

# MAJOR IN PUBLIC HEALTH

## Overview

The field of public health is focused on promoting and protecting health and well-being across the individual, community and societal levels. Public health professionals work to understand and improve a range of health issues, including chronic and infectious disease prevention, environmental health, behavioral health, nutrition, injury prevention and mental health. Public health professionals track health conditions, study causal factors, address health disparities, and design and evaluate programs and policies to improve health.

The Public Health Program at Towson University prepares students to work in a variety of public health settings by developing knowledge and skills across key public health domains. The domains include foundations of health and disease, health communication, public health program planning and implementation, evaluation, health policy, and evidence-based advocacy. The Public Health Program also provides real-world work experience through a culminating internship experience.

The Program is an excellent option for students planning to launch a career as a public health professional after graduation, pursue graduate education, or to use knowledge of public health to pursue a clinical career (e.g., medicine, dentistry, nursing).

Students in the Public Health major must complete University Core Requirements, 72-78 units of required courses (including an internship), and electives in any discipline to meet the requirement of 120 units for graduation.

## Internship

The Public Health Internship is a supervised, integrative experience in a public health setting. Students will complete a 6-, 9-, or 12-unit internship, and all other degree requirements must be successfully completed prior to the internship term. Internships take place in a university-approved placement and are supervised by a site Preceptor and a Public Health Program faculty supervisor. Placements are determined based on an interview process.

## Requirements

Public Health majors must complete 72-78 units of required courses (21 units of prerequisites, 45 units of professional courses and electives, and a 6, 9, or 12-unit internship).

Code	Title	Units
<b>Introductory Courses/Prerequisites</b>		
MATH 231	BASIC STATISTICS <sup>1</sup>	3
BIOL 191 & 191L	INTRODUCTORY BIOLOGY FOR HEALTH PROFESSIONS [LECTURE] and INTRODUCTORY BIOLOGY FOR HEALTH PROFESSIONS [LAB]	4
CHEM 121 & 121L	ALLIED HEALTH CHEMISTRY I LECTURE and ALLIED HEALTH CHEMISTRY I LABORATORY	4
BIOL 220	ESSENTIALS OF HUMAN ANATOMY AND PHYSIOLOGY <sup>2</sup>	4
PSYC 101	INTRODUCTION TO PSYCHOLOGY	3
COMM 131	PUBLIC SPEAKING	3
<b>Professional Courses</b>		

HLTH 101	WELLNESS FOR A DIVERSE SOCIETY	3
HLTH 207	HEALTH CARE IN THE U.S.	3
HLTH 310	INTRODUCTION TO PUBLIC HEALTH	3
HLTH 311	CHRONIC AND COMMUNICABLE DISEASE	3
HLTH 315	CURRICULUM AND PLANNING	3
HLTH 335	PUBLIC HEALTH POLICY	3
HLTH 339	HEALTH BEHAVIOR THEORY	3
HLTH 402	HEALTH COMMUNICATION	3
HLTH 432	MEASUREMENT AND EVALUATION IN HEALTH EDUCATION	3
HLTH 435	INTRODUCTION TO EPIDEMIOLOGY	3
HLTH 451	INTRODUCTION TO ENVIRONMENTAL HEALTH	3

### Health Electives

Select a minimum of four courses from the list below, including at least one upper-level course (300-level and above): 12

HLTH 103	EMC, FIRST AID AND SAFETY
HLTH 201	INTERNATIONAL HEALTH
HLTH 204	NUTRITION AND WEIGHT CONTROL FOR THE CONSUMER
HLTH 208	MENTAL HEALTH, STRESS MANAGEMENT, AND CRISIS INTERVENTION
HLTH 219	WOMEN'S HEALTH
HLTH 220	SEXUALITY IN A DIVERSE SOCIETY
HLTH 331	NUTRITION FOR HEALTH PROFESSIONALS
HLTH 333	FOOD SAFETY SCIENCE
HLTH 340	MATERNAL AND CHILD HEALTH FOUNDATIONS
HLTH 350	URBAN FOOD SYSTEMS
HLTH 401	TEACHING ABOUT DRUGS AND SEX
HLTH 405	DRUGS IN OUR CULTURE
HLTH 407	VIOLENCE PREVENTION FOR HEALTH EDUCATORS
HLTH 496	INDEPENDENT STUDY IN PUBLIC HEALTH RESEARCH

