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About Us

What is Health Promotion and Education?
The Department of Health Promotion and Education provides intensive specialized training in biological, environmental, psychological, social, physical, and medical sciences while also involving the development of strategies from an individual to systemic scale that can assist individuals, communities, and societies in adopting and maintaining healthy lifestyles.

We offer programs at both the undergraduate and graduate levels. Students can earn a Bachelor of Science (B.S.), Master of Science (M.S.), Doctor of Philosophy (Ph.D.), and Doctor of Education (Ed.D.) in Health Promotion and Education. The graduate programs are designed to prepare health educators with specific skills to implement theoretical knowledge in practical settings.

Mission
Our mission is to discover, refine, and facilitate educational interventions and strategies that can assist individuals and communities in adopting and maintaining healthy lifestyles.

The faculty is committed to the integration of teaching, research, and service into an inclusive process of planning, implementing, and evaluating successful health education policies, environments, and practices. Our focus is on positive health promotion and education in communities.

Location
The Department is located in the Annex Building, 2nd floor of wing B, #2120.

Mailing Address: Department of Health Promotion and Education
1901 E. South Campus Drive, #2120
Salt Lake City Utah, 84112

Contact
Phone: 801-581-8114 (main office)
Email: healthpromotion@utah.edu

Full-Time Faculty

<table>
<thead>
<tr>
<th>Les Chatelain, M.S.</th>
<th>Anita Leopardi, M.Ed., CHES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Julia Franklin, Ph.D. (Interim Chair)</td>
<td>Instructor (Lecturer)</td>
</tr>
<tr>
<td>Nick Galli, Ph.D. (Assistant Professor)</td>
<td>Quynh Nguyen, Ph.D. (Assistant Professor)</td>
</tr>
<tr>
<td>Karol Kumpfer, Ph.D. (Professor)</td>
<td>Glenn E. Richardson, Ph.D. (Professor)</td>
</tr>
</tbody>
</table>
M.S. Program

Non-Thesis Track
The end goal of the master’s project is the application of all of the skills you have learned. This typically involves development of a health promotion program, piloting that program in a setting or population that interests you and evaluating the pilot program. The project is proposed to your graduate committee for approval before starting the project and a written and oral presentation is made to your committee upon completion. You should receive guidance and assistance from your committee throughout the project. The project is presented in both written format and oral format.

Non-Thesis Course Requirements (Total hours: 42)

<table>
<thead>
<tr>
<th>Year 1</th>
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</thead>
<tbody>
<tr>
<td><strong>Fall Semester</strong></td>
<td><strong>Spring Semester</strong></td>
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<tr>
<td>H EDU 6000 Foundations and Theory (3.0)*</td>
<td>H EDU 6100 Program Evaluation (3.0)*</td>
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<td>H EDU 6050 Program Planning (3.0)*</td>
<td>H EDU 7103 Design &amp; Analysis I (or COMM 7350)</td>
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<tr>
<td>H EDU 6540 Health Communication (3.0)</td>
<td>H EDU 6700 Epidemiology (3.0)</td>
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<tr>
<td>Elective (3.0)</td>
<td>Elective (3.0)</td>
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<tr>
<td>Meet with advisor</td>
<td>Graduate committee formed</td>
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<tr>
<td></td>
<td>Program of Study submitted</td>
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<td>Elective (3.0)</td>
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<tr>
<td>Project Proposal Meeting</td>
<td>Present project</td>
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<td>Comprehensive Exam (CHES)</td>
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</table>

Thesis Track
Students in the thesis track must write, defend, and submit a thesis that discusses the results of scientific or scholarly research on a health promotion and education topic. It must provide evidence of originality and the ability to do an independent investigation. Thesis research is approved by the University of Utah Institutional Review Board and involves collecting new data.

Thesis Course Requirements (Total hours: 42)

<table>
<thead>
<tr>
<th>Year 1</th>
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<tbody>
<tr>
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<td><strong>Spring Semester</strong></td>
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<tr>
<td>H EDU 6000 Foundations and Theory (3.0)*</td>
<td>H EDU 6100 Program Evaluation (3.0)*</td>
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<tr>
<td>H EDU 6050 Program Planning (3.0)*</td>
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<tr>
<td>H EDU 6540 Health Communication (3.0)</td>
<td>H EDU 6700 Epidemiology (3.0)</td>
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<tr>
<td>Elective (3.0)</td>
<td>Elective (3.0)</td>
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<tr>
<td>Meet with Advisor</td>
<td>Graduate Committee Formed</td>
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<tr>
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<td>Program of Study Submitted</td>
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</table>
Year 2

<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Spring Semester</th>
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</thead>
<tbody>
<tr>
<td>H EDU 6500 Grant Writing (3.0)</td>
<td>H EDU 6970 Thesis Research (6.0)</td>
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<td>H EDU 6060 Health Instruction &amp; Communication (3.0)</td>
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<tr>
<td>Elective (3.0)</td>
<td>Thesis Defense</td>
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**Supervisory Committee**

The master’s supervisory committee should be formed by the second semester of study. It is comprised of a chair and two other members. The majority must be from the Department.

