

Public Health

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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 2019-20 academic year. Students changing majors or adding Public Health as 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 disease prevention 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.

About the Public Health Major

The Bachelor of Science in Public Health degree program (major) 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 Science in Public Health degree program (major) prepares graduates to advance the public's health through education, health communication, 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 curriculum is grounded by an interdisciplinary foundation of orientation and support courses that undergird a framework of core and concentration courses, culminated by intensive experiential learning in the capstone internship experience. Students must complete 14 course units in five categories:

- 1) Orientation Course (0 unit)**
- 2) Public Health Support Courses (2 units)**
- 3) Public Health Core Courses (6 units)**
- 4) Public Health Concentration and/or Elective Courses (4 units)**
- 5) Capstone Internship (2 units).**

ORIENTATION COURSE

PBH 099 Introduction to Public Health (0 unit, pass/fail) provides orientation about the field of Public Health, overview of the major curriculum, internship and career opportunities as well as fundamental concepts and skills foundational to the discipline.

SUPPORT COURSES

Students must take 2 Public Health Support courses, 1 in Statistics and 1 in Anatomy and Physiology from the Biology department.

Statistics Options:

Students must complete either STA 115: Statistics (1 unit, minimum grade of B- or better required) **OR** STA 215: Statistical Inference (1 unit, minimum grade of C+ or better required). Students who interested in Pre-Health Professional track need take STA 215 and meet prerequisites for STA 215.

Biology Options:

Students must complete 1 course from the list below:

BIO 171: Human Form and Function (1unit)

BIO 201 (formerly 185): Foundations in Biological Inquiry (1unit). Students who interested in Pre-Health Professional track need take BIO 201 and meet prerequisites for BIO 201.

ANT 361: Human Osteology and Forensic Anthropology (1unit)

Note –Alternative Statistics or Biology support courses may be considered equivalent for application to the Public Health major, but only by prior written request to the department chair.

CORE COURSES (6 course units):

1. **PBH 220 Wellness Promotion Across the Lifespan (1 unit)**
2. **PBH 240 Introduction to Epidemiology (1 unit)**
3. **PBH 375 Population Approaches to World Health (1 unit)**
4. **PBH 376 Health Systems, Administration and Policy (1 unit)**
5. **PBH 379 Environmental and Occupational Health (1 unit)**
6. **PBH 401 Research Methods (1 unit)**

CONCENTRATION COURSES

Students may choose either the Health Communication Concentration (HCC) *or* the Social and Behavioral Science Concentration (SBCC). With guidance and approval of their academic advisor or department chair, students must complete 4 courses to satisfy concentration requirements, including 3 in their selected concentration *and* 1 from the other concentration. Alternative courses may be considered for application to the selected concentration, but *only* by prior written request to the department chair.

Course Options for Health Communication Concentration:

Required 2 courses from the following list of 3:

- COM 403: Health & Risk Communication: A Social Marketing Approach (1 unit)
- COM 415: International Communication (1 unit)
- COM 460: Global Health, Communication and Social Change (1unit)

Select 1 course from the following list of 2:

- COM 342: Lifespan Communication (1 unit)
- COM 345: New Media and Health Communication (1 unit)

AND

- 1 Course from Social and Behavioral Sciences (see list below)

Course options for Social and Behavioral Sciences Concentration:

Select 3 courses from the following list:

- ANT 341: Environmental Anthropology (1 unit)
- ANT/SOC 371: Culture, Health, and Illness (1 unit)
- NUR 300: Legal Challenges in Health Care (1 unit)
- NUR 440: Caring in Community Health (1 unit)
- PHL 225: Biomedical Ethics (1 unit)
- PSY 212: Biopsychology (1 unit)

- PSY 340: Health Psychology (1 unit)
- SOC 345: Inequality, Pollution, and Environment (1 unit)
- SOC 365: Poverty and Welfare in US (1 unit)
- PBH 250: Health Education
- PBH 301: Perspectives in Global Public Health – Haiti Mission (1 unit)
- PBH 406: Foundation Grant Writing for Public Health (1 unit)
- WGS 210: Women and Health – Power, Politics, and Change (1 unit)
- WGS 235: Gender and Violence (1 unit)

AND

- 1 Course from the Health Communication (See list above)

Note –Alternative concentration and elective courses may be applicable to the Public Health major, but only by prior written request to the department chair.

CAPSTONE INTERNSHIP COURSE

The capstone internship (2 units) is mandatory for graduation, requiring a 120-hour internship with a public health related agency approved by the capstone coordinator and/or department chair. The capstone also integrates project-based academic coursework and/or research as determined in consultation with the capstone coordinator. The capstone's 2 course units may be completed in one or more semesters with prior approval from the capstone coordinator and department chair.

Double Major

Students seeking Public Health as second major must complete all the degree requirements as the regular major. In certain cases, up to three courses may double count towards both majors. Students must meet with academic advisors in both majors to identify and attain approval for double counted courses.

