BS PUBLIC HEALTH

Program Learning Objectives

1. Identify and apply the scientific evidence base of human health and disease, and of public health to design programs and services that improve health outcomes.

2. Apply the basic concepts, methods and tools of public health data collection and analysis to monitor health status and understand factors that influence health outcomes at the local, state, national and global levels.

3. Provide information using a variety of communication strategies to facilitate the adoption of healthy behavior.

4. Develop, evaluate and improve programs and services to improve health outcomes at all levels of the social ecological model.

5. Apply interdisciplinary and community based approaches to improve health outcomes.

6. Develop and advocate for public health policies and plans to promote and protect the health of individuals, families, and communities.

7. Examine the legal, ethical and economic dimensions of health care and public health policies, the roles and responsibilities of local, state and federal agencies and their influence on health outcomes.

8. Examine the history and philosophy, core functions and the value of public health across the globe and in society.

9. Appraise the socio-economic, behavioral, biological, environmental, and other factors that impact human health and contribute to health disparities.

Degree Requirements and Curriculum

In addition to the program requirements listed on this page, students must also satisfy requirements outlined in more detail in the Minimum Requirements for Graduation section of this catalog, including:

- 60 units of upper division courses
- Graduation Writing Requirement (GWR)
- 2.0 GPA
- U.S. Cultural Pluralism (USCP)

Note: Up to 4 units of credit/no credit grading may be selected for courses in major, support, or concentration.

MAJOR COURSES

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTH 101</td>
<td>Orientation to Public Health</td>
<td>1</td>
</tr>
<tr>
<td>HLTH/KINE 255</td>
<td>Personal Health: A Multicultural Approach</td>
<td>4</td>
</tr>
<tr>
<td>or HLTH 260</td>
<td>Women's Health Issues</td>
<td></td>
</tr>
<tr>
<td>HLTH/KINE 265</td>
<td>Introduction to Community and Public Health</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 298</td>
<td>Disease Epidemiology</td>
<td>4</td>
</tr>
<tr>
<td>HLTH 299</td>
<td>Behavioral Epidemiology</td>
<td>4</td>
</tr>
<tr>
<td>HLTH/KINE 305</td>
<td>Drugs in Society</td>
<td>4</td>
</tr>
<tr>
<td>HLTH 310</td>
<td>Injury Prevention</td>
<td>3</td>
</tr>
<tr>
<td>HLTH/KINE 320</td>
<td>Media and Technology in Health Promotion</td>
<td>4</td>
</tr>
<tr>
<td>HLTH 334</td>
<td>Health Behavior Theory</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 402</td>
<td>Research Methods in Public Health Settings</td>
<td>4</td>
</tr>
<tr>
<td>HLTH 405</td>
<td>Stress, Health and Chronic Illness</td>
<td>4</td>
</tr>
<tr>
<td>HLTH 410</td>
<td>Global Health</td>
<td>4</td>
</tr>
<tr>
<td>HLTH/KINE 434</td>
<td>Health Promotion Program Planning</td>
<td>4</td>
</tr>
<tr>
<td>HLTH/KINE 435</td>
<td>Health Promotion Program Implementation and Evaluation</td>
<td>4</td>
</tr>
<tr>
<td>HLTH/KINE 453</td>
<td>Obesity Prevention and Treatment</td>
<td>4</td>
</tr>
<tr>
<td>HLTH 460</td>
<td>Experiential Senior Project</td>
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<tr>
<td>or HLTH 461</td>
<td>Senior Project Report</td>
<td></td>
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<tr>
<td>or HLTH 462</td>
<td>Research Senior Project</td>
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<tr>
<td>or HLTH 463</td>
<td>Public Health Internship</td>
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</tbody>
</table>

Approved Electives

Approved electives have been organized by area of interest to guide students in their selections. Any course listed below can be used as an elective; courses not listed below can serve as an elective but require faculty advisor approval.

