

# PUBLIC HEALTH B.S.

## TRACK ONE: PUBLIC HEALTH PROFESSIONAL

### Description:

The Public Health Professional track provides you with a comprehensive education. It includes a variety of courses that are designed to provide you with a deeper understanding of the principles and practices of public health. Additionally, fieldwork allows students to develop their skills and prepare them for future employment

### Core Curriculum Courses

#### Concentration 1: Public Health Professional

See the Core Curriculum Requirements (<http://coursecatalog.tamuc.edu/undergrad/core-curriculum-requirements/>) 42

#### Public Health Core

|                         |   |   |
|-------------------------|---|---|
| HHPH 1304               | Introduction to Personal and Community Health             | 3 |
| HHPH 1364               | Substance Use & Abuse                                     | 3 |
| HHPH 210                | ENVIRONMENTAL HEALTH                                      | 3 |
| HHPH 220                | FOUNDATION OF MENTAL HEALTH PROMOTION                     | 3 |
| HHPH 250                | CONSUMER HEALTH   | 3 |
| HHPH 331                | Nutrition *   | 3 |
| HHPH 385                | Current Issues in Health                                  | 3 |
| HHPH 495<br>or HHPH 395 | Applied Practice Experience<br>Health Sciences Internship | 3 |

#### Required courses for track #1

|          |  |   |
|----------|--|---|
| HHPH 362 | Survey of Human Diseases                               | 3 |
| HHPH 382 | Social Justice and Health                              | 3 |
| HHPH 410 | Program Planning in Public Health                      | 3 |
| HHPH 416 | Epidemiology   | 3 |
| HHPH 420 | Program Implementation and Evaluation in Public Health | 3 |
| HHPH 430 | Health and Healthcare Disparities                      | 3 |
| HHPH 492 | Health Policy  | 3 |
| MATH 453 | Essentials of Statistics                               | 3 |
| PSY 443  | Psychology of Death & Dying                            | 3 |

#### Required support courses

|  |  |   |
|--|--|---|
| BSC 2401   | Hum Anatomy/Physiology I *   |   |
| BSC 2402   | Hum Anatomy/Physiology II *  |   |
| MKT 306<br>or SOC 331<br>or SWK 2361<br>or ANTH 2351 | Marketing<br>Intro to Social Research<br>Introduction to Social Work<br>World Cultures: Perspectives from Anthropology | 3 |

Minor and/or Additional Electives required: 24

**Total Hours** 120

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This course can be used to satisfy the Core Curriculum Requirements

## TRACK TWO: HEALTH SCIENCES

### Description

The Health Sciences track provides students a background in health that prepares them to pursue additional schooling in an allied health area. This degree provides an opportunity for students to take prerequisite courses for professional allied health schools such as nursing or other medical fields of study, as electives while receiving a background in the health education field. Students select electives from a list of prerequisites for specific professional school programs.

**Concentration 2: Health Sciences**See the Core Curriculum Requirements (<http://coursecatalog.tamuc.edu/undergrad/core-curriculum-requirements/>) 42**Public Health Core**

|             |   |   |
|-------------|---|---|
| HHPH 1304   | Introduction to Personal and Community Health | 3 |
| HHPH 1364   | Substance Use & Abuse                         | 3 |
| HHPH 210    | ENVIRONMENTAL HEALTH                          | 3 |
| HHPH 220    | FOUNDATION OF MENTAL HEALTH PROMOTION         | 3 |
| HHPH 250    | CONSUMER HEALTH                               | 3 |
| HHPH 331    | Nutrition *                                   | 3 |
| HHPH 385    | Current Issues in Health                      | 3 |
| HHPH 495    | Applied Practice Experience                   | 3 |
| or HHPH 395 | Health Sciences Internship                    |   |

**Choose a minimum of 36 hours in track #2 36**

|            |   |     |
|------------|---|-----|
| PSY 322    | Lifespan Development                            | 3   |
| PSY 443    | Psychology of Death & Dying                     | 3   |
| MATH 1342  | Elementary Statistical Methods                  | 3   |
| or PSY 302 | Statistics and Research Design I                |     |
| HHPH 330   | Sport Nutrition                                 | 3   |
| HHPH 333   | Nutrition for Health and Fitness                | 3   |
| HHPH 334   | Nutrition Through the Life Cycle                | 3   |
| HHPH 335   | Women's Nutrition                               | 3   |
| HHPH 339   | Food and Culture                                | 3   |
| HHPH 360   | Health Psychology and Behavioral Strategies     | 3   |
| HHPH 472   | Stress Management                               | 3   |
| HHPH 497   | Special Topics                                  | 0-4 |
| HHPK 316   | Resistance Training                             | 3   |
| HHPS 210   | Sport Psychology                                | 3   |
| BSC 256    | Medical Terminology                             | 3   |
| PSY 300    | Learning Processes and Development              | 3   |
| PSY 310    | Psychology and Sociology of Diverse Populations | 3   |
| PSY 311    | Psy/Soc Div Cultures FB                         | 3   |
| PSY 315    | Physiological Psychology                        | 3   |
| PSY 316    | Abnormal Psychology                             | 3   |
| SWK 2361   | Introduction to Social Work                     | 3   |

**Required support courses**

|                |                             |    |
|----------------|-----------------------------|----|
| BSC 2401       | Hum Anatomy/Physiology I *  |    |
| BSC 2402       | Hum Anatomy/Physiology II * |    |
| Minor Required |                             | 18 |

**Total Hours 120**

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This course can be used to satisfy the university core curriculum.