Students must receive approval from each committee member prior to filing the Supervisory Committee Form and submitting to the department office.

**Program of Study**

The Program of Study is a list of all courses a student will complete to satisfy degree requirements. These courses are approved by the supervisory committee.

Students should submit a hard copy of the Program of Study to the department main office during the third semester of study. This form must list all of the courses the student will take to complete the degree requirements.

**Examinations**

1. **Comprehensive Exam**
   
   A comprehensive exam is required from master’s students in the non-thesis track. This requirement will be satisfied by registering and taking the CHES exam prior to graduation. The CHES exam is a standardized way to test the students on core competencies in different areas of health education. It is offered twice per year (October and April) and must be taken before the student graduates. Following exam completion, the student will submit a 1-page reflection paper about the exam experience to his or her committee chair. More information about the CHES exam can be found by going to the NCHEC website: [http://www.nchec.org/exam/overview/](http://www.nchec.org/exam/overview/).

2. **Master’s Defense**
   
   The final project or thesis is presented to the supervisory committee in written and oral format.

**Project/Thesis Deadlines**

**Spring**

Thesis submission: March 15  
Project defense: May 1

**Summer**

Thesis submission: June 14  
Project defense: August 2
Applying for Graduation
Graduate candidates must complete an Application for Graduate Degree and submit to the Registrar’s Office, Graduation Division (Student Services Building, Window 15). The application can be found online at http://www.sa.utah.edu/regist/graduation/Grad.htm.

Ph.D. Program

Overview
The Doctor of Philosophy (Ph.D.) in Health Promotion and Education is a 4-5 year degree that requires both a competence in independent research and a broad understanding of the core competencies in health education. The coursework is designed to provide the knowledge and skills in which each health educator should be competent.

Ph.D. Course Requirements (Total hours: 72)

<table>
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<td>H EDU 6000 Foundations and Theory (3.0)</td>
<td>H EDU 6100 Program Evaluation (3.0)</td>
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<tr>
<td>H EDU 6050 Program Planning (3.0)</td>
<td>H EDU 7103 Design &amp; Analysis I (3.0) or COMM 7350</td>
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</tr>
<tr>
<td>H EDU 6540 Health Communication (3.0)</td>
<td>Elective (3.0)</td>
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<table>
<thead>
<tr>
<th>Year 2</th>
<th>Fall Semester</th>
<th>Spring Semester</th>
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</thead>
<tbody>
<tr>
<td>H EDU 6060 Health Instruction &amp; Communication (3.0)</td>
<td>ED PS 7420 Qualitative Research (4.0)</td>
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<tr>
<td>H EDU 7104 Design &amp; Analysis II (3.0)</td>
<td>Elective (3.0)</td>
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<tbody>
<tr>
<td>Advanced Quantitative Research Course (3.0)</td>
<td>Elective (3.0)</td>
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<tr>
<td>Elective (3.0)</td>
<td>Dissertation (3.0)</td>
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<tr>
<td>Elective (3.0)</td>
<td>H EDU 7920 Independent Study – Research (3.0)</td>
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<tr>
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<tr>
<th>Year 4</th>
<th>Fall Semester</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dissertation (10.0)</td>
<td>Dissertation (1.0)</td>
<td></td>
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</table>

Supervisory Committee
The supervisory committee should be formed by the second semester of study. It is comprised of a chair and four members. The majority must be tenured track faculty in the Department. One member must come from outside the Department.

Considerations when organizing your supervisory committee:
- The chair should ideally have expertise in your area of interest
- One member should have expertise in the type of research and statistics that you will use in your own research
- Outside members should be content or research experts
Program of Study
The Program of Study is a list of the specific courses a student will need to graduate from the program. Coursework is based on the department requirements and approved by the supervisory committee.

