Who ...
... advocates and lobbies for health legislation?
... helps connect community services with those who need them?
... prepares communities and individuals for emergencies?
... assesses community health-related needs?
... plans worksite wellness programs?
... translates technical health data?
... implements and evaluates health-related community-based interventions?

Health educators do.

Inspiring Healthy People and Healthy Communities

For more information
uab.edu/humanstudies/healtheducation
(205) 934-2446
Health Education Programs at UAB

**Undergraduate**
Community Health
Human Services
*Contact Dr. Cynthia Petri, cpetri@uab.edu*

**M.A.Ed.**
Community Health
*Contact Dr. Retta Evans, rrevans@uab.edu*

**Ph.D.**
Health Education
Health Promotion
*Contact Dr. Brian Geiger, bgeiger@uab.edu*

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Roles and Responsibilities of Health Educators

**At the individual and population-based levels, health educators:**

- Assess needs, assets, and capacities for health education
- Plan effective, evidence-based health education programs
- Implement health education policies, projects, and programs
- Conduct evaluation and research related to health education
- Administer and manage health education programs
- Serve as a health education resource person
- Communicate and advocate for health and health education

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Where Do Health Educators Work?

- Hospitals, clinics, and rehabilitation sites
- Worksites
- Schools
- Health-related community organizations
Depending on the exact program followed, graduates of physical education and related programs will be prepared to pursue employment as physical education teachers in schools or agencies; to be fitness counselors in fitness centers, clinics, or industrial settings; or to pursue further study in biology or health-related areas.

Physical education programs prepare fitness leaders, athletic coaches, teachers, and exercise science professionals to implement developmentally appropriate physical activities that enhance the quality of life for all individuals across their lifespan. Programs are based on current research and the standards of the National Association for Sport and Physical Education (NASPE), the American College of Sports Medicine (ACSM), and the National Strength and Conditioning Association (NSCA). Students desiring to teach physical education in schools must complete teacher certification courses in addition to other major requirements.

DEGREES OFFERED

**B.S. in Physical Education**
- Teacher Certification – includes coaching certification courses
- Exercise Science – includes course prerequisites for physical therapy, occupational therapy, physician’s assistant, and exercise physiology graduate programs
- Fitness Leadership – designed for students wanting to work in the wellness and sports/fitness conditioning industry, in either private business or in a variety of recreational, community, commercial, corporate, or clinical programs

**M.A. in Education**
- Exercise Physiology

**Educational Specialist**

Faculty

**Dr. Tamilane Blaudeau**, exercise physiologist; emphasis on exercise physiology

**Dr. Gordon Fisher**, exercise physiologist; emphasis on bioenergetics, free radicals, and chronic metabolic diseases

**Dr. Donna Hester**, teacher education faculty; emphasis on children’s fitness and physical activity

**Dr. Gary Hunter**, exercise physiologist; emphasis on exercise physiology

**Dr. Jane Roy**, program coordinator for the Exercise Science and Fitness Leadership Program; emphasis on body image and exercise, barriers to physical activity, physical fitness, and health outcomes

**Dr. Sandra Sims**, program coordinator for the Teacher Certification Program; emphasis on advocacy for quality physical education practices and compliance with State Department of Education policies

Learn more at [uab.edu/humanstudies/physicaleducation](http://uab.edu/humanstudies/physicaleducation)
The University of Alabama at Birmingham

HEALTH EDUCATION AND PHYSICAL EDUCATION

The University

The University of Alabama at Birmingham (UAB) enrolls a highly diverse student body of approximately 18,000 reflecting the heterogeneity of its urban environment. UAB is home to a large graduate school, a world-renowned health care complex, and more than 70 research centers focusing on diverse issues from AIDS vaccines and aging to the environment, urban affairs, and telecommunications. There are numerous opportunities to study with research and clinical faculty within the school and across the academic and medical campus.

Health Education Programs

The Department of Human Studies offers bachelor’s-, master’s-, and doctoral-level training in health education and health promotion. UAB offers a B.S. in Health Education with concentrations in Community Health and Human Services. We also offer an M.A. in Health Education, with a concentration in Community Health. Majors get to choose either a thesis or a non-thesis track.

