

## **Public Health Major**

*Coordinator:* Seals

Faculty: Adler, Gazley, Hu, Leven, Mirtcheva, Mitchell, Pollock, Rice, Ruddy, Seals, Vandergriff, Winston

**Notice** - Students follow the degree requirements of the Undergraduate Bulletin in effect when they begin their matriculation at the College. The information in this document applies to the 2016-17 academic year. Students changing majors or adding a second or third major follow the major requirements in effect at the time the major is changed or added. Students returning to the College after an absence of two consecutive semesters (not including summer) follow the requirements in effect at the time of their return.

**Revision Advisory** – The School of Nursing, Health, and Exercise Science on behalf of the Public Health major maintains the right and responsibility to revise content as appropriate in response to changes to accreditation requirements or other professional standards in the field.

### **About the Profession**

Public health is the practice and science of protecting and improving the health of families and communities through promotion of healthy lifestyles, research for disease and injury prevention and detection and control of infectious diseases. Concerned with protecting the health of entire populations, Public Health uniquely addresses health concerns from local neighborhoods to states, countries and the world.

Public health professionals promote wellness and prevent and minimize health problems through implementing intervention programs, recommending policies, administering services and conducting research. Public health also works to decrease health disparities and improve healthcare access, equity, and quality. The Public Health Major prepares students for careers in federal, state or local departments of health, health and health related community based organizations and a wide range of other agencies.

The Bachelor of Arts in Public Health degree program is offered by the School of Nursing, Health, and Exercise Science in collaboration with schools and departments across the College. This comprehensive, interdisciplinary program allows students to take classes from all seven TCNJ schools providing a personalized yet rigorous educational experience. Faculty enthusiastically share their rich professional expertise engaging students in experiential learning through interactive pedagogy and participation in leadership opportunities including research, conferences, networking, global study, intensive internships and mentoring.

### **Mission**

The Bachelor of Arts in Public Health degree program prepares graduates to advance the public's health through education, health promotion, disease prevention, and the improvement of health outcomes of populations and individuals domestically and globally.

### Requirements for the Public Health Major

The Public Health major requires ten courses including 5 core courses and 5 major course options from the areas of Research Methods, Global Public Health, Communications, Social and Behavioral Science and one elective option approved by the Public Health coordinator. Because of the emphasis on global health, Public Health majors must complete a second language through the third sequence (101,102 and 103). A natural science course from the options below and a statistics course (STA 115 or STA 215) also are required for the major and Liberal Learning.

### Curriculum Plan

As part of a traditional four-year curriculum plan (8 semesters of full-time study), the First Semester Sequence for freshman level majors includes the following fall semester courses:

#### 1st Semester - Fall

- |                                                              |        |
|--------------------------------------------------------------|--------|
| ➤ PBH 099 Introduction to Public Health (orientation)        | 0 unit |
| ➤ First Seminar Program (FSP – Liberal Learning)             | 1 unit |
| ➤ PBH/NUR 220 Wellness Promotion Across the Lifespan         | 1 unit |
| ➤ STA 115 Statistics or STA 215 Statistical Inference        | 1 unit |
| ➤ Second Language Proficiency (101 or higher with AP credit) | 1 unit |

Owing to the interdisciplinary and flexible nature of the Public Health major, students are expected to consult with their faculty advisor to design a curriculum plan that meets all major, Liberal Learning (LL), and elective requirements for graduation. The following plan is designed to meet all course requirements for semesters two through eight, and allows ample opportunity for minor or second major course of study, if desired.

#### 2<sup>nd</sup> Semester - Spring

- |                                                                                                         |        |
|---------------------------------------------------------------------------------------------------------|--------|
| ➤ PBH/ANT/SOC 240: Epidemiology<br>(Core & LL: Behavioral, Social, or Cultural Perspectives)            | 1 unit |
| ➤ Biology Option: BIO 171, 172, 201(formerly 185), 104, 144<br>(Major & LL: Natural Science with a lab) | 1 unit |
| ➤ Second Language Proficiency (102 or higher with AP credit)                                            | 1 unit |
| ➤ WRI 102, LL, Elective, or MAT127                                                                      |        |

#### 3<sup>rd</sup> Semester - Fall

- |                                                                                                                 |        |
|-----------------------------------------------------------------------------------------------------------------|--------|
| ➤ PBH/ANT/SOC 373: Public Health and Social Policy<br>(Core & LL: Behavioral, Social, or Cultural Perspectives) | 1 unit |
| ➤ Communication Option: COM 415, COM 345, COM 360, or COM 487                                                   | 1 unit |
| ➤ Second Language Proficiency<br>(103 level course or higher if AP or other course credit)                      | 1 unit |
| ➤ LL or Elective (or minor second major)                                                                        | 1 unit |

