters	Discussion of Professional Opportunities (i.e. Conference Presentations, Additional Certifications)		
2 <sup>nd</sup> Year – By October 15 (if completing project in May); by April 15 <sup>th</sup> (if completing project in summer or fall)	Identification of Research Project and Second Reader	Scholarly Project Advisor Agreement – Form III	
2 <sup>nd</sup> Year – By November 30 (for spring completion); by May 15 (for fall completion)	Scholarly Project Proposal Meeting	Scholarly Project Proposal Meeting – Form IV	
2 <sup>nd</sup> Year – By December 15	IRB Human Subjects submission	Advisor will be on the Form Submitted to IRB at UD	
2 <sup>nd</sup> Year – By mid-January; taken after all coursework is completed (except Scholarly Project)	Completion of Comprehensive Exam		
2 <sup>nd</sup> Year – February for May graduation; May for August graduation; September for December graduation	Application for Degree <a href="http://www1.udel.edu/gradoffice/forms-new/Advanced_Degree.pdf">http://www1.udel.edu/gradoffice/forms-new/Advanced_Degree.pdf</a>  • See current academic calendar for specific dates	Form Submitted To Graduate College	

Time Frame	Event	Documentation	Date(s) of Completion
2 <sup>nd</sup> Year – By April 15	Submission of draft of Scholarly Project to Advisor		
2 <sup>nd</sup> Year – By May 5	After approval of Advisor, submission of Scholarly Project to 2 <sup>nd</sup> Reader		
2 <sup>nd</sup> Year – By Reading Day, spring or fall semester depending on graduation term	Oral presentation on completed project		

*(The candidate should provide an electronic copy of this signed form for each relevant party, including the Graduate Support Coordinator, Marlaina Kloepfer).*

**Department of Health Behavior & Nutrition Sciences  
Health Promotion Graduate Program  
PROGRAM PLAN OF STUDY – FORM II**

Student Name: \_\_\_\_\_

Academic Advisor: \_\_\_\_\_

	Credits	Semester	Completed
<b>CORE COURSES (21 credits)</b>			
BHAN609 Survey Research Methods	3		
HLPR809 Health Behavior Theory	3		
HLPR632 Health Science Data Analysis	3		
HLPR804 Program Evaluation	3		
HLPR819 Social Marketing and Health Communication or HLPR610 Health in the Media	3		
HLPR605 Concepts of Chronic Disease Management	3		
HLPR803 Advanced Health Promotion Programming	3		
<b>ELECTIVE COURSES (12 credits)</b>			
	3		
	3		
	3		
	3		
<b>COMPREHENSIVE EXAMINATION</b>			
	N/A		
<b>INTERNSHIP OR RESEARCH PROJECT (3 credits)</b>			
<i>Circle/select one:</i> HLPR864 Internship <i>or</i> HLPR868 Research Project	3		

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Advisor

\_\_\_\_\_  
Date

*(The candidate should provide an electronic copy of this signed form for each relevant party, including the Graduate Support Coordinator, Marlaina Kloepfer ).*

**Department of Health Behavior & Nutrition Sciences  
Health Promotion Graduate Program  
Scholarly Research Project**

**SCHOLARLY PROJECT ADVISOR AGREEMENT – FORM III**

Please complete the form below and return it to the Graduate Support Coordinator. You should identify a scholarly project advisor 6 weeks into the semester prior to starting your project (October 15 for spring project and April 15 for fall project).

Student Name: \_\_\_\_\_

Academic Advisor: \_\_\_\_\_

Scholarly Project Advisor: \_\_\_\_\_

Name of Second Reader: \_\_\_\_\_

General Topic of Scholarly Project: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Stipulations/agreements made concerning project: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Publication agreement: If the student has not prepared a manuscript for publication using the data or information collected for the project within six (6) months of degree completion, faculty may publish the data including the student as a co-author.

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Project Advisor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Second Reader

\_\_\_\_\_  
Date

*(The candidate should provide an electronic copy of this signed form for each relevant party, including the Graduate Support Coordinator, Marlaina Kloepfer).*

**Department of Health Behavior & Nutrition Sciences  
Health Promotion Graduate Program  
Scholarly Research Project Proposal Meeting**

**SCHOLARLY PROJECT PROPOSAL MEETING – FORM IV**

Candidate (name typed or printed): \_\_\_\_\_

Project Advisor (name typed or printed): \_\_\_\_\_

Title of Scholarly Project:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Research Questions:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Note any courses recommended for inclusion in graduate program:

\_\_\_\_\_  
\_\_\_\_\_

Date \_\_\_\_\_

***SIGNATURES:***

Candidate: \_\_\_\_\_

Project Advisor: \_\_\_\_\_

Second Reader: \_\_\_\_\_

*(The candidate should provide an electronic copy of this signed form for each relevant party, including the Graduate Support Coordinator, Marlaina Kloepfer).*