The doctoral program is jointly administered by the UAB schools of Education and Public Health and the University of Alabama College of Human Environmental Sciences. It recently was ranked as a leading doctoral program for faculty and student research and mentoring in the U.S. Learn about opportunities to earn your Health Education degree at uab.edu/humanstudies/healtheducation.

Physical Education and Related Programs

Depending on the exact program followed, graduates of physical education and related programs will be prepared to pursue employment as physical education teachers in schools or agencies; to be fitness counselors in fitness centers, clinics, or industrial settings; or to pursue further study in biology or health-related areas. Programs are based on current research and the standards and recommendations of the National Association for Sport and Physical Education (NASPE), the American College of Sports Medicine (ACSM), and the National Strength and Conditioning Association (NSCA). Students desiring to teach physical education in schools must complete teacher certification courses in addition to other major requirements.

Learn more at uab.edu/humanstudies/physicaleducation
The University of Alabama at Birmingham
School of Education
901 13th Street South
Birmingham, AL

General questions:
(205) 934-7530

Department of Human Studies:
(205) 934-2446
Online Physical Education Courses

UAB now offers all required physical education 600-level courses online for graduate degrees. Several elective courses also are available online. Required and elective courses are available on the ground throughout the year. This change allows students more flexibility to obtain a master’s degree from UAB.

These courses are currently available online:

- PE 607 Principles of Coaching
- PE 643 Curriculum Development in Physical Education
- PE 645 Advanced Motor Development
- PE 647 Strategies and Issues in K-12 Physical Education
- PE 649 Adapted Physical Education

Physical Education Teacher Certification

The Physical Education Teacher Certification Program prepares teachers to implement developmentally appropriate physical activities that enhance the quality of life for all individuals across their lifespans. Our physical education program is based on current research and on the standards and recommendations of the National Association for Sports and Physical Education (NASPE).

Fast Track Degree Options

Students may choose courses that are offered in the fall, spring, and summer semesters to complete degree requirements in as few as three semesters. It typically takes six semesters to complete the AMP program.

School of Education

Our Vision

Transforming lives to optimize human potential

Our Mission

To create knowledge and support professional to serve in a diverse world

Our Values

Respectful. We treat faculty, staff, students, administrators, external collaborators, and others with respect in all interactions.

Responsive. We address the needs of all out constituent groups in an appropriate and timely manner.

Innovative. We develop new and effective approaches to addressing critical challenges.

The UAB School of Education offers these graduate degrees in Physical Education Teacher Certification:

- Class A in Physical Education-Thesis
- Class A in Physical Education-Non-thesis
- Alternative Class A (AMP) in Physical Education
- Class AA (Ed.S) in Physical Education

Teacher Certification in Physical Education

Dr. Donna Hester
dhester@uab.edu • (205) 934-8336

Dr. Kristi Menear
kmenear@uab.edu • (205) 975-7409

Dr. Sandra Sims
sksims@uab.edu • (205) 996-2721
Competencies and Responsibilities of Community Health Educators

• Assess needs, assets and capacity for health education
• Community health education planning
• Implement health education
• Conduct and evaluate research related to health education
• Administer and manage health education
• Serve as a health education resource person
• Communicate and advocate for health and health education

Inspiring Healthy People and Healthy Communities

For more information
uab.edu/education/humanstudies/health-ed

Health Educators

Health education is a social science that draws from many fields of the sciences in order to promote health and prevent disease, disability and premature death.

• Advocate and lobby for health legislation
• Help connect community services with those who need them
• Prepare communities and individuals for emergencies
• Assess community health-related needs
• Plan worksite wellness programs
• Translate technical health data
• Implement and evaluate health-related community-based interventions
**What is Community Health?**

Health educators work to encourage healthy lifestyles and wellness through educating individuals and communities about behaviors that promote healthy living and prevent diseases and other health problems.