#### 4th Semester - Spring

- |                                                                                                                        |        |
|------------------------------------------------------------------------------------------------------------------------|--------|
| ➤ Global Public Health Option: PBH/ANT/SOC 372, COM 415,<br>COM 487, or approved global study (major and & LL: Global] | 1 unit |
| ➤ Additional Public Health Course - Option 1 of 3 (from approved list)                                                 | 1 unit |
| ➤ LL or Elective (or minor second major)                                                                               | 1 unit |
| ➤ LL or Elective                                                                                                       | 1 unit |

5th Semester - Fall

- PBH 401: Research Methods for Public Health, PBH/COM 390, ECO 231, 1 unit  
PBH/NUR 328,OR PBH/SOC 302
- Additional Public Health Course - Option 2 of 3 (from approved list) 1 unit
- LL or Elective (or minor second major) 1 unit
- LL or Elective (or minor second major) 1 unit

6th Semester - Spring

- Remaining Public Health Course - Option 3 of 3 (from approved list) 1 unit
- LL or Elective (or minor second major) 1 unit
- LL or Elective (or minor second major) 1 unit
- LL or Elective (or minor second major) 1 unit

7th Semester - Fall

- PBH 405: Internship / Capstone in Public Health Variable up to 2 units  
(120 hours for 2 course units if taken in one semester)
- LL or Elective (or minor second major) 1 unit
- LL or Elective (or minor second major) 1 unit
- LL or Elective (Only if PBH 405 is taken across fall and spring semesters)1 unit

8th Semester - Spring

- PBH 405: Internship / Capstone in Public Health or Elective-Variable up to 2 units  
(120 hours for 2 course units if taken in one semester)
- LL or Elective (or minor second major) 1 unit
- LL or Elective (or minor second major) 1 unit
- LL or Elective (Only if PBH 405 is taken across fall and spring semesters)1 unit

**Declaration of the Public Health Major**

Students seeking to transfer from another accredited institution may apply for entrance to the major through the Office of Admissions. Details about the transfer application process may be found at: <http://admissions.tcnj.edu/resources-for/transferapplicants/#apply>.

Current TCNJ students in good standing seeking to transfer internally may apply to enter the Public Health major if they meet eligibility standards. Eligible applicants must have completed either STA 115 with a minimum B- grade or STA 215 with a minimum C+ grade. Eligible applicants also must have completed one of the following major courses with a minimum grade of B- or higher:

- PBH/ANT/SOC 240 Introduction to Epidemiology (preferred)
- PBH/ANT/SOC 373 US Public Health and Social Policy
- PBH/NUR 220 Wellness Promotion Across the Lifespan
- PBH/ANT/SOC 372 Global Public Health

Applications are accepted twice per academic year at the end of the fall and spring semesters for matriculation in the following semester. Upon admission, the Public Health program gives written notice to the Office of Records and Registration and assigns the student an advisor within

the major. Students proceed according to the requirements of the Bulletin in effect at the time of their formal declaration. If changing majors, students must meet any new requirements of the Bulletin in effect at the time of the change, subject to such exceptions in favor of the earlier Bulletin as the Public Health program may approve. Only enrolled, degree-seeking students may declare majors. If a major is changed, the new major(s) must be officially declared before the deadline for applying for graduation in a given term.

### **Program Entrance, Retention, and Exit Standards**

Every major program at the College has set standards for allowing students to remain in that program, to transfer within the College from one program to another, and to graduate from a program. The following are the standards for the Public Health program. Minimum grades are noted in parentheses:

- Retention in the program is based on the following performance standards in these “critical content courses”: PBH/ANT/SOC 240 (B-) and PBH/SOC/ANT 373 (B-).
- Transfer into the program from another program within the College requires formal application according to the aforementioned procedures and criteria. Eligible applicants must have completed either STA 115 with a minimum B- grade or STA 215 with a minimum C+ grade. Eligible applicants also must have completed one of the following major courses with a minimum grade of B- or higher:
  - PBH/ANT/SOC 240 Introduction to Epidemiology (preferred)
  - PBH/ANT/SOC 373 US Public Health and Social Policy
  - PBH/NUR 220 Wellness Promotion Across the Lifespan
  - PBH/ANT/SOC 372 Global Public Health
- Graduation standards require a GPA of 2.0 in Public Health major courses. Only grades of C– or higher are acceptable in PBH major courses applied toward graduation, except for courses requiring higher grades, including: PBH/SOC/ANT 240 (B-), PBH/SOC/ANT 373 (B-), PBH/NUR 220 (C), PBH 405 (B-), and STA 115 (B-) or STA 215 (C+). Students earning less than the required grade in any major course must successfully repeat the course with the requisite grade or higher in order to apply that course toward graduation. Students seeking to repeat a major course more than once may only do so with prior permission from the Public Health Coordinator or Assistant Dean.

