

# BS PUBLIC HEALTH

## Program Learning Objectives

1. Describe the history, philosophy, and core functions of public health in the U.S. and globally.
2. Analyze factors that affect human health and contribute to health disparities including socio-economic, behavioral, biological, environmental, and systemic factors.
3. Develop, implement, and evaluate public health programs that improve population health outcomes and promote health equity.
4. Apply epidemiological and public health research methods to assess community health needs, assets, and outcomes.
5. Communicate public health information in oral, written, and visual forms through a variety of media.
6. Describe the legal, ethical, structural, and economic dimensions of health care and policy, and the role of different governmental entities in public health.

## 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

HLTH 101	Orientation to Public Health	1
HLTH 255	Personal Health: A Multicultural Approach (E) (USCP) <sup>1</sup>	4
or HLTH 260	Women's Health Issues	
HLTH 265	Introduction to Community and Public Health	3
HLTH 298	Introduction to Epidemiology	4
HLTH 305	Drugs in Society	4
HLTH 310	Injury Prevention	3
HLTH 318	Applied Epidemiology	4
HLTH 320	Media and Technology in Health Promotion	4
HLTH 334	Health Behavior Theory	3
HLTH 402	Research Methods in Public Health Settings	4
HLTH 405	Stress, Health and Chronic Illness	4
HLTH 410	Global Health	4
HLTH 434	Health Promotion Program Planning	4
HLTH 435	Health Promotion Program Implementation and Evaluation	4
HLTH 453	Obesity Prevention and Treatment	4
HLTH 460	Experiential Senior Project	1
or HLTH 461	Senior Project Report	

- or HLTH 462 Research Senior Project
- or HLTH 463 Public Health Internship

### Approved Electives <sup>2, 3, 4</sup>

Select from the following: 12

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

#### Culture and Health

ANT 201	Cultural Anthropology
ANT 250	Biological Anthropology
ANT 360	Human Cultural Adaptations
ANT 425	Meaning, Gender, and Identity in Anthropological Theory
ISLA 303/ HNRS 304	Values and Technology
ISLA/HNRS 320	Topics and Issues in Values, Media and Culture
WGQS 301	Contemporary Issues in Women's and Gender Studies

#### Life and Physical Science

BIO 123	Biology of Sex
BIO 162	Introduction to Organismal Form and Function
BIO 302 or BIO 303	Human Genetics Survey of Genetics
BIO 305	Biology of Cancer
CHEM 128	General Chemistry for Agriculture and Life Science II
CHEM 129	General Chemistry for Agriculture and Life Science III
CHEM 216	Organic Chemistry I
CHEM 217	Organic Chemistry II
CHEM 218	Organic Chemistry III
CHEM 312	Organic Chemistry: Fundamentals and Applications
CHEM 314	Biochemistry: Fundamentals and Applications
MCRO 225	General Microbiology II
MCRO 320	Emerging Infectious Diseases
MCRO 342	Public Health Microbiology
MCRO 421	Food Microbiology
PHYS 121	College Physics I
PHYS 122	College Physics II

#### Health Communication

COMS 211	Interpersonal Communication
COMS 213	Organizational Communication
COMS 301	Business and Professional Communication
COMS 313	Qualitative Research Methods in Communication Studies
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
<b>Built Environment and Health</b>	
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	Introduction to Geographic Information Systems (GIS)
<b>Health and Nutrition</b>	
FSN 310	Maternal and Child Nutrition
FSN 315	Nutrition in Aging
HLTH 297	Medical Terminology
HLTH 450	Worksite and University Health Promotion Programs
<b>Health, Exercise and Fitness</b>	
HLTH 201	Introductory Undergraduate Research <sup>5</sup>
HLTH 400	Special Problems for Advanced Undergraduates <sup>5</sup>
KINE 303	Physiology of Exercise
KINE 304	Pathophysiology and Exercise
KINE 349	Exercise Testing and Prescription for Healthy Populations
KINE 408	Exercise and Health Gerontology
<b>Public Policy and Health</b>	
POLS 310	The Politics of Race, Class, Gender and Sexuality
POLS 332	World Food Systems
POLS 351	Public Policy and Administration
POLS 451	Technology and Public Policy
POLS 459	The Politics of Poverty
RPTA 450	Resource and Grant Development
<b>Behavioral Health</b>	
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 372	Multicultural Psychology
PSY 405	Abnormal Psychology
SOC 326	Sociology of the Life Cycle
<b>Spanish</b>	
SPAN 101 or SPAN 111	Elementary Spanish I 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	
<b>Statistics</b>		
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		19-20
<b>SUPPORT COURSES</b>		
ANT 201 or SOC 110	Cultural Anthropology (D2) <sup>1</sup> Comparative Societies	4
BIO 161	Introduction to Cell and Molecular Biology (B2 & B3) <sup>1</sup>	4
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 (B1 & B3) <sup>1</sup>	4
FSN 202	Introduction to Human Nutrition	4
MCRO 221 or MCRO 224	Microbiology (GE Electives) <sup>1</sup> General Microbiology I	4-5
PSY 201 or PSY 202	General Psychology General Psychology	4
STAT 218	Applied Statistics for the Life Sciences (B4) <sup>1</sup>	4
STAT 313	Applied Experimental Design and Regression Models (Upper-Division B) <sup>1,6</sup>	4
<b>GENERAL EDUCATION (GE)</b>		
(See GE program requirements below.)		44
<b>FREE ELECTIVES</b>		
Free Electives <sup>7</sup>		6-8
<b>Total units</b>		<b>180</b>