Health educators may work with individual clients or large community groups to educate them on health-related topics such as proper nutrition, the importance of exercise, how to avoid sexually transmitted diseases, and the habits and behaviors necessary to avoid illness. Taking into account cultural norms of their particular audience, health educators serve as a resource for providing information that promotes a healthy lifestyle.

Successful completion of the Community Health Education program prepares students for the Certified Health Education Specialist exam.

For additional information about community health education and certification visit:

http://www.bls.gov/soc/soc_f1j1.htm

http://www.nchec.org

**What is Human Services?**

The field of Human Services works to maintain and improve a community’s overall quality of life. A human services professional works to meet the needs of their clients in various careers such as case management aide, social work assistant, mental health aide, community outreach, and life skill counselor. Using knowledge from a variety of different disciplines, human service professionals focus on problem prevention as well as problem solving.

For more information about human services visit:

http://www.cshse.org/

**Coursework**

A degree in Community Health will include coursework in the following areas:

- Interviewing and intervention skills
- Case management
- Human development
- Ethics in the helping professions
- Assessment/treatment planning
- Intervention theory
- Human behavior
- Social welfare/public policy
- Grant writing
Inspiring Healthy People and Healthy Communities

Community Health

A concentration in Community Health is the ideal choice if you’re interested in a career promoting healthy lifestyles in a variety of arenas. Community Health educators develop and gauge the success of community programs, interpret scientific information, and lobby for health legislation.

Once the degree is successfully completed, you are prepared to sit for the Certified Health Education Specialist exam.

This degree option

- equips students to pursue employment in public, volunteer, and private health agencies
- trains students to use data to identify needs for community program development and evaluation
- was developed using the Roles and Responsibilities of Health Educators as adopted by the National Commission for Health Education Credentialing (NCHEC at http://www.nchec.org).
- requires a minor program of study for completion

For more information, contact

Dr. Cynthia Petri, program coordinator, at cpetri@uab.edu, or call the office of the Department of Human Studies at (205) 934-2446.

Visit us online at

uab.edu/education/humanstudies/health-ed
The Human Services concentration is designed for you if you see yourself as someone interested in pursuing a career in a helping field. Students gain extensive knowledge on the prevention and remediation of problems, as well as ways to improve the quality of life of service populations. Students in this program go on to professions ranging from case manager, drug abuse counselor, probation officer, or many other fulfilling careers.

www.nationalhumanservices.org

- introduces skills needs for various health related fields such as social service, home health and rehabilitation
- was developed using the National Organization of Human

For more information, contact
Dr. Cynthia Petri, program coordinator, at cpetri@uab.edu, or call the office of the Department of Human Studies at (205) 934-2446.

Visit us online at
uab.edu/education/humanstudies/health-ed
**Community Health Educators:**
- Plan, implement, and evaluate health promotion programs
- Identify training needs of health-related professionals
- Interpret scientific data and information
- Advocate and lobby for health legislation
- Conduct health behavior research

**Community Health degree offerings:**
- Thesis and non-thesis options
- Preparation for work in health-related government organizations, voluntary agencies, clinics, & worksites
- Preparation for careers in behavioral science and health education, health policy and administration, epidemiology, and international health
- MCHES Preparation

**Employment opportunities:**
- Local, state, and federal government
- Nonprofit organizations
- Health departments
- Marketing
- Peace Corps
- Hospitals

For more information, contact Dr. Retta Evans, masters degree program coordinator, at rrevans@uab.edu, or call the office of the Department of Human Studies at (205) 934-2446.

Visit us online at uab.edu/education.humanstudies/health-edu
**HEALTH EDUCATION GRADUATE PROGRAMS**

**PHD HEALTH EDUCATION/HEALTH PROMOTION**

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**Are you interested in?**

- Becoming a leading researcher and practitioner in health promotion/education?
- Developing skills to plan, implement, and evaluate health-related interventions?
- Advancing your theoretical knowledge from related social and behavioral sciences?

**Course work areas include:**

- Advanced research and statistical methods
- Social and behavior sciences
- Research internship and dissertation

**Health Promotion and Education degree offerings:**

- Flexible course of study designed by the student in consultation with an academic advisor
- Access to faculty in all three units
- Research and grant writing opportunities

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For more information, contact

Dr. Cynthia Petri, Ph.D. program coordinator, at cpetri@uab.edu, or call the office of the Department of Human Studies at (205) 934-2446.