### **Core Courses**

- PBH 099 Introduction to Public Health (0 credits)
- PBH/ANT/SOC 240 Introduction to Epidemiology
- PBH/ANT/SOC 373 US Public Health and Social Policy
- PBH/NUR 220 Wellness Promotion Across the Lifespan
- PBH 405 Capstone Internship in Public Health 2 units

### **Research Methods - One course in from among the following:**

- PBH 401 Research Methods for Public Health
- PBH/COM 390 Methods of Communication Research Analysis
- PBH/NUR 328 Research for the Health Related and Social Sciences (prerequisite STA 115 or STA 215, co-requisite with prior permission from the Public Health Coordinator or Assistant Dean).
- PBH/PSY 203 Design and Statistical Analysis (prerequisite PSY 121)

- PBH/SOC 302 Quantitative Research Methods
- PBH/HES 320 Research Methods in HES
- PBH/ECO 231 Applied Economics and Business Statistics (prerequisite STA 215 or equivalent)

**Global Public Health - One course in from among the following:**

- PBH/ANT/SOC 372 Global Public Health
- PBH/COM 415 International Communications
- PBH/COM 487 Student-Faculty Advanced Research
- PBH/SOC 372 Global Public Health
- Or Study Abroad with prior approval from Public Health Coordinator or Assistant Dean

**Communication Studies - One course in from among the following:**

- PBH/COM 342 Lifespan Communication
- PBH/COM 345 New Media & Health Communications
- PBH/COM 403 Health & Risk Communication Campaigns: A Social Marketing Approach
- PBH/COM 415 International Communication
- PBH/COM 460 Global Health Communication and Social Change
- PBH/COM 487 Advanced Student-Faculty Research: Health, Development, and Communication

**Social and Behavioral Sciences or Philosophy - One course from among the following:**

- PBH/ANT/SOC 371/Culture, Health and Illness
- PBH/ANT/SOC 372/Global Public Health
- PBH/COM 345/New Media and Health Communication
- PBH/COM 403/Health Communication Campaigns
- PBH/ECO 320/Health Economics (prerequisite ECO 101)
- PBH/NUR 300/Contemporary Legal Challenges in Health Care
- PHL 255/Biomedical Ethics
- HON 355 Honors Biomedical Ethics
- PSY 212/Biopsychology (prerequisite PSY 101)
- PSY 340/Health Psychology (prerequisite PSY 101)
- SOC 345/Inequality, Pollution and the Environment

**Major Option - One additional course from any of the above courses from the Research Methods, Global Public Health, Communication Studies, Social and Behavioral Sciences, or Philosophy, or an alternative course with prior permission from the Public Health Coordinator of Assistant Dean.**

**Liberal Learning - In addition, as part of completion of Liberal Learning requirements, Public Health majors are required to take two supportive classes in the Natural Sciences and Statistics as follows.**

Natural Sciences - One course from among the following:

- ANT 205/Human Evolution

- BIO 104 Inquiries in the Life Sciences
- BIO 141/Principles of Human Anatomy and Physiology 1
- BIO 142 Principals of Human Anatomy & Physiology 2
- BIO 171/Human Form and Function
- BIO 201/Themes in Biology
- BIO 352/Biometry (prerequisite BIO 201)
- BIO 444/Molecular, Immunology and Human Disease (prerequisite BIO 211 and BIO 231)
- NUR 440/Caring in Community Health/Science

**Statistics - One statistics course from among the following:**

STA 115 or STA 215/Inferential Statistics

**Public Health Minor**

The Public Health minor provides students the opportunity to complement their major with a solid introduction to the field of public health. This minor is appropriate for students from all majors at the College (except Public Health majors), but especially those considering careers or further study in the health related professions, such as medicine, nursing, community, or global public health, public health policy, health management, social work, clinical psychology, biostatistics, health communications, medical journalism, medical anthropology, and other fields.