Select from the following:

12

At least 4 units must be at the 300-400 level

Culture and Health

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANT 201</td>
<td>Cultural Anthropology</td>
<td></td>
</tr>
<tr>
<td>ANT 250</td>
<td>Biological Anthropology</td>
<td></td>
</tr>
<tr>
<td>ANT 360</td>
<td>Human Cultural Adaptations</td>
<td></td>
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<tr>
<td>ANT 425</td>
<td>Meaning, Gender, and Identity in Anthropological Theory (Area F, USCP)</td>
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<tr>
<td>HNRS 304/ISLA 303</td>
<td>Values and Technology (C4)</td>
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<tr>
<td>HNRS/ISLA 320</td>
<td>Topics and Issues in Values, Media and Culture</td>
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<tr>
<td>WGS 301</td>
<td>Contemporary Issues in Women's and Gender Studies</td>
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</table>

Life and Physical Science

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>BIO 123</td>
<td>Biology of Sex</td>
<td></td>
</tr>
<tr>
<td>BIO 162</td>
<td>Introduction to Organismal Form and Function</td>
<td></td>
</tr>
<tr>
<td>BIO 302</td>
<td>Human Genetics</td>
<td></td>
</tr>
<tr>
<td>or BIO 303</td>
<td>Survey of Genetics</td>
<td></td>
</tr>
<tr>
<td>BIO 305</td>
<td>Biology of Cancer</td>
<td></td>
</tr>
<tr>
<td>CHEM 128</td>
<td>General Chemistry for Agriculture and Life Science II</td>
<td></td>
</tr>
<tr>
<td>CHEM 129</td>
<td>General Chemistry for Agriculture and Life Science III</td>
<td></td>
</tr>
<tr>
<td>CHEM 216</td>
<td>Organic Chemistry I</td>
<td></td>
</tr>
<tr>
<td>CHEM 217</td>
<td>Organic Chemistry II</td>
<td></td>
</tr>
<tr>
<td>CHEM 218</td>
<td>Organic Chemistry III</td>
<td></td>
</tr>
<tr>
<td>CHEM 312</td>
<td>Survey of Organic Chemistry</td>
<td></td>
</tr>
<tr>
<td>CHEM 313</td>
<td>Survey of Biochemistry and Biotechnology</td>
<td></td>
</tr>
<tr>
<td>MCRO 225</td>
<td>General Microbiology II</td>
<td></td>
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<tr>
<td>MCRO 320</td>
<td>Emerging Infectious Diseases</td>
<td></td>
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<tr>
<td>MCRO 342</td>
<td>Public Health Microbiology</td>
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<tr>
<td>MCRO 421</td>
<td>Food Microbiology</td>
<td></td>
</tr>
<tr>
<td>PHYS 121</td>
<td>College Physics I</td>
<td></td>
</tr>
<tr>
<td>PHYS 122</td>
<td>College Physics II</td>
<td></td>
</tr>
</tbody>
</table>
## Health Communication
- COMS 212: Interpersonal Communication
- COMS 213: Organizational Communication
- COMS 301: Business and Professional Communication
- COMS 316: Intercultural Communication
- COMS 418: Health Communication
- JOUR 219: Multicultural Society and the Mass Media
- JOUR 312: Public Relations
- JOUR 412: Public Relations and Crisis Management

## Built Environment and Health
- CRP 212: Introduction to Urban Planning
- CRP 214: Land Use and Transportation Studies
- CRP 215: Planning for and with Multiple Publics
- CRP 325: Reflections on Biking, Walking and the City
- CRP 426: Planning Healthy Communities
- NR 218: Applications in GIS

## Health and Nutrition
- FSN 310: Maternal and Child Nutrition
- FSN 315: Nutrition in Aging
- HLTH/KINE 297: Medical Terminology
- HLTH/KINE 450: Worksite and University Health Promotion Programs

## Exercise and Fitness
- KINE 303: Physiology of Exercise
- KINE 304: Pathophysiology and Exercise
- KINE 408: Exercise and Health Gerontology
- KINE 452: Exercise Testing and Prescription for Fitness Specialists

