

# BS IN PUBLIC HEALTH

The University of Toledo offers a bachelor of science degree in public health. This degree requires 120 credit hours for graduation. The public health program is designed to prepare students to work in non-profit health organizations, in local, state and national government health agencies, or in worksite wellness. The mission of the undergraduate public health program is to prepare students to use theory-driven approaches to promote health and prevent disease within specific populations.

Public health majors help people improve their quality of life. Studying public health teaches students how to design, implement, and evaluate programs to promote health and prevent disease. The program explores critical health issues such as nutrition, substance abuse, human sexuality, health behaviors, environmental health, and disease prevention. Students learn through hands-on practice by shadowing health professionals in their first year. In their second year, students earn credit through a "mini-internship" with a community agency or organization. Finally, fourth year students gain real-world experience through a 400-hour internship with the agency or organization of their choice.

## Public Health Pre-Medical track

The public health pre-medical track is a 120 credit hour option within the existing bachelor of science in public health degree program. The pre-medical track is targeted toward those students who are interested in impacting the health and well-being of communities and want to build upon that with a medical degree following completion of the bachelor's degree. This track provides several options upon completion of the degree:

- meet requirements for admission into most medical schools and also have additional coursework that will provide a strong foundation for a physician;
- obtain a career in the field of public health education which the Bureau of Labor Statistics predicts to have a 21% growth by 2022; or
- seek graduate education in a public health field.

The public health field is growing increasingly competitive. To enroll in the core requirement courses, including the sophomore level practicum and 400-hour senior internship, at least a 2.7 GPA is required. Because of the strong engagement with the community, students are held to a high level of professionalism. Students are expected to:

- perform with excellence in the classroom;
- act with a high level of professionalism in all areas;
- join and actively participate in Eta Sigma Gamma, our student organization;
- attend local, state, and/or regional professional conferences;
- get involved in research with faculty members; and
- participate in community service.

Code	Title	Hours
<b>Required courses:</b>		
HEAL 2000	Foundations Of Health Education	3

HEAL 2500	Personal Health	3
HEAL 2700	Introduction to Public Health	3
HEAL 2750	Introduction to Epidemiology	3
HEAL 2940	Practicum In Community Health	2
HEAL 3000	Global Health	3
HEAL 3500	Environmental Health	3
HEAL 3600	Prevention And Control Of Disease	3

### Required professional division courses:

HEAL 4100	Health Behavior	3
HEAL 4200	Methods And Materials In Community Health	3
HEAL 4250	Program Evaluation	3
HEAL 4800	Public Health Research And Statistics	3
HEAL 4940	Senior Field Experience	6

### Public Health Content - select six courses from the following:

COMM 3760	Health Communication
HEAL 1800	Medical Terminology
HEAL 2400	General Safety
HEAL 2600	Mental Health
HEAL 3200	Consumer Health
HEAL 3300	Drug Awareness
HEAL 3700	Foundations Of Human Sexuality
HEAL 3800	Death And Dying
HEAL 4500	Women's Health Care
HEAL 4560	Health Problems Of Aging
HEAL 4700	Nutritional Science

### Public Health Supporting - select two courses from the following:

ANTH 3330	Food, Health, Society
ANTH 4760	Medical Anthropology
CMPT 1100	Microsoft Office Applications
COMM 2000	Mass Communication And Society
COMM 2600	Public Presentations
COMM 2820	Group Communication
PHIL 3370	Medical Ethics
PSY 2200	Abnormal Psychology
PSY 2510	Lifespan Developmental Psychology
PSY 2700	Social Psychology
SOC 1020	Social Problems
SOC 2640	Race, Class, And Gender
SOC 4160	Health And Gender
SOC 4180	Medical Sociology

- Bachelor of Science in Public Health
- Bachelor of Science in Public Health: Pre-Medical track

## BS in Public Health

Below is a sample plan of study. Consult your degree audit for your program requirements.

<b>First Term</b>		<b>Hours</b>
ENGL 1110	College Composition I	3
HEAL 2000	Foundations Of Health Education	3
HHS 1000	Health And Human Services/College Orientation	1
MATH 1320	College Algebra	3
Arts/Humanities Core		3
Diversity of US		3
<b>Hours</b>		<b>16</b>
<b>Second Term</b>		
BIOL 2010	Major Concepts In Biology	3
ENGL 2950	Science And Technical Report Writing	3
HEAL 2500	Personal Health	3
HEAL 2700	Introduction to Public Health	3
Arts/Humanities Core		3
<b>Hours</b>		<b>15</b>
<b>Third Term</b>		
EEES 1130	Down To Earth: Environmental Science	3
EXSC 1560	Fundamentals of Anatomy and Physiology	3
EXSC 1460	Fundamentals of Anatomy and Physiology Lab	1
HEAL 2750	Introduction to Epidemiology	3
Public Health Content Course		3
UT Core Elective		3
<b>Hours</b>		<b>16</b>
<b>Fourth Term</b>		
EEES 1170	Microbes And Society	3
HEAL 2940	Practicum In Community Health	2
Public Health Content Course		3
Public Health Content Course		3
Public Health Content Course		3
Elective		2
<b>Hours</b>		<b>16</b>
<b>Fifth Term</b>		
HEAL 3000	Global Health	3
HEAL 3600	Prevention And Control Of Disease	3
Public Health Content Course		3
Social Sciences Core		3
Non-US Diversity		3
<b>Hours</b>		<b>15</b>
<b>Sixth Term</b>		
EXSC 3240	Concepts of Exercise Fitness and Health Strategies	3
HEAL 3500	Environmental Health	3
Public Health Support Course		3
Public Health Support Course		3
Elective		3
<b>Hours</b>		<b>15</b>
<b>Seventh Term</b>		
HEAL 4100	Health Behavior	3

HEAL 4200	Methods And Materials In Community Health	3
Social Sciences Core		3
Public Health Content Course		3
Elective		3
<b>Hours</b>		<b>15</b>
<b>Eighth Term</b>		
HEAL 4250	Program Evaluation	3
HEAL 4800	Public Health Research And Statistics	3
HEAL 4940	Senior Field Experience	6
<b>Hours</b>		<b>12</b>
<b>Total Hours</b>		<b>120</b>

Courses noted with FL or SP are only offered in those semesters.