- <sup>1</sup> Required in Major or Support; also satisfies General Education (GE) requirement.
- <sup>2</sup> 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.
- <sup>3</sup> Approved Electives have been organized by area of interest to guide students in their selections. Any course listed can be used as an Approved Elective; courses not listed can serve as an Approved Elective but require faculty advisor approval.
- <sup>4</sup> If a course is taken to satisfy a Major, Support, or Concentration requirement, it cannot be double-counted as an Approved Elective.
- <sup>5</sup> Maximum of 4 units may be applied toward Approved Electives from: HLTH 201, HLTH 400.
- <sup>6</sup> Students need to complete MATH 118 to meet a course prerequisite for STAT 313.

<sup>7</sup> If a General Education (GE) course is used to satisfy a Major or Support requirement, additional units of Free Electives may be needed to complete the total units required for the degree.

## Concentrations

Students may select one of the following concentrations.

Community and Public Health (<https://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/bspublichealth/communitypublichealthconcentration/>)

Culture and Society in Health (<https://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/bspublichealth/culturesocietyhealthconcentration/>)

Physical Activity in Public Health (<https://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/bspublichealth/physicalactivitypublichealthconcentration/>)

Worksite and University Health Promotion (<https://catalog.calpoly.edu/collegesandprograms/collegeofsciencemathematics/kinesiologypublichealth/bspublichealth/worksiteuniversityhealthpromotionconcentration/>)

## General Education (GE) Requirements

- 72 units required, 28 of which are specified in Major and/or Support.
- If any of the remaining 44 units is used to satisfy a Major or Support requirement, additional units of Free Electives may be needed to complete the total units required for the degree.
- See the complete GE course listing (<https://catalog.calpoly.edu/generalrequirementsbachelorsdegree/#generaleducationtext>).
- A grade of C- or better is required in one course in each of the following GE Areas: A1 (Oral Communication), A2 (Written Communication), A3 (Critical Thinking), and B4 (Mathematics/Quantitative Reasoning).

<b>Area A</b>	<b>English Language Communication and Critical Thinking</b>	
A1	Oral Communication	4
A2	Written Communication	4
A3	Critical Thinking	4
<b>Area B</b>	<b>Scientific Inquiry and Quantitative Reasoning</b>	
B1	Physical Science (4 units in Support) <sup>1</sup>	0
B2	Life Science (4 units in Support) <sup>1</sup>	0
B3	One lab taken with either a B1 or B2 course	
B4	Mathematics/Quantitative Reasoning (4 units in Support) <sup>1</sup>	0
Upper-Division B (4 units in Support) <sup>1</sup>		0
<b>Area C</b>	<b>Arts and Humanities</b>	
Lower-division courses in Area C must come from three different subject prefixes.		
C1	Arts: Arts, Cinema, Dance, Music, Theater	4
C2	Humanities: Literature, Philosophy, Languages other than English <sup>2</sup>	4

Lower-Division C Elective - Select a course from either C1 or C2		4
Upper-Division C		4
<b>Area D</b>	<b>Social Sciences - Select courses in Area D from at least two different prefixes</b>	
D1	American Institutions (Title 5, Section 40404 Requirement)	4
D2	Lower-Division D (4 units in Support) <sup>1</sup>	0
Upper-Division D		4
<b>Area E</b>	<b>Lifelong Learning and Self-Development</b>	
Lower-Division E (4 units in Major) <sup>1</sup>		0
<b>Area F</b>	<b>Ethnic Studies</b>	
F	Ethnic Studies	4
<b>GE Electives in Areas B, C, and D</b>		
Select courses from two different areas; may be lower-division or upper-division courses.		
GE Electives (4 units in Support plus 4 units in GE) <sup>1</sup>		4
<b>Total units</b>		<b>44</b>

<sup>1</sup> Required in Major or Support; also satisfies General Education (GE) requirement.

<sup>2</sup> It is recommended that students pursuing the Physical Activity in Public Health concentration take PHIL 230 or PHIL 231 to fulfill GE Area C2.