

Public Health

Faculty: Brenda F. Seals (Chair), Jessica Barnack-Tavlaris, Carolina Borges, Sharon Byrne, Marina De Souza, Anne Farrell, Lynn Gazley, Karen Gordon, Connie Kartz, Yachao “Bruce” Li, Donka Mirtcheva, Alexis Mraz, Natasha Patterson, John Pollock, Sylvia Twersky.

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 2023-24 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. The Bachelor of Science in Public Health is designed to easily combine with the Master's in Public Health. With the 5-year option, undergraduates can double count up to five graduate classes completing both degrees in an expedited program. Advising worksheet available on request.

Vision

The vision of the Public Health Department is to address emerging concerns in public health in order to create a more equitable and healthy world.

Mission

The mission of the Public Health Department is to promote critical thinking, leadership, and evidence-based practice in order to create improvement and equity in health outcomes for domestic and global populations.

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 (7 units)**
- 4) **Public Health Concentration Courses (3 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 two Public Health Support courses, one in Statistics and one in Anatomy and Physiology from the Biology department as follows:

Statistics Options:

Students must complete either STA 115: Statistics (1-unit, minimum grade of B- or better) **OR** STA 215/216: Statistical Inference (1-unit, minimum grade of C+ or better). Students interested in Pre-Health Professional track may need to take STA 215/216 and meet prerequisites for STA 215/216, please check with your advisor to confirm

Biology Options:

Students must complete 1 course from the list below making the required grade:
BIO 171: Human Form and Function (1 unit with minimum grade of B- or higher).

BIO 201: Foundations in Biological Inquiry (1 unit with minimum grade of C+ or higher). The Pre-Health Professional track needs BIO 201 with prerequisites.

ANT 361: Human Osteology and Forensic Anthropology (1 unit with minimum grade of B- or higher).

Note: Alternative Statistics or Biology support courses may be considered equivalent for application to the Public Health major, but only by written request to the department chair including a copy of the syllabus/course plan for review. The biology course must cover human anatomy. Prior approval is preferred.

CORE COURSES (7 course units, minimum grade of B- is required):

1. **PBH 220 Wellness Promotion Across the Lifespan* (1 unit)**
2. **PBH 240 Introduction to Epidemiology (1 unit)**
3. **PBH 350 Health Education* (1 unit)**
4. **PBH 375 Population Approaches to World Health* (1 unit)**
5. **PBH 376 Health Systems, Administration and Policy* (1 unit)**
6. **PBH 379 Environmental and Occupational Health* (1 unit)**
7. **PBH 401 Research Methods* (1 unit)**

**Graduate level courses can be taken as a substitute for these undergraduate classes.*

CONCENTRATION COURSES

Students may choose either the Health Communication Concentration (HCC) *or* the Social and Behavioral Science Concentration (SBSC). With guidance and approval of their academic advisor or department chair, students must complete a total of 3 courses to satisfy their concentration requirements including 2 in a selected concentration *and* 1 from the other concentration. Alternative courses for a concentration may be considered *preferably* by prior written request to and approval from the department chair.

Course Options for Health Communication Concentration:

Requires 2 courses from the following list:

- COM 292: Health Communication (1 unit)
- COM 293: Health & Risk Communication: A Social Marketing Approach (1 unit)
- COM 330: Sexual Communication: Identities, Relationships, and Health (1 unit)
- COM 335: Interpersonal Health Communication (1 unit)
- COM 342: Lifespan Communication (1 unit)
- COM 345: New Media and Health Communication (1 unit)
- COM 415: International Communication (1 unit)
- COM 460: Global Health, Communication and Social Change (1 unit)
- Alternatively, another relevant course or a PBHG graduate level course may be approved by request to the Public Health department chair, prior to course enrollment

AND

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

Note that some topics courses (COM 370) may be approved by request to the department chair.

Course options for Social and Behavioral Sciences Concentration:

Select 2 courses from the following list:

- PBH 170: Culture and Health care in Britain & US: Which comes first? (1 unit)
- PBH 209: Reproductive Justice: Transnational Perspectives (1 Unit)
- PBH 210: Women and Health – Power, Politics, and Change (1 unit)
- PBH 235: Gender and Violence (1 unit)
- PBH 255: Social Inequalities in a Developing Context (Brazil Trip) (1 unit)
- PBH/NUR 300: Legal Challenges in Health Care (1 unit)
- PBH/NUR 301: Perspectives in Global Public Health (1 unit)
- PBH 310: Foundations of Public Health Leadership (1 unit)
- PBH 351: Stress Management (1 unit)
- PBH 383: Foundations in Community Birthwork: The Doula Method (1 unit)
- PBH 389: Epidemiology and Aging (1 unit)
- PBH 430: Foundation Grant Writing for Public Health (1 unit)
- Alternatively, another relevant course or a PBHG graduate level course may be approved by request to the Public Health department chair, prior to course enrollment

AND

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

Note that some topics courses (e.g. HIS 165 that focuses on the history of disease) may be approved by request to the department chair.

