

\*\*To be consistent with campus policy, courses taken during the Spring 2020 semester as credit/no credit will not impact our evaluation of your application.\*\*

## Interdisciplinary Health Sciences (I-Health) Degree

### WHAT IS I-HEALTH?

Based on the premise that human health is too complex to be addressed within a single discipline, the Interdisciplinary Health Sciences (I-Health) degree program integrates knowledge from a variety of social and behavioral science fields, such as psychology and sociology, as well as the applied health sciences. Working with a staff of committed advisors and the solid foundation provided by a core curriculum, students may build a customized program addressing their specific interests within three concentration areas.

### CONCENTRATION AREAS

#### Health and Aging

- Emphasizes the study of health processes across the lifespan.
- Teaches students about the physiological, psychological, and developmental processes associated with aging.
- Allows students to focus on specific aspects of aging such as physical activity, nutrition, and communication.

#### Health Behavior Change

- Emphasizes the study of personal traits, decision-making patterns, social structures, and cultural contexts as they affect the promotion, maintenance, and restoration of healthy lifestyles.
- Provides students the opportunity to develop strategies for implementing and evaluating interventions that foster constructive health behaviors.

#### Health Diversity

- Emphasizes the study of health as affected by race, ethnicity, disability, gender, sexuality, religious and spiritual beliefs, and socio-economic status.
- Helps students examine health disparities and vulnerable populations from a solutions-oriented perspective.



*I-Health students hiking during a study-abroad trip in Australia*

# I-Health

## Career Opportunities

The **Interdisciplinary Health Sciences (I-Health)** undergraduate program of study is an interdisciplinary curriculum that encourages students to examine today's complex health issues from a variety of perspectives. This degree provides students with a holistic view of health that can be customized to fit their professional goals and needs. I-Health offers students the opportunity to explore courses from programs such as applied health sciences, food science and human nutrition, psychology, social work, anthropology, communication, education, history and sociology. The curriculum is structured to provide students an excellent foundation that has led to numerous professional and scientific health-related careers some of which are listed below.

- **Physical Therapy**
- **Physician Assistant**
- **Behavior Analyst**
- **Physician**
- **Dentistry**
- **Chiropractic**
- **Nursing**
- **Health Law**
- **Non-Profit Organizations**
- **Health Care Organizations, HMO**
- **Health Marketing and Public Relations**
- **Biotechnology Research and Development**
- **Pharmaceutical Sales and Clinical Trials**
- **Health Communications and Media**
- **Health Education and Health Promotion**
- **Wellness Centers**
- **Public Affairs related to Health**
- **Long-term Care Facility Programs**
- **Health Policy**
- **Counseling and Patient Education**
- **Patient/ Client Relations**
- **Community Organizations related to Health**

# Where Are They Now?



In I-Health our students are able to seek employment or continue on to graduate schools for their graduate degree. The following is a sample of where many of our alumni are working:

- **American Medical Association**
- **Athletico Physical Therapy**
- **Bradley University**
- **Catholic Charities**
- **Cerner Corporation**
- **Chamberlin Edwards**
- **Chicago Public Health Department**
- **Chicago White Sox**
- **DePaul University of Law**
- **Des Moines University College of Osteopathic Medicine**
- **Easter Seals Inc.**
- **Emmi Solutions**
- **Healthtech Imaging and Healthcare supplies**
- **Hospital Health Administrator**
- **Hu-Friedy Dental Instruments**
- **Illinois College of Optometry**
- **Indiana State Occupational Therapy Program**
- **Kansas City University of Medicine & Biosciences**
- **Logan University College of Chiropractic**
- **Medical Residence in anesthesiology at Cleveland Clinic**
- **Midwestern University Physical therapy Program**
- **Non-Profit Organizations**
- **Northern Kentucky University**
- **Northwestern University Feinberg School of Medicine**
- **Northwestern Memorial Healthcare**
- **Peace Corps**
- **Penn State Dental School**
- **Rosalind Franklin University of Medicine & Science**
- **Symbri**
- **United States Military**
- **University of Kentucky Pharmacy Program**
- **University of Illinois College of Medicine**
- **University of North Carolina Public Health Program**

For Further Information

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# What Can I Do With My I-Health Degree?



The I-Health curriculum allows students to explore a broad array of subjects related to health from the social and behavioral sciences. The program is grounded in one of three core concentration areas, but allows students to tailor the program to their interests in health, particularly in the 24-28 free interdisciplinary electives. Students are encouraged to think outside of disciplinary boundaries. The I-Health degree program provides excellent preparation for a variety of health-related careers, as well as professional and graduate degree programs.

According to the 2017 *Occupational Outlook Handbook*, "Employment of healthcare occupations is projected to grow 19% from 2014-2024, much faster than the average for all occupations."

## Selected Graduate Program Preparation

- Medicine
- Physical and Occupational Therapy
- Master of Health Administration
- Clinical Psychology
- Nursing
- Master of Public Health
- Physician Assistant
- Chiropractic
- Professor/Researcher
- Law

## Sample Career Options

- Health Marketing/Public Relations
- Pharmaceutical Sales
- Health Communications/Media
- Health Education/promotion
- Patient/Client Relations
- Healthcare Organizations/HMO
- Wellness Centers
- Higher Education
- Policy Consultant

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*"With a choice of three concentrations, I-Health gives you the opportunity to mold the major to best fit your individual interests. The classes are engaging, worthwhile, and most importantly, you're learning about health care issues that affect everyone."*



-Fadya Salem, Class of 2014