

**Health Content Mastery**

The purpose of this form is to demonstrate competence in the above field. Complete this form digitally and submit with your application. Students are required to complete at least 37 credits of content mastery courses and at least 8 elective credits within their career area (degree).

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

A cumulative 3.0 GPA is preferred on all required courses. All content mastery courses must be taken on an A-F basis; no P/N or S/U grades accepted for content mastery courses. Grades below C- are not accepted.

Community College courses or work or volunteer experiences can count for a course.

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| **Standard/Outcome/Competency** | **OSU courses that satisfy standard** | **Course Designator & Number** | **Credits** | **Term/Year** | **Grade** |
| **Standard 1. Alcohol, Tobacco, and Drug Prevention** (Personal Health)  Covers topics which could include any of the following in alcohol, tobacco, and other drugs, laws related to drugs, illegal drugs, drug use during pregnancy  **3+ credits** | SOC 204\* **or** PSY 330 |  |  |  |  |
| **Standard 2. Promotion of Healthy Eating and Physical Activity** (Personal Health)  Promotion of healthy eating or nutrition and chronic disease or food safety and preparation or weight control.  **6+ credits** | NUTR 225 **or** 240  **AND choose a minimum of 3 credits with these course designators:**  NUTR  FCSJ |  |  |  |  |
| **Standard 3. Prevention and Control of** **Disease** (Environmental and consumer Health)  Prevention and control of disease, communicable diseases, screening and testing public health policies and government regulations  **7 credits** | H225\***AND** H312\* |  |  |  |  |
| **Standard 4. Promotion of** **Environmental Health** (Environmental and Consumer Health)  Promotion of environmental health or how physical environments affect health and well being  **6+ credits** | H 320 **or** H333\*  **AND choose one additional course:**  GEOG 240\*, 300\*, 331\*  H 344  HDFS 444 |  |  |  |  |

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| **Standard 5. Safety & Injury Prevention** (Safe living and Emergency care)  Unintentional injury prevention, safety in sports lifesaving, laws and policy for prevention of injury, climate-related physical conditions, traveling injuries, water safety, risk taking behavior.  **2+ credits** | PAC105 (or CPR certified within the last 5 years)  **AND choose one** **additional course:**  KIN 230, 341, 370  PAC 202, 244, 248, 293, 302, 304, 320, 324, 325, 329 |  |  |  |  |
| **Standard 6. Promotion of** **Personal Health, Growth & Development** (Mental and Social health)  Promotion of physical activity, and mental activity on development.  **4 credits** | BI 103\* |  |  |  |  |
| **Standard 7. Promotion of** **Mental & Emotional Health and Prevention of Suicide** (Mental and Social health)  Promotion of mental, social, and emotional health, healthy relationships, self-image, stressors, child abuse, depression, eating disorders, bullying and harassment, anger management, violence and communication.  **6+ credits** | **Choose two courses:**  HDFS 432, 447\*  PSY 201\*, 202\*, 330, 360  SOC 206\*, 345\* |  |  |  |  |
| **Standard 8. Promotion of** **Sexual Health** (Family life Education): Personal Health  Promotion of sexual health  **3 credits** | HDFS 240\* |  |  |  |  |
| **CTE endorsement** (not required but highly recommended)  **Health Sciences**  (Doctor or dentist’s office, vet office, Department of health, Girls on the Run or other health related organizations, hospital, non-profits, etc.) | **1800** hours working in the health industry  **OR**  **600** hours working in a variety of health industry work settings including job shadows, internships, volunteer and paid work. |  |  |  |  |

\*Meets Baccalaureate Core Requirement

If you have questions about this form please contact College of Education Student Services, 104 Furman Hall, 541-737-4661.

Please contact Sara Wright in College of Education for advice on petitioning a course (sara.wright@oregonstate.edu)