Students should submit a hard copy of the Program of Study to the department main office during the third semester of study. This form must list all courses the student will take to complete the degree.

Pre-Proposal
A pre-proposal meeting should be scheduled after the supervisory committee is formed. A brief research proposal is presented to the committee. They will determine a timeline, format, and expectations of the Doctoral Qualifying Examination.

Formal Proposal
Students formally present their plan for data collection and analysis during the formal proposal meeting. The supervisory committee will provide feedback for areas of improvement related to the student’s research plan. All three internal committee members must approve the dissertation. A final approval to move forward and to submit the IRB will be given to the student depending on revisions or changes.

The proposal should be distributed to the committee 2-3 weeks prior to the meeting. It should include:

- An introduction chapter with theoretical foundations and literature review, statement of the problem, and proposed manuscripts (Chapter 1)
- A manuscript that is ready to submit to a peer-reviewed journal that is either a theoretical paper, position paper, results of a pilot study, or other appropriate article. This should serve as the first article of the TAD format (Chapter 2)
- IRB proposal draft

Dissertation Format
Ph.D. students should format their dissertation using the Three Article (TAD) format.

- The TAD format involves the joining of three or more full-length manuscripts with introductory and summarizing sections.
- The dissertation should have a coherent topic with an introduction presenting the general theme of the dissertation research and a conclusion summarizing the major findings.
- The student should be the first author on the published or publishable works. The chair and committee members will likely be included as co-authors when the manuscript is submitted to a journal to represent their contribution to the submission
- If an article(s) is multi-authored, you should clearly justify or clarify the contributions of the other authors in relationship to the research project. Authorship guidelines can be found in the APA manual. You should be involved with every aspect of the dissertation.
The nature of the study and guidelines from the journal will dictate the formats and nature of each article. The TAD format may vary and should be discussed with your supervisory committee. While this list is not exhaustive, here are some examples of three TAD models:

1. Single Experiment Format

The dissertation is one experiment but with unique theoretical implications, adequate independent or dependent variables or sufficient data to support three articles. The flow of the TAD will vary with each study but consider the following flow.

a. Introduction: This describes purpose and nature of each the three or more articles. If the articles do now allow for a comprehensive review of literature, the literature review can be included in this introduction.

b. Article I: This article is a form of met analysis, a theoretical paper, or a finding from the study.

c. Articles II & III: The remaining articles could represent findings and secondary analyses of all data collected during the single experiment.

d. Summary: This concluding section includes a general discussion, conclusion, applications, and ideas for future research that comes from the three or more articles.

2. Independent Experiment Format

You may conduct three or more independent experiments with different populations, variables, and measures. These experiments should all be within your desired area of expertise. Each one can be reported independently.

a. Introduction: This describes the purpose and nature of each article. If the articles don’t allow for a comprehensive review of literature, the literature review can be included in this chapter.

b. Article I: A complete article with an introduction, methods, results, and conclusions for Experiment A.

c. Article II: A complete and independent article with an introduction, methods, results, and conclusions for Experiment B.

d. Article III: A complete and independent article with an introduction, methods, results, and conclusions for Experiment C.

e. Summary: Includes a general discussion, conclusion, applications, and ideas for future research that comes from the three experiments A, B, and C.

3. Interdependent Experiments Format

An interdependent format can be used in the case of progressive experiments. The outcomes of part of the experiment must be determined before proceeding with the next portion of the experiment. There may be unanswered questions that could be determined with a third experiment.
a. Introduction: Describes the purpose and progressive nature of each article. If the articles do not allow for a comprehensive review of literature, the literature review can be included in this chapter.

b. Article I: Independent article with an introduction, methods, results, and conclusions for Experiment A.

c. Article II: The experiment builds on Experiment A and lead into Experiment B. It is an independent article with an introduction, methods, results, and conclusions for Experiment B.

d. Article III: This article would build upon experiments A and B as an introduction to Experiment C.

e. Summary: Includes a general discussion, conclusion, applications, and ideas for future research that is a direct result of experiments A, B, and C.

Examinations

1. **Qualifying Examination:** A written test that is planned and administered by the supervisory committee under the direction of the committee chair. The student has one week to answer a comprehensive question from each committee member. A “pass” score is between 80 and 100. If the response earns a “fail”, the student will need to re-take the question at the discretion of the committee. He/she will be dismissed from the program if a passing grade is not earned after the second attempt.