Visit us online at

uab.edu/education/humanstudies/health-ed

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The Health Education/Health Promotion degree program is offered jointly through the University of Alabama at Birmingham’s Schools of Education and Public Health, as well as the University of Alabama’s College of Human Environmental Sciences. You may apply to the program through any one of the three academic units.
Degrees Offered

Undergraduate
- B.S. in Kinesiology with concentration in Exercise Science
- B.S. in Kinesiology with concentration in Fitness Leadership
- Undergraduate Minor in Exercise Science

Graduate
- M.A. in Education with a concentration in Exercise Physiology

Faculty

Dr. Gary Hunter, Professor
ghunter@uab.edu, EB 201, 934-8338
Graduate faculty advisor.
Research interests: Energy metabolism, body composition, and muscle biochemistry.

Dr. Jane Roy, Associate Professor
jroy@uab.edu, EB 205, 934-1757
Undergraduate faculty advisor, program coordinator, honors program director, graduate program director, and MOTORS faculty advisor.
Research interests: Exercise and cognition, barriers and motivators to physical activity, exercise and sport, obesity prevention and adapted physical activity.

Dr. Gordon Fisher, Assistant Professor
EB 202, grdnfs@uab.edu, 996-4114
Research interests: Role of reactive oxygen species, mitochondrial dysfunction, and markers of inflammation in the pathogenesis of chronic metabolic diseases associated with obesity

Dr. Eric Plaisance, Assistant Professor
EB 257, plaisep@uab.edu, 996-7909
Research interests: Molecular physiology and nutrition, and clinical exercise physiology.
Academics

The Exercise Science, Fitness Leadership and Exercise Physiology concentrations prepare students for a wide variety of health related professional programs such as physical therapy, occupational therapy, medicine, and cardiac rehabilitation. Students are also prepared for careers in the health, sports, fitness and rehabilitation industry.

There are numerous opportunities to study with faculty within the program and additional faculty across the academic and world-renowned medical campus. Students can participate in cutting edge research funded by over $10 million in NIH funds. Students can research in laboratories specializing in exercise physiology, metabolism, body composition, biomechanics, and skeletal muscle and cardiovascular systems.

The UAB Exercise Physiology Laboratory has the equipment for physiological and exercise tests designed to prepare qualified fitness professionals. Internships and clinical experience opportunities are available in a wide variety of settings that include:

• cardiopulmonary rehabilitation
• physical therapy
• corporate wellness
• sports medicine
• personal training
• sport specific training performance
• strength and conditioning
• biomechanical research.

Upon graduation, students are strongly encouraged to seek professional certification through the American College of Sports Medicine (ACSM) and/or the National Strength and Conditioning Association (NSCA) to enhance their opportunities for employment. In recent years, graduates have been very successful in passing these certifications and being accepted into post-graduate programs in Medicine, Physical Therapy and Occupational Therapy.

Honors

The Department of Human Studies offers an honors option for Exercise Science and Fitness Leadership students. This option is open to upperclassmen that have shown academic promise, commitment to their field of study, and a proven desire for an enhanced educational experience.

For more information on honors visit: uab.edu/honorscollege/departmental-and-school-honors

Student Organizations

Moving Towards Occupations in Rehabilitation-Sports Sciences (MOTORS) is a student-led organization that fosters a community of students to establish support, resources, and assistance in their quest to enter the field of physical therapy and related health fields.