## BS in Public Health – Pre-Medical track

Below is a sample plan of study. Consult your degree audit for your program requirements.

All students must maintain a GPA of 3.0 or higher to remain in good standing in the pre-medical track.

<b>First Term</b>		<b>Hours</b>
BIOL 2170	Fundamentals of Life Science: Biomolecules, Cells, and Inheritance	4
BIOL 2180	Fundamentals of Life Science Laboratory: Biomolecules, Cells, and Inheritance	1
CHEM 1200	Problem Solving In General Chemistry	1
CHEM 1230	General Chemistry I <sup>1</sup>	4
CHEM 1280	General Chemistry Lab I <sup>1</sup>	1
ENGL 1110	College Composition I	3
HHS 1000	Health And Human Services/College Orientation	1
<b>Hours</b>		<b>15</b>
<b>Second Term</b>		
BIOL 2150	Fundamentals Of Life Science: Diversity Of Life, Evolution And Adaptation	4
BIOL 2160	Fundamentals Of Life Science Laboratory: Diversity Of Life, Evolution And Adaptation	1
CHEM 1240	General Chemistry II <sup>1</sup>	4
CHEM 1290	General Chemistry Lab II <sup>1</sup>	1
ENGL 2950	Science And Technical Report Writing	3
Social Sciences Core		3
<b>Hours</b>		<b>16</b>
<b>Third Term</b>		
CHEM 2410	Organic Chemistry I <sup>1</sup>	3
CHEM 2430	Recitation For Organic Chemistry I	1
CHEM 2460	Organic Chemistry Laboratory I for Non-Majors <sup>1</sup>	1
EXSC 2510	Human Anatomy <sup>1</sup>	3
EXSC 2520	Human Anatomy Lab <sup>1</sup>	1
HEAL 2700	Introduction to Public Health	3

MATH 1340	College Algebra And Trigonometry <sup>1</sup>	5	<ul style="list-style-type: none"> <li>• Describe leading global health concerns including their causes, distribution, and response strategies</li> <li>• Describe the relationship between the environment and the health of individuals and communities</li> <li>• Explain personal impacts on the environment and how that can impact health.</li> <li>• Explain factors that lead to increased risk for infectious and chronic disease and strategies to reduce these risks.</li> <li>• Use health theories/models to explain why people engage in behaviors that promote and/or compromise health</li> <li>• Demonstrate how health theories/models are used as the foundation for interventions/programs</li> <li>• Describe how to plan for the implementation of health promotion/disease prevention programs</li> <li>• Demonstrate cultural humility through the design of culturally appropriate methods and materials for health promotion/disease prevention programs</li> <li>• Describe various types of program evaluation and when they are most appropriately used</li> <li>• Demonstrate how to align program goals, objectives, activities and evaluation.</li> <li>• Apply public health skills in community settings to impact the health of a local population</li> <li>• Describe various research methods that are used in the public health field</li> <li>• Conduct basis statistical analyses on health related data</li> <li>• Describe ethical considerations when conducting public health research</li> </ul>
<b>Hours</b>		<b>17</b>	
<b>Fourth Term</b>			
CHEM 2420	Organic Chemistry II <sup>1</sup>	3	
CHEM 2470	Organic Chemistry Laboratory II for Non-Majors <sup>1</sup>	1	
EXSC 2530	Human Physiology <sup>1</sup>	3	
EXSC 2540	Human Physiology Lab <sup>1</sup>	1	
MATH 2600	Introduction To Statistics	3	
Arts/Humanities Core (Diversity of US)		3	
<b>Hours</b>		<b>14</b>	
<b>Fifth Term</b>			
CHEM 3510	Biochemistry I (FL)	3	
HEAL 2750	Introduction to Epidemiology (FL)	3	
HEAL 3000	Global Health (FL)	3	
PHYS 2070	General Physics I (FL) <sup>1</sup>	5	
<b>Hours</b>		<b>14</b>	
<b>Sixth Term</b>			
HEAL 3500	Environmental Health (SP)	3	
HEAL 3600	Prevention And Control Of Disease	3	
HEAL 4800	Public Health Research And Statistics (SP)	3	
PHYS 2080	General Physics II (SP)	5	
<b>Hours</b>		<b>14</b>	
<b>Seventh Term</b>			
HEAL 4100	Health Behavior (FL)	3	
HEAL 4200	Methods And Materials In Community Health (FL)	3	
HEAL 4700	Nutritional Science	3	
Arts/Humanities Core (Non-US Diversity)		3	
Support Elective		3	
<b>Hours</b>		<b>15</b>	
<b>Eighth Term</b>			
HEAL 3800	Death And Dying	3	
HEAL 4250	Program Evaluation	3	
HEAL 4940	Senior Field Experience	6	
Social Sciences Core		3	
<b>Hours</b>		<b>15</b>	
<b>Total Hours</b>		<b>120</b>	

<sup>1</sup> A "C" or better is required in this course.

Courses noted with FL or SP are only offered in those semesters.

- Identify the historical foundations for public health
- Describe social determinants of health and how they impact communities
- Identify major health related issues and how public health can impact them
- Describe why evidence-based approaches are an essential part of public health practice.
- Describe the basic principles and methods of epidemiology and their application to public health