Taking Graduate level courses as undergraduate student

All TCNJ students can request to take up to two graduate level courses in their undergraduate program. If interested in taking graduate level courses as an undergraduate student, complete the request form, gather permission and signatures and turn it into Records and Registration. Taking graduate level courses as an undergraduate students does not guarantee admission into the 5-year or the 2-year MPH program. Note that some graduate level courses can be counted towards the Core and/or Concentration and/or Elective requirements for the major and the minor in Public Health.

For entry into the MPH Accelerated Program (5-year BS-MPH)

Applying students must be in good standing as a rising Junior with a GPA of 2.75 or higher from TCNJ or an accredited or approved institution (transfer applicants only). Freshmen or Sophomores interested in the 5-year BS-MPH are encouraged to consult with their advisor as early as possible

so that their schedule may be arranged to best take advantage of graduate classes to be taken in the Junior and Senior years of study. Some courses may double count towards BS and MPH program.

Accelerated 5-year BS-MPH Program:

Applications accepted through TCNJ's Department of Public Health via our online form:

https://tcnj.co1.qualtrics.com/jfe/form/SV_57uXdKAAaJNCyLr

- 1) Application Form (online form)
- 2) One Student Essay (upload as attachment)
- 3) One copy of Curriculum Vitae or Resume (upload as attachment)
- 4) Two Letters of recommendation (provide references' name and send online link to your references)
- 5) Unofficial Transcript (upload as attachment)

Additional Requirements:

In some cases, an interview may be requested.

Typical 4-Year Curriculum Plan for the Public Health Major with Concentration in Health Communication

NOTE: A Concentration in Health Communication require three Health Communication courses and one in Social and Behavioral Science (see example below). The concentration in Social and Behavioral Sciences requires three Courses from Social and Behavioral Sciences and one Communication Studies course.

Refer to the key below to identify program requirements and options as outlined in the sample curriculum plan that follows.

- **BOLD: Core courses.**
- ***BOLD ITALICS: Concentration courses.***
- Support Courses: One course in both Statistics and Biology from approved list.
- Liberal Learning (LL): FSP, Eight courses for Breadth Requirements, and Four courses for Civic Responsibilities. Some LL courses may also count towards the Public Health major and/or a second major or a minor.
- Electives: Seven or more courses depending on how many LL courses double count with Public Health major courses.

NOTE: Students are strongly encouraged to take a second language through the 3rd semester, take advantage of at least one international trip or semester abroad and strategically use their electives towards a second major or one or more minors. Up to 3 courses may be shared between majors and up to 1 between a major and a minor.

Year 1	
Fall Semester (4 units)	Spring Semester (4 units)
PBH 099: Introduction to Public Health (Core)	PBH 240: Introduction to Epidemiology (Core)
FSP (LL First Seminar Program)	BIO 171: Human Form and Function or BIO 201: Foundations of Biological Inquiry (Support)
PBH 220: Wellness Promotion across the Lifespan (Core)	WRI 102: Academic Writing (LL) or Elective if AP credit
STA 115 or 215: Statistics (Support; LL – Quantitative Reasoning)	Second Language Proficiency (102 lever course or higher if AP or other course credit) OR LL or Elective
Second Language Proficiency (101 level course or higher if AP or other course credit) OR: LL or Elective	

Year 2	
Fall Semester (4 units)	Spring Semester (4 units)
Concentration Communication Course (1 of 3 from approved list above).	Concentration Communication Course (2 of 3 from approved list above).
Second Language Proficiency (103 level course or higher if AP or other course credit)	Social and Behavioral Sciences course (1 of 1 from approved list above).
LL or Elective	LL or Elective
LL or Elective	LL or Elective
Year 3	
Fall Semester (4 units)	Spring Semester (4 units)
PBH 375 Population Approaches to World Health; (Core)	PBH 376 Health Systems, Administration and Policy (Core)
Concentration Communication Course (3 of 3 from approved list above)	PBH 379 Environmental and Occupational Health; (Core)
LL or Elective	LL or Elective
LL or Elective	LL or Elective
	Meet with Capstone Coordinator to plan and start applying for internships at least two months prior to when you want to start.
Year 4	
Fall Semester (4 units)	Spring Semester (4 units)
PBH 401: Research Methods (Core)	LL or Elective
PBH 405: Capstone Internship in Public Health (120 hours, 2 course units, but may be completed in one or more semesters with variable units) <i>Students must plan their Capstone with Capstone Coordinator at least one semester prior to beginning the Capstone.</i>	PBH 405: Capstone Internship in Public Health (120 hours, 2 course units, but may be completed in one or more semesters with variable units). Spring semester Capstone may be extended into the summer term if needed with prior approval of Capstone Coordinator.
LL or Elective	LL or Elective
LL or Elective only if PBH 405 extended across 2 semesters	LL or Elective only if PBH 405 extended across 2 semesters

Note: Courses listed above are 1 course unit unless indicated otherwise.

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.