For a comprehensive listing of student organizations, visit: uab.edu/students/student-life

Kinesiology is the scientific study of human movement, and it is a rapidly evolving field that is becoming increasingly important in the delivery of health care. UAB’s Kinesiology program offers teacher certification programs and non-teacher certification programs at the undergraduate and graduate level. For more information about the teacher certification programs, please visit uab.edu/education/humanstudies/physical-education.
Graduate Degree Programs in Educational Leadership

The University of Alabama at Birmingham
School of Education
901 13th Street South
Birmingham, AL

General questions:
Office of Student Services
(205) 934-7530

Department of Human Studies:
(205) 934-2446

UAB Graduate School
(205) 934-8277 • Fax: (205) 934-8413
gradschool@uab.edu
uab.edu/graduate

Degree Program Offerings
Master of Arts in Education
Building-Level Leadership
Educational Specialist
District-Level Leadership
Educational Doctorate

Helpful Resources
UAB
uab.edu

UAB School of Education
uab.edu/education

Department of Human Studies
uab.edu/humanstudies

Educational Leadership
uab.edu/education/humanstudies/educational-leadership

UAB Grad School
(205) 934-8277 • Fax: (205) 934-8413
gradschool@uab.edu
uab.edu/graduate
### Educational Leadership Program

**Our Mission**
Our mission is to create knowledge and support the development of effective leaders in diverse school settings.

**Our Vision**
Our vision is to inspire candidates to lead their schools in powerful ways that affect learning for all and support continuous school improvement.

**Our Values**
*Relationships.* We will foster respectful, open partnerships with our candidates, school district leaders, and university community.

*Respectfulness.* We will treat all constituents with respect in every interaction.

*Responsiveness.* We will address the needs of all our constituent groups in an appropriate and timely manner.

*Innovation.* We will develop new and effective approaches to addressing critical challenges for educational leaders in the 21st century.

*Excellence.* We will perform our duties and responsibilities in a professional and ethical manner.

### Degree Programs

#### Master of Arts in Education in Educational Leadership (M.A.Ed.)

**Building-Level Instructional Leadership Certification Program**
- 30-hour program
- Leads to Class A building-level certification in Instructional Leadership in Alabama
- Classes one night per week
- 10-day residency during final semester
- Highly practical, authentic learning

#### Educational Specialist Degree in Educational Leadership (Ed.S.)

**District-Level Instructional Leadership Certification Program**
- 30-hour program
- Leads to Class AA district-level certification in Instructional Leadership
- Classes one night per week
- Blended format (face-to-face and online)
- Highly practical, authentic learning

#### Educational Doctorate in Educational Leadership (Ed.D.)

- Joint degree program with the University of Alabama
- Designed for K-12 school leaders
- Prerequisites:
  - Ed.S. in School Leadership
  - School leadership experience

### Educational Leadership Faculty

**Loucrecia Collins, Ed.D.**
Program Coordinator
lcollins@uab.edu • (205) 975-1984

**Gary Peters, Ph.D.**
Ed.S. Program Advisor
gpeters@uab.edu • (205) 975-3460

**D. Keith Gurley, Ed.D.**
M.A.Ed. Program Advisor
kgurley@uab.edu • (205) 975-1983
NEW Online Physical Education Courses

UAB now offers all required physical education 600 level courses online for our graduate degrees. Several elective courses are also offered online. Required education courses as well as elective courses are offered on-ground throughout the year. This change allows students more flexibility to obtain a Master’s. Also, the UAB Physical Education Ed.S. Degree can be designed totally online.

Fast Track Degree Options

Students may choose courses that are offered in the Fall, Spring and Summer semesters to complete degree requirements in as short as 3 semesters. Due to the nature of the AMP, six semesters are required typically.

UAB offers the following graduate degrees in Physical Education Teacher Certification:

- Class A in Physical Education-Thesis
- Class A in Physical Education- Non-Thesis
- Alternative Class A (AMP) in Physical Education
- Class AA (Ed.S.) in Physical Education

The following physical education courses are currently offered online:

- PE 607 Principles of Coaching
- PE 643 Curriculum Development in Physical Education
- PE 645 Advanced Motor Development
- PE 647 Strategies and Issues in K-12 Physical Education
- PE 649 Adapted Physical Education

For more information contact the University of Alabama at Birmingham, School of Education, Department of Human Studies at 205-934-2446.

You may also contact:

Dr. Donna Hester at dhester@uab.edu or 205-934-8336

Dr. Sandra Sims at sksims@uab.edu or 205-996-2721