

**Health Content Mastery**

**Double Degree**

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 37-42 credits of content mastery courses, and 8 additional elective credits within their major 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.

**Note:** 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*  **3-4 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** NUTR 240  **AND a minimum of 3 credits from the following courses:**  AnyFCSJ course  Any NUTR course |  |  |  |  |
| **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, H312\* |  |  |  |  |
| **Standard 4. Promotion of** **Environmental Health** (Environmental and Consumer Health)  *Promotion of environmental health or how physical environments affect health and well being*  **6-7 credits** | H 320 **or** H333\*  **AND one of the following courses:**  GEOG 240\*, 300\*, 331\*  H 344  HDFS 444 |  |  |  |  |

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| **Standard/Outcome/Competency** | **OSU courses that satisfy standard** | **Course Designator & Number** | **Credits** | **Term/Year** | **Grade** |
| **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.*  **2-3 credits** | PAC105 **or** CPR certified within the last 5 years  **AND one** **of the following courses:**  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.*  **6-7 credits** | **Two of the following 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)