## Public Policy and Health
- POLS 310: The Politics of Race, Class, Gender and Sexuality (USCP)
- POLS 333: World Food Systems (Area F)
- POLS 351: Public Policy and Administration
- POLS 451: Technology and Public Policy
- POLS 459: The Politics of Poverty
- RPTA 450: Resource and Grant Development

## Behavioral Health
- PSY 252: Social Psychology
- PSY 256: Developmental Psychology
- PSY 302: Behavior in Organizations
- PSY 310: Psychology of Death
- PSY 311: Environmental Psychology
- PSY 318: Psychology of Aging
- PSY 320: Health Psychology
- PSY 330: Behavioral Effects of Psychoactive Drugs
- PSY 340: Biopsychology
- PSY 344: Behavioral Genetics
- PSY 405: Abnormal Psychology
- PSY 372: Multicultural Psychology
- SOC 326: Sociology of the Life Cycle

## Spanish
- SPAN 101: Elementary Spanish I
- or SPAN 111: Elementary Hispanic Language and Culture
- SPAN 102: Elementary Spanish II
- SPAN 103: Elementary Spanish III
- SPAN 104: Intensive Elementary Spanish
- SPAN 201: Intermediate Spanish I
- SPAN 202: Intermediate Spanish II
- SPAN 203: Intermediate Spanish III

## Statistics
- STAT 323: Design and Analysis of Experiments I
- STAT 324: Applied Regression Analysis
- STAT 330: Statistical Computing with SAS
- STAT 331: Statistical Computing with R

## Select one concentration

### SUPPORT COURSES
- ANT 201: Cultural Anthropology (D3) 4
- BIO 161: Introduction to Cell and Molecular Biology (B2 & B4) 1
- BIO 231: Human Anatomy and Physiology I 5
- BIO 232: Human Anatomy and Physiology II 5
- CHEM 127: General Chemistry for Agriculture and Life Science I (B3 & B4) 1
- FSN 210: Nutrition 4
- MCRO 221: Microbiology 4-5
- psy 201: General Psychology (D4) 1
- or psy 202: General Psychology 4
- STAT 218: Applied Statistics for the Life Sciences (B1) 1
- STAT 313: Applied Experimental Design and Regression Models (B1) 1

### GENERAL EDUCATION (GE)
See GE program requirements below.) 48

### FREE ELECTIVES
Free Electives 3-4

Total units 180

1 Required in Support; also satisfies GE.

2 Consultation with advisor is recommended prior to selecting approved electives; bear in mind your selections may impact pursuit of post-baccalaureate studies and/or goals.

## Concentrations

Students may select one of the following concentrations.

- Community and Public Health ([link](http://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/bspublichealth/communitypublichealthconcentration))
- Culture and Society in Health ([link](http://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/))
General Education (GE) Requirements

- 72 units required, 24 of which are specified in Major and/or Support.
- See the complete GE course listing (http://catalog.calpoly.edu/generalrequirementsbachelorsdegree/#generaleducationtext).
- Minimum of 12 units required at the 300 level.

Area A Communication
- A1 Expository Writing 4
- A2 Oral Communication 4
- A3 Reasoning, Argumentation and Writing 4

Area B Science and Mathematics
- B1 Mathematics/Statistics (8 units in Support) 1 0
- B2 Life Science (4 units in Support) 1 0
- B3 Physical Science (4 units in Support) 1 0
- B4 One lab taken with either a B2 or B3 course

Area C Arts and Humanities
- C1 Literature 4
- C2 Philosophy 4
- C3 Fine/Performing Arts 4
- C4 Upper-division elective (may be in Concentration) 2 0-4
- Area C elective (Choose one course from C1-C5) 4

Area D/E Society and the Individual
- D1 The American Experience (Title 5, Section 40404 requirement) 4
- D2 Political Economy 4
- D3 Comparative Social Institutions (4 units in Support) 1 0
- D4 Self Development (CSU Area E) (4 units in Support) 1 0
- D5 Upper-division elective 4

Area F Technology
- F Upper-division elective 4

Total units 48

1 Required in Support; also satisfies GE.
2 Required in Culture and Society in Health Concentration; also satisfies GE.