

# Public Health, B.S.

The Bachelor of Science in Public Health prepares students to serve as effective and competent public health professionals. Public health graduates are equipped with knowledge to help individuals, families, and communities improve and maintain healthy lifestyles. Students will be prepared to assess, plan, implement, manage, and evaluate public health programs. The curriculum provides a solid foundation in health behavior theory, data collection and analysis, social determinants of health, communication and marketing, policy and advocacy, and ethics. Students will be prepared to sit for the Certified Health Education Specialist exam. Public health professionals work in government, private, and nonprofit sectors. Employment settings include healthcare facilities, hospitals, state and local health departments, businesses, worksite wellness programs, schools, universities, and a variety of nonprofit organizations. The public health program at UVU includes 116 credits of coursework and four credits of internship experience for a total of 120 credit hours.

## Matriculation Requirements

In order to be matriculated into the 'Public Health' program, students must:

1. Complete: ENGL 1010 or ENGH 1005, ENGL 2010, BIOL 1010 OR BIOL 1610, HLTH 1300, HLTH 3200 and MATH 1050 or 1055 or STAT 1040 or 1045 with a minimum grade of a C- or higher (with the exception of ENGH 1005 which requires a grade of C or higher) and a GPA of 2.5 in these courses
2. Have an overall GPA of 2.50

Students will be required to complete the catalog requirements in effect for the semester in which matriculation is granted.

Code	Title	Credit Hours
<b>Total Credit Hours</b>		<b>120</b>
<b>General Education Requirements</b>		<b>35 Credits</b>
ENGL 1010 or ENGH 1005	Introduction to Academic Writing CC Literacies and Composition Across Contexts CC	3
ENGL 2010	Intermediate Academic Writing CC	3
Complete one of the following:		3
MATH 1050	College Algebra QL (4)	
MATH 1055	College Algebra with Preliminaries QL (5)	
STAT 1040	Introduction to Statistics QL (3)	
STAT 1045	Introduction to Statistics with Algebra QL (5)	
Complete one of the following:		3
HIST 2700 & HIST 2710	US History to 1877 AS and US History since 1877 AS (6)	
HIST 1700	American Civilization AS (3)	
HIST 1740	US Economic History AS (3)	
POLS 1000	American Heritage AS (3)	
POLS 1100	American National Government AS (3)	
Complete the following:		
PHIL 2050	Ethics and Values IH	3
HLTH 1100 or EXSC 1097	Personal Health and Wellness TE Fitness for Life TE	2
Distribution Courses:		
BIOL 1010 or BIOL 1610	General Biology BB College Biology I BB	3
Physical Science		3
Additional Biology or Physical Science		3
Humanities Distribution		3
Fine Arts Distribution		3
Social/Behavioral Science <sup>1</sup>		3
<b>Discipline Core Requirements</b>		<b>56 Credits</b>

HLSC 1300	Medical Terminology and Functional Anatomy	3
NUTR 1020	Foundations of Human Nutrition	3
HLTH 3200	Principles of Community Health	3
HLTH 3220	Foundations of Health Education	3
HLSC 3230	Professional Development	3
HLTH 3260	Health Behavior Theory and Practice	3
or HLSC 2550	Health Coaching II	
HLSC 3400	Human Diseases	3
HLTH 3450	Public Health and the Environment	3
HLTH 350G	International Health GI	3
or HLTH 440G	Health and Diversity GI WE	
HLTH 3600	Social Marketing	3
HLTH 3700	Grant Writing for Public Health WE	3
or HLTH 4600	Research Methods for Public Health WE	
HLTH 3750	Biostatistics for Public Health	3
HLTH 3800	Epidemiology	3
HLTH 4140	Assessment and Program Development WE	3
HLTH 4160	Program Implementation and Evaluation WE	3
HLTH 4300	Health Ethics WE	3
HLSC 4250	Health Organization and Policy WE	3
HLTH 4950	Senior Capstone	1
Take 4 credits from one or a combination of the following		4
HLTH 482R	Health Internship (1-8)	
HLTH 485R	Public Health Special Project (undefined)	
HLSC 282R	Health Coaching Experience (1-6)	
<b>Core Electives</b>		<b>15</b>
		<b>Credits</b>
Public Health Lower Division Electives – Choose 6 credits		6
NUTR 2020	Nutrition Through the Life Cycle BB (3)	
HLSC 1200	First Aid (3)	
NUTR 2000	Body Image and Weight Management (3)	
HLTH 2050	Public Mental Health (3)	
HLSC 2200	Introduction to Health Professions (2)	
HLSC 2400	Mental Health and Mindful Resilience (3)	
HLSC 2800	Human Sexuality SS (3)	
HLSC 2450	Health Coaching (3)	
HLSC 2750	Supervised Coaching (1)	
HWC 2000	Lifestyle Medicine (2)	
HLSC 2600	Drugs Behavior and Society SS (3)	
Public Health Upper Division Electives-Choose 9 credits		9
HLTH 3000	Health Concepts of Death and Dying (3)	
HLTH 3240	Women's Health Issues (3)	
HLTH 3300	Health Promotion for Older Adults (3)	
HLTH 4720	CHES Preparation (3)	
HLTH 490R	Special Topics in Public Health (1-3)	
NUTR 3000	Nutrition and Disease (3)	
NUTR 3100	Public Health Nutrition (3)	
NUTR 3200	Cultural Aspects of Health and Nutrition (3)	
<b>Additional Elective Courses</b>		<b>14</b>
		<b>Credits</b>
Any course 1000 or higher (may include courses counting toward a minor)		14

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HLSC 2800 Human Sexuality SS recommended.