2. **Dissertation Defense:** The final oral dissertation defense is a formal presentation of your research findings. The supervisory committee should have a copy of the dissertation 2-3 weeks prior to the defense date. Contact the department office at least three weeks prior to the defense date to post an official announcement and schedule use of the conference room.

   The final defense will be followed by a meeting of the supervisory committee to determine if the dissertation defense was adequate or not. The committee may suggest changes and/or revisions. All three (3) internal members must vote to approve the defense for the dissertation to pass. A final version must be approved by each committee member before it is submitted to the Thesis Office for final edits. After the corrections are made, one copy of the Supervisory Approval Form and one copy of the Final Reading Approval form are signed by the majority of the supervisory committee and the Department Chair. Sample forms can be found at [http://gradschool.utah.edu/thesis/forms/](http://gradschool.utah.edu/thesis/forms/).

Registration Guidelines

**Continuing Registration**

Graduate students must be registered for one course from the semester of admittance until all degree requirements are satisfied. This policy does not apply to summer semesters with unless the student is completing examinations or the defense.
Independent Study
An independent study contract must be submitted to the department should a student choose to work individually with a full-time faculty member in a given semester.

Leave of Absence
A student may request a Leave of Absence if he or she is not able to register for classes due to extenuating circumstances as outlined here: http://gradschool.utah.edu/graduate-catalog/registration/.

University of Utah Honor Code
Academic dishonesty in all its forms is proscribed including, but without being limited to, cheating, plagiarism, and collusion.

1. Cheating on tests includes but is not limited to:
   a) copying from another student's test paper
   b) using materials during a test not authorized by the person giving the test
   c) collaborating with any other person during a test without authority
   d) knowingly obtaining, using, buying, selling, transporting, or soliciting in whole or in part the contents of an unadministered test
   e) bribing any other person to obtain an unadministered test or information about an unadministered test
   f) substituting for another student or permitting any other person to substitute for oneself, to take a test
   g) altering a returned examination for subsequent re-evaluation and regrading
   h) failure to return an examination that the instructor has required to be returned
   i) removal of an examination from the classroom or office that the instructor has required not to be removed

2. "Plagiarism" means the appropriation of any other person's work and the unacknowledged incorporation of that work in one's own work offered for credit. "Plagiarism" also includes the republication of your own work without citing the location where your work was originally published.

3. "Collusion" means the unauthorized collaboration with any other person in preparing work offered for credit.

Termination of a Graduate Student/Faculty Advisor Research Relationship
The following guidelines have been jointly approved by the Faculty and the Graduate Student Advisory Committee of the Department of Health Promotion and Education for the rare occasions when it becomes necessary to terminate a graduate student/faculty advisor research relationship. Either the graduate student or the faculty advisor may terminate the research relationship because of dissatisfaction. It is important that both parties respect the needs of the other.

The faculty advisor should make every effort at an early stage of the dissatisfaction to communicate to the student the concerns he/she may have about the level of quality of research performance. If the deficiencies persist, the faculty advisor should identify to the student in writing the unsatisfactory
aspects of the student's research performance, and allow the student a reasonable time (at least 30 days) to correct the deficiencies. A copy of this letter should be sent to the committee chair.

If the deficiencies are corrected in the probationary period, the faculty advisor should notify the student in writing that he/she is no longer on probation (copy of the letter to be sent to the committee chair).

If the deficiencies persist at the end of the formal probationary period, it is the prerogative of the research advisor to conduct the following termination procedure:

   a. To notify the student in writing, giving reasons for the dismissal, indicating a formal termination date at least 15 days after the date of the letter.

   b. If the student is being paid as an R.A., the student should be kept on payroll for 15 days after the date of the notification letter to allow time to obtain a new research director, unless a new research director puts the student on a payroll before the end of the 15 days.

   c. If the student is being paid as a T.A., the department will continue the current T.A. support until the end of the termination semester, contingent, of course, on the T.A. duties being carried out conscientiously. It is the student's obligation to turn over all data and notebooks arranged in a manner that will allow the research director to continue the work. If these materials are not turned over by the termination date, any pay from a new research director or the department may be held in escrow until the above obligation is met. A student who wants to leave a research group should give the faculty advisor 30 days written notice outlining the reasons for leaving the group. During the 30 days, the experimental work should be brought to a point where it could be easily passed on to a new person. All notebooks and data should be returned to the faculty advisor before the student is put on another faculty member's payroll. Students should be aware that it is impossible to make T.A. appointments in mid-semester and should plan accordingly. A student who changes advisors or committee members is obligated to complete a change of committee form.