**Public Health Minor Core Requirements (2 units)**

Complete Epidemiology (PH/SOC/ANT 240) *and either* Global Public Health (PBH/SOC/ANT 372) or US Public Health and Social Policy (PBH/SOC/ANT 373)

**Epidemiology (PBH/SOC/ANT 240)** Epidemiology covers the basic principles of epidemiology e.g., study design, measures of association, biases and confounding variables, disease detection, and risk analysis. It emphasizes critical thinking, the limitations of current conceptual and methodological approaches in epidemiology, ethical and social justice considerations and socio-cultural aspects of public health, using examples from epidemiological studies carried out in the United States and internationally.

Choose one of the following:

- **Global Public Health (PBH/SOC/ANT/SOC 372)**  
This course introduces students to the field and disciplines of public health from across cultural perspectives, looking at both local and global public health issues. Course material and Sociology and assignments focus on public health initiatives in Western and non-Western societies with particular attention to core concepts of public health, responses to bio-terrorism and war, prevention of infectious diseases, alternative medical and healing practices, health of school age children and public health personnel. The course emphasizes the impact of culture, social structure, economics and politics on the health and illness and public health policies in both the developing and developed world. War, genocide, terrorism, guerrilla insurgencies, the global economy and international travel are viewed as public health issues.
- **US Public Health and Social Policy (PBH/SOC/ANT/SOC 373)**

This course covers material in the area of U.S. public health and social policy at both the macro and micro level. The course emphasizes conceptual approaches as well as the significant health care policy changes that affect everyone's lives. The macro section of the course will be under the rubric Revamping American Health Care Delivery concentrating on historical, current and proposed solutions. The micro section will cover specific area of health concerns. Co-requisite in Methods/Statistics: (1 unit)

### **Co-requisite in Methods/Statistics (1 unit)**

Complete at least one of the following:

- Biometry (BIO 352) [prereq. BIO 201 (formerly 185)]
- Methods of Communication Research Analysis (COM 390)
- Applied Economics and Business Statistics (ECO 231) [prereq. STA 215 or equivalent]
- Research for the Health-Related and Social Sciences (NUR 328) [prereq. STA 115]
- Design and Statistical Analysis (PSY 203)[prereq. PSY 121]
- Quantitative Research Methods (SOC 302) [prereq. STA 115]
- Inferential Statistics (STA 215) [prereq. MAT 125 or MAT 127]

### **Public Health Options (3 units)**

Complete three additional courses, with at least one from the biological aspects and one from the social and behavioral aspects lists below.

#### **Biological Aspects (at least 1 unit)**

- Human Anatomy and Physiology I (BIO 141)
- Human Form and Function (BIO 171)
- Human Evolution (ANT 205)
- Themes in Biology (BIO 201, formerly 185)
- Molecular, Immunology and Human Disease (BIO 444) [prereq. BIO 211]
- Wellness Promotion Across the Lifespan (PBH/NUR 220)
- Caring in Community Health/Science (NUR 440)

#### **Social and Behavioral Aspects (at least 1 unit)**

- Culture, Health and Illness (PBH/SOC/ANT 371)
- Global Public Health (PBH/SOC/ANT 372)
- US Public Health and Social Policy (PBH/SOC/ANT 373)
- New Media and Health Communication (PBH/COM 345)
- Health Communication Campaigns (PBH/COM 403)
- Health Economics (ECO 320) [prereq. ECO 101]
- Contemporary Legal Challenges in Healthcare (NUR 300)
- Biomedical Ethics (PHL 255) [prereq. 1 course in philosophy or permission of instructor]
- Biopsychology (PSY 212) [prereq. PSY 101]
- Health Psychology (PSY 340) [prereq. PSY 101]
- Inequality, Pollution and the Environment (SOC 345)

NOTE: According to TCNJ policy, students may double-count one course from a minor into a major or interdisciplinary concentration. For public health minors, this does not include the co-

requisite course. However, only one course from core, biological aspects, or social/behavioral aspects may count towards both a major or an interdisciplinary concentration.

**Declaration of Optional Public Health Minor**

Students may declare the Public Health minor by registering with the Coordinator of the Public Health program and submitting a completed Application for Minor Course of Study form, which may be downloaded from the Office of Records and Registration website.

Once signed by the Coordinator, the form must be submitted to the Office of Records and Registration. Note: Students must submit the Application for Minor Course of Study form *at least one semester* before graduation.

Students proceed according to the requirements of the Bulletin in effect at the time of their formal declaration. Students are responsible for knowing their minor requirements and for completing them. Minors not complete at the time of the student's graduation will be dropped from the student's record. Students are encouraged to declare intended minors as soon as they make decisions to pursue them as some classes may be restricted to majors and minors. Minors must be officially declared before the deadline for applying for graduating in a given term.