

# Public Health, Minor

The Public Health minor prepares students to serve as effective and competent health professionals. The curriculum provides a solid foundation in nutrition, drugs, human sexuality, and health behavior theory. Students will be equipped to identify factors that influence health choices and to apply health theories to help individuals, families, and communities improve and maintain healthy lifestyles. The Public Health minor complements majors related to the health professions including pre-med, pre-dental, nursing, dental hygiene, and respiratory therapy.

## Matriculation Requirements

1. Admitted to a bachelor degree program at UVU.

## Program Requirements

Code	Title	Credit Hours
<b>Total Credit Hours</b>		<b>21</b>
<b>Discipline Core Requirements</b>		<b>18</b>
		<b>Credits</b>
NUTR 1020	Foundations of Human Nutrition	3
HLSC 2600	Drugs Behavior and Society SS	3
HLSC 2800	Human Sexuality SS	3
HLTH 3200	Principles of Community Health	3
HLTH 3220	Foundations of Health Education	3
HLTH 3260	Health Behavior Theory and Practice	3
<b>Elective Requirements</b>		<b>3</b>
		<b>Credits</b>
Any upper-division HLTH course		3

### Graduation Requirements

1. Overall GPA of 2.50 or above with a minimum GPA of 2.75 in all core and elective courses. No grade lower than a C- in core or elective 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		Credit Hours
<b>Semester 1</b>		
NUTR 1020	Foundations of Human Nutrition	3
HLSC 2800	Human Sexuality SS	3
<b>Credit Hours</b>		<b>6</b>
<b>Semester 2</b>		
HLSC 2600	Drugs Behavior and Society SS	3
HLTH 3200	Principles of Community Health	3
<b>Credit Hours</b>		<b>6</b>
<b>Second Year</b>		
<b>Semester 3</b>		
HLTH 3220	Foundations of Health Education	3
<b>Credit Hours</b>		<b>3</b>
<b>Semester 4</b>		
HLTH 3260	Health Behavior Theory and Practice	3
<b>Credit Hours</b>		<b>3</b>
<b>Third Year</b>		
<b>Semester 5</b>		
HLTH Elective: Any upper-division HLTH course		3
<b>Credit Hours</b>		<b>3</b>
<b>Total Credit Hours</b>		<b>21</b>

## **Program Learning Outcomes**

1. Identify factors that influence health choices in individuals and populations.
2. Describe basic concepts of nutrition, drugs, and human sexuality.
3. Discuss political, economic, and social factors influencing the organization and delivery of community health services.
4. Describe the major responsibilities of the Health Educator in Health Education practice.
5. Apply contemporary models and theories to develop behavior change interventions.