## Graduation Requirements

The following is required for graduation:

1. Completion of a minimum of 120 semester credits with a minimum of 40 upper-division credits. A minimum of at least 10 hours earned in the last 45 hours must be earned at UVU.
2. An overall GPA of 2.5 or higher.
3. A combined GPA of 2.75 or higher for all discipline core requirements with no discipline core course falling below a C-.
4. Completion of GE and specified departmental requirements.
5. Successful completion of at least one Global/Intercultural course.
6. Successful completion of at least two Writing Enriched (WE) courses.

## Graduation Plan

This graduation plan is a sample plan and is intended to be a guide. Your specific plan may differ based on your Math and English placement and/or transfer credits applied. You are encouraged to meet with an advisor and set up an individualized graduation plan in Wolverine Track (<http://www.uvu.edu/wolverinetrack/>).

### First Year

Semester 1		Credit Hours
ENGL 1010 or ENGH 1005	Introduction to Academic Writing CC or Literacies and Composition Across Contexts CC	3
HLTH 1100 or EXSC 1097	Personal Health and Wellness TE or Fitness for Life TE	2
American Institution Distribution		3
Fine Arts Distribution		3
Physical Science Distribution		3
<b>Credit Hours</b>		<b>14</b>

### Semester 2

ENGL 2010	Intermediate Academic Writing CC	3
Complete one of the following:		3
STAT 1040	Introduction to Statistics QL	
STAT 1045	Introduction to Statistics with Algebra QL	
MATH 1050	College Algebra QL	
MATH 1055	College Algebra with Preliminaries QL	
NUTR 1020	Foundations of Human Nutrition	3
Social Science Distribution (HLTH 2800 recommended)		3
Lower Division Health Elective - Take 3 credits		3
<b>Credit Hours</b>		<b>15</b>

### Second Year

#### Semester 3

BIOL 1010 or BIOL 1610	General Biology BB or College Biology I BB	3
PHIL 2050	Ethics and Values IH	3
Humanities Distribution		3
Third Science Distribution		3
HLTH 3200	Principles of Community Health	3
<b>Credit Hours</b>		<b>15</b>

#### Semester 4

HLSC 1300	Medical Terminology and Functional Anatomy	3
HLTH 3220	Foundations of Health Education	3
Lower division HLTH Electives. Complete 3 credits.		3
Unrestricted electives		2
Upper Division Health Electives - Take 3 credits		3
<b>Credit Hours</b>		<b>14</b>

### Third Year

#### Semester 5

HLSC 3230	Professional Development	3
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HLTH 3260 or HLSC 2550	Health Behavior Theory and Practice or Health Coaching II	3
HLSC 3400	Human Diseases	3
HLTH 3450	Public Health and the Environment	3
Unrestricted electives		3
HLTH 4140	Assessment and Program Development WE	3
<b>Credit Hours</b>		<b>18</b>
<b>Semester 6</b>		
HLTH 3700 or HLTH 4600	Grant Writing for Public Health WE or Research Methods for Public Health WE	3
HLTH 3800	Epidemiology	3
Unrestricted electives		6
HLTH 4160	Program Implementation and Evaluation WE	3
<b>Credit Hours</b>		<b>15</b>
<b>Fourth Year</b>		
<b>Semester 7</b>		
HLTH 350G or HLTH 440G	International Health GI or Health and Diversity GI WE	3
HLTH 3750	Biostatistics for Public Health	3
HLSC 4250	Health Organization and Policy WE	3
HLTH 4300	Health Ethics WE	3
Unrestrictive Elective		3
<b>Credit Hours</b>		<b>15</b>
<b>Semester 8</b>		
HLTH 3600	Social Marketing	3
HLTH 482R	Health Internship	4
Upper division HLTH Electives. Complete 6 credits.		6
HLTH 4950	Senior Capstone	1
<b>Credit Hours</b>		<b>14</b>
<b>Total Credit Hours</b>		<b>120</b>

## Program Learning Outcomes

1. Communicate public health information, in both oral and written forms and through a variety of media, to diverse audiences.
2. Locate, use, evaluate, and synthesize public health information
3. Assess individual and community needs at the entry level.
4. Plan and implement health education strategies, interventions and programs at the entry level.
5. Conduct evaluations and research related to health education at the entry level.