

# PUBLIC HEALTH (BS)

## Health and Human Enrichment

Public Health occupations work to promote and protect health where we live, learn, work and play. Courses build skills in health sciences, behavioral psychology, communication, planning, policy development and ethics. Students also have choices for a variety of enrichment areas.

Opportunities for Public Health careers are in both the public and private sectors. The Centers for Disease Control and Prevention (CDC), and the Association of Schools and Programs of Public Health (ASPH) have determined that public health workforce needs are increasing. The Bachelor's Degree in Public Health degree can lead to advanced degrees in Health Care Administration, Nursing, Medicine, Dentistry, Law and many other fields. The program blends easily with study abroad and with a variety of Minors.

## Degree Requirements

Course	Title	Credits
<b>Major Requirements</b>		
PBH 2000	Foundations of Public Health	4
CM 3095	Technical Communication (TECO,WRCO)	4
AHS 3305	Epidemiology and Evidence Based Medicine (GACO,QRCO,WRCO)	4
PBH 3210	Social and Behavioral Health Psychology	4
PBH 3400	Program Planning for Public Health (WRCO)	4
PBH 4000	Ethics, Social Justice, and Policy in Public Health	4
PBH 4200	Guided Practice in Public Health	4
<b>Statistics Group</b>		
Complete one course from the following:		3-4
MA 2300	Statistics I (QRCO)	
PE 3565	Measurement and Assessment in Physical Education (QRCO,WRCO)	
SS 3705	Social Statistics (QRCO)	
<b>Diversity Enrichment</b>		
Complete one course from the following:		3-4
CJ 3157	Society, Ethics, and the Law (DICO)	
SO 2225	Foundations of Sociology (DICO)	
MGM 3450	Organizational Behavior & Team Development (DICO)	
IS 4360	Cultural Diversity and American Society (DICO,INCO)	
PO 2025	Public Administration (DICO)	
PY 3370	Ethics and Communication (DICO,INCO)	
SO 3375	Sociology of Race and Ethnicity (DICO)	
HI 3351	Women, Gender, and Sexuality in American History (DICO)	
<b>Social/Environmental</b>		
Complete two courses from the following:		6-8
AN 2100	Foundations of Anthropology (GACO)	
AN/SO 3130	Economic Diversity and Inequality	
ESP 3550	Environment and Health (WECO)	
SO 3065	Social Problems	
SO 3505	Illness, Wellness, and Healing (INCO,INCP,WECO)	
SO 3605	Sustainability in Practice (WECO)	

SW 3300	Mental Health and Society (GACO)	
SW 3500	Health and Society (GACO,WECO)	
HI 3355	Health and Illness in American History (WECO)	
SU 2111	Introduction to Sustainability Studies	
GE 2050	GIS I: Introduction to Geographic Information Systems (QRCO,TECO)	

## Health Enrichment

Complete 12 credits from AHS, EX, HE or NR. At least 6 credits must be from HE.

General Education (<https://coursecatalog.plymouth.edu/general-education/>)

EN 1400	Composition	4
IS 1115	Tackling a Wicked Problem	4
CTDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#CTDI">https://coursecatalog.plymouth.edu/general-education/#CTDI</a> )	Creative Thought Direction	3-4
MA ( <a href="https://coursecatalog.plymouth.edu/general-education/#MATH">https://coursecatalog.plymouth.edu/general-education/#MATH</a> )	Mathematics Foundations	3-4
PPDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#PPDI">https://coursecatalog.plymouth.edu/general-education/#PPDI</a> )	Past and Present Direction	3-4
SIDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#SIDI">https://coursecatalog.plymouth.edu/general-education/#SIDI</a> )	Scientific Inquiry Direction	3-4
SSDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#SSDI">https://coursecatalog.plymouth.edu/general-education/#SSDI</a> )	Self and Society Direction	3-4
Directions (choose from CTDI, PPDI, SIDI, SSDI) ( <a href="https://coursecatalog.plymouth.edu/general-education/">https://coursecatalog.plymouth.edu/general-education/</a> )		3-4
Connections - if not completed above		
GACO ( <a href="https://coursecatalog.plymouth.edu/general-education/#GACO">https://coursecatalog.plymouth.edu/general-education/#GACO</a> )	Global Awareness Connection	0-4
INCO ( <a href="https://coursecatalog.plymouth.edu/general-education/#INCO">https://coursecatalog.plymouth.edu/general-education/#INCO</a> )	Integration Connection	

**Electives** 36-25

**Total Credits** 114-117

## Recommended Course Sequence

Check all course descriptions for prerequisites before planning course schedule. Course sequence is suggested but not required.

To complete the bachelor's degree in 4 years, you must successfully complete a minimum of 15 credits each semester or have a plan to make

up credits over the course of the 4 years. For example, if you take 14 credits one semester, you need to take 16 credits in another semester. Credits completed must count toward your program requirements (major, option, minor, certificate, general education or free electives).