Entrance

Students should declare the Major as early as possible to make sure follow the courses will count towards 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 who are Freshmen can become Public Health majors by completing the change major form (<https://recreg.tcnj.edu/wp-content/uploads/sites/166/2019/03/CHANGE-OF-MAJOR.pdf>), gaining signatures and turning the form into Records and Registration. Current TCNJ students who have Sophomore standing or above and are in good academic standing (GPA 3.0 or above) may apply to transfer internally through online application

https://tcnj.co1.qualtrics.com/jfe/form/SV_5mYQ2UzB5XRhjZX. Applicants need to complete the application including: personal essay, letter of recommendation, informal copy of the academic transcripts and meet eligibility standards by satisfactorily completing two courses: 1) a statistics course, either STA 115 with a minimum B- grade or STA 215 with a minimum C+ grade; and one of the following major courses with a minimum grade of B- or higher:

- PBH 240 Introduction to Epidemiology (preferred)
- PBH 220 Wellness Promotion Across the Lifespan
- PBH 375 Population Approaches to World Health
- PBH 376 Health Systems, Administration and Policy
- PBH 379 Environmental and Occupational Health

Applications are reviewed twice per academic semester and at the end of the summer session 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 major declaration. If changing majors, students must meet any new requirements of the Bulletin in effect at the time of the change. 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.

Retention and Graduation Standards

Retention in the Public Health major is based on: 1) meeting performance standards in critical content courses: PBH 240 (B-) and PBH 405 (B-); and 2) maintaining an overall GPA of 2.0 or higher. Note: Students earning a GPA of less than 2.0 in any semester or less than a C- in a Public Health core or concentration course or courses will be required to meet with their faculty advisor to develop an improvement plan for approval by the department chair.

Graduation standards require a minimum grade of C- or higher in Public Health major courses applied toward graduation, except for courses requiring higher grades, including: PBH 240 (B-), PBH 405 (B-), and STA 115 (B-) or STA 215 (C+). Students earning less than the required grade in any required major core or concentration course must repeat the course and earn the requisite grade or higher in order to apply that course toward graduation. Students who fail to achieve the minimum grade in two major core or concentration courses will be placed on probation in the Public Health major. Probation may be lifted only after the course in question is repeated with the requisite minimum grade. Students who fail to achieve the minimum grade in a third required major core or concentration course are subject to dismissal from the major. Any student seeking to repeat any major course more than once may do so only with prior written permission from the Public Health Department Chair and the Assistant Dean.

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 other majors at TCNJ, but especially those considering careers or further study in 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. Students should declare the Minor as early as possible to make sure follow the courses will count towards Public Health minor.

Co-requisite in Methods/Statistics (1 unit)

Complete at least one of the following:

- Research Methods (PBH 401) or an equivalent course in another major (e.g. SOC 302, PSY 299)
- Statistics (STA 115 or 215) or an equivalent course in another major (e.g. ECO 231, PSY 203)

Public Health Minor Core Requirements (4 units)

- Introduction to Epidemiology (PBH 240).
- A Global Health Course from the following: PBH 375 Population Approaches to World Health, PBH 301 Perspectives in Global Public Health – Haiti Mission, COM 415: International Communication, COM 460: Global Health, Communication and Social Change.
- A Policy Course from the following: PBH 376 Health Systems, Administration and Policy, NUR 300 Legal Challenges in Health Care.
- A Communication Course: COM 342: Lifespan Communication, COM 345: New Media and Health Communication, COM 403: Health & Risk Communication: A Social Marketing Approach, COM 415: International Communication, COM 460: Global Health, Communication and Social Change

Public Health Options (1 unit)

- Health Education (PBH 250)
- Public Health Grant Writing for Foundations (PBH 406)
- Health Analytics: Identifying, Collecting, And Analyzing Big Data (prerequisites PBH 401 and STA 115) (PBH 402)

- Health Informatics (PBH 403)
- Poverty and Welfare in US (SOC 365)
- Culture, Health and Illness (SOC/ANT 371)
- Health Disparities (SOC 377)
- 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)
- Gender and Public Policy (WGS 330)
- Women and Health (WGS 210)
- Wellness Promotion Across the Lifespan (PBH/NUR 220)
- Intro to Social Work (SOC 205)
- Alternatively, another relevant course may be approved by request to the Public Health department chair, preferably prior to course enrollment

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.

Declaration of Public Health Minor

Students may declare the minor with approval from the Chair of Public Health and by submitting a completed Application for Minor Course of Study form, which may be downloaded from the Records and Registration website. Once signed by the Chair, the form must be submitted to Records and Registration. Note: Students must submit the Application for Minor Course of Study form at least one semester before graduation.

Students must satisfy the minor requirements according to the Bulletin in effect at the time of their formal declaration. Minors must be officially declared before the deadline for applying for graduating in a given term. Minors not completed at the time of graduation will be dropped from the student's record. Students are encouraged to declare intended minors as soon as possible, as some classes are restricted to majors and minors.