### Internship 6-12

Select one of the following:

HLTH 422	FIELDWORK IN PUBLIC HEALTH (12 units)
HLTH 423	FIELDWORK IN PUBLIC HEALTH (9 units)
HLTH 424	FIELDWORK IN PUBLIC HEALTH (6 units)

### Total Units 72-78

<sup>1</sup> The statistics requirement can be fulfilled by PSYC 212. Since MATH 231 also fulfills Core 3 university requirement, students opting for PSYC 212 instead will need a different course to satisfy the Core 3 requirement.

<sup>2</sup> The requirement of BIOL 220 may also be satisfied with successful completion of the following courses: BIOL 221, BIOL 221L, BIOL 222 and BIOL 222L (8 units total). The BIOL 221/L and BIOL 222/L sequence is recommended for students planning a clinical career path.

## Four-Year Plan of Study

### Suggested Four-Year Plan

Based on course availability and student needs and preferences, the selected sequences will probably vary from those presented below. Students should consult with their adviser to make the most appropriate elective choices.

#### Freshman

Term 1	Units Term 2	Units
BIOL 191 & 191L (Core 7)	4 CHEM 121 & 121L (Core 8)	4
HLTH 101 (Core 11)	3 COMM 131 (Core 5)	3
PSYC 101 (Core 6)	3 HLTH 207	3
Core 1 (or Core 2)	3 MATH 231 (Core 3)	3
Elective	3 Core 2 (or Core 1)	3
	<b>16</b>	<b>16</b>

#### Sophomore

Term 1	Units Term 2	Units
BIOL 220	4 HLTH 335	3
HLTH 310	3 HLTH 339	3
HLTH 311	3 Core 4	3
Core 13 (recommended HLTH 220)	3 Core 12	3
Required Health Elective	3 Elective	3
	<b>16</b>	<b>15</b>

#### Junior

Term 1	Units Term 2	Units
HLTH 315 (Core 9)	3 HLTH 432	3
HLTH 435	3 Required Health Elective	3
Core 10	3 Elective	3
Core 14	3 Elective	3
Required Health Elective	3 Elective	3
	<b>15</b>	<b>15</b>

#### Senior

Term 1	Units Term 2	Units
HLTH 402	3 HLTH 422	12
HLTH 451	3 Or	
Required Health Elective	3 HLTH 423 (and Elective)	
Elective	3 Or	
Elective	3 HLTH 424 (and two Electives)	
	<b>15</b>	<b>12</b>

**Total Units 120**

## Learning Outcomes

Upon completion of the Public Health Program, graduates will be able to:

- Explain the core values, concepts, and functions of public health, as well as the field's history and philosophy.
- Describe the methods and tools of public health data collection, use, and analysis.
- Identify the basic processes, approaches, and interventions that identify and address major health-related needs.

- Discuss the underlying science of human health and disease, including chronic and infectious disease.
- Identify socio-economic, behavioral, biological, environmental, and other factors that impact human health and contribute to health disparities.
- Apply the principles of project planning, implementation, and evaluation.
- Explain the major characteristics and organizational structures of the U.S. health system.
- Discuss public health policy, and the roles and responsibilities of the branches of government and health-related agencies.
- Develop public health-specific communications for various audiences, including technical and professional writing, and demonstrate use of a variety of communication technologies.
- Propose a strategy to advocate for protection of public health and discuss the importance of public health advocacy at all levels of society.

The Public Health Program learning outcomes are based on recommendations from the Association of Schools and Programs of Public Health.