Course	Title	Credits
<b>Year One</b>		
<b>Fall</b>		
EN 1400	Composition	4
IS 1115	Tackling a Wicked Problem	4
SSDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#SSDI">https://coursecatalog.plymouth.edu/general-education/#SSDI</a> )	Self and Society Direction	3-4
PBH 2000	Foundations of Public Health	4
<b>Credits</b>		<b>15-16</b>
<b>Spring</b>		
MA ( <a href="https://coursecatalog.plymouth.edu/general-education/#MATH">https://coursecatalog.plymouth.edu/general-education/#MATH</a> )	Mathematics Foundations	3-4
CTDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#CTDI">https://coursecatalog.plymouth.edu/general-education/#CTDI</a> )	Creative Thought Direction	
PPDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#PPDI">https://coursecatalog.plymouth.edu/general-education/#PPDI</a> )	Past and Present Direction	3-4
Elective		3-4
<b>Credits</b>		<b>9-12</b>
<b>Year Two</b>		
<b>Fall</b>		
SIDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#SIDI">https://coursecatalog.plymouth.edu/general-education/#SIDI</a> )	Scientific Inquiry Direction	3-4
WECO ( <a href="https://coursecatalog.plymouth.edu/general-education/#WECO">https://coursecatalog.plymouth.edu/general-education/#WECO</a> )	Wellness Connection	3-4
Elective		4
Elective		4
<b>Credits</b>		<b>14-16</b>
<b>Spring</b>		
SIDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#SIDI">https://coursecatalog.plymouth.edu/general-education/#SIDI</a> )	Scientific Inquiry Direction	3-4
HE: Health Enrichment Choice		3
S/E: Social Environmental Enrichment Choice		4
Statistics Choice (QRCO)		3-4
<b>Credits</b>		<b>13-15</b>

**Year Three****Fall**

AHS 3305	Epidemiology and Evidence Based Medicine (GACO,QRCO,WRCO)	4
Social or Environmental Choice		3-4
Choice: Health Enrichment Choice		3-4
Elective		3-4
<b>Credits</b>		<b>13-16</b>

**Spring**

PBH 3210	Social and Behavioral Health Psychology	4
DICO ( <a href="https://coursecatalog.plymouth.edu/general-education/#DICO">https://coursecatalog.plymouth.edu/general-education/#DICO</a> )	Diversity Connection	3-4
Enrichment Choice (HE)		3-4
CM: Technical Communication		4
<b>Credits</b>		<b>14-16</b>

**Year Four****Fall**

PBH 3400	Program Planning for Public Health (WRCO)	4
PBH 4000	Ethics, Social Justice, and Policy in Public Health	4
Electives		7-8
<b>Credits</b>		<b>15-16</b>

**Spring**

PBH 4200 or PBH 4400	Guided Practice in Public Health or Internship/Field Experience	4-12
INCP ( <a href="https://coursecatalog.plymouth.edu/general-education/#INCP">https://coursecatalog.plymouth.edu/general-education/#INCP</a> )	Integrated Capstone	4
Electives		7-8
<b>Credits</b>		<b>15-24</b>
<b>Total Credits</b>		<b>120</b>

**Academic advising recommendations:**

- Audit accumulated credits each semester to carefully to ensure reaching appropriate totals at each year end.
- For SIDI Series that support PH consider:
  - BIDI 1220 Biology Core Concepts: Ecology, Evolution and Behavior
  - & BIDI 1320 Biology Core Concepts: Cells, Genes, and Biotechnology
  - BIDI 2010 Human Biology I & BIDI 2020 Human Biology II
  - PSDI 2030 Mind, Brain and Evolution
  - PSDI 2190 Quack Remedies, False Prophets and Unwarranted Claims
- GEDI 1200 Environmental Geography

**Learning Outcomes**

In addition to the departmental outcomes, students who complete the Public Health degree are able to:

- Mobilize community partnerships and action to identify and solve health problems

- Develop policies and plans that support individual and community health efforts
- Enforce policies and regulations that protect health and ensure safety
- Link people to needed resources and assure the provision of health care when otherwise unavailable
- Build capacity of communities to achieve health equity through community development and policy

## Career Pathways

From the American Public Health Association CareerMart newsletter, Bachelor of Science in Public Health students find jobs such as:

- Serving as a Community Health Worker for clinics, hospitals, and healthcare agencies
- Designing and implementing health promotion programs
- Leading physical activity programs for clinics, wellness centers or communities
- Serving as a program assistant with an international health organization
- Carrying out health-related assessments at worksites or in communities
- Working as a research assistant with a nonprofit organization or agency
- Doing consulting work related to disease prevention
- Working at a company that does health communication and health marketing
- Conducting air quality sampling and surveying
- Serving as a mentor or trainer for programs for children and/or youth
- Designing and leading wellness programs in assisted living facilities for older adults
- Working for international agencies to address public health issues in special populations