CAPSTONE INTERNSHIP COURSE (2 units, minimum grade of B- is required):

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 internship and senior paper/presentation integrates project-based academic coursework and/or research meeting approved agency and program goals. The two 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 a second major must complete all the degree requirements as the regular major. Where the first major is a BA degree, then the PH major will also show up as a BA degree. 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 obtain approval for double counted courses.

Taking Graduate Level Courses as an Undergraduate Student

All TCNJ students can request to take up to two graduate level courses in their undergraduate program and these can be counted towards the Public Health Core and/or Concentration and/or Elective requirements for the BS/BA major and the minor. Please check with your major advisor for approval. If you are interested in taking graduate level courses as an undergraduate student, please submit your request here https://tcnj.co1.qualtrics.com/jfe/form/SV_6QzFsMiC4dfA9eJ.

Taking graduate level courses as an undergraduate student does not guarantee admission into the 5-year BA/BS-MPH or the 2-year MPH program.

For Entry into the MPH Accelerated Program (5-year BS/BA-MPH)

Newly admitted freshmen may sign up for the 5-year program as part of TCNJ's admission process. Already matriculated freshmen students may also sign up for the 5-year program through the department by completing a change of major form. **FOR A 5-YEAR course plan, please meet with your assigned undergraduate advisor and, when you are ready to start taking classes in your junior year, meet with the 5-year program advisor.**

Current TCNJ or transfer students interested in the accelerated MPH program are encouraged to consult with their advisor as early as possible so that their class schedule may be arranged to best take advantage of graduate classes. Sophomores, Juniors and Seniors from any major may apply. To be eligible, they must be in good standing with a GPA of 2.75 or higher from TCNJ or an accredited or approved institution (transfer applicants only). Graduate classes may begin in the Junior year. **UP to five courses** may double count towards BA/BS and MPH degrees in the accelerated program.

Accelerated 5-year BA/BS-MPH Program Applications: 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 contact info)
- 5) Unofficial Transcript (upload as attachment)

Additional Requirements: In some cases, an interview may be requested.

Taking graduate classes: Generally, students start taking graduate classes beginning in the Junior year and take core MPH classes. By the end of the first semester of the Junior year, students choose a track preference and may take up to one course towards that track in their senior year. Ideally, students will take a core MPH class each semester of their junior and senior year so that all core requirements can be completed by the first semester of their MPH year. Please meet with the 5-year program advisor before taking graduate classes or no later than the first semester of the junior year to complete course planning.

Typical 4-Year Curriculum Plan for the Public Health Major with Concentration in Health Communication (Medical- Professional tracks have specific requirements not included)

NOTE: A Concentration in Health Communication requires two Health Communication courses and one Social and Behavioral Science course (see example below). The concentration in Social and Behavioral Sciences requires two courses from Social and Behavioral Sciences and one from Communication Studies and would follow the same general pattern as below.

The below key identifies requirements and options for the sample curriculum plan:

- **BOLD: Core courses.**
- ***BOLD ITALICS: Concentration courses.***
- Support Courses: One course in both Statistics and Biology from approved list.
- College Core (CC): FYS, Eight courses for Breadth Requirements, and Four courses for Civic Responsibilities. Some CC courses may double count towards the Public Health major and/or a second major or a minor.
- Electives: Seven+ courses depending on how many CC courses double count with Public Health courses and students' options for minor(s).

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 three courses may be shared between majors and up to one 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)
First Year Seminar (FYS) or First Year Writing (FYW)	BIO 171: Human Form and Function or BIO 201: Foundations of Biological Inquiry (Support)
PBH 220: Wellness Promotion across the Lifespan (Core)	FYS (if FYW completed in Fall) or College Core (CC), or Elective
STA 115 or 215: Statistics (Support; CC – Quantitative Reasoning)	Second Language Proficiency (102 level course or higher if AP or other course credit) OR CC or Elective
Second Language Proficiency (101 level course or higher if AP or other course credit) OR: CC or Elective	

Year 2	
Fall Semester (4 units)	Spring Semester (4 units)
<i>Concentration Communication Course</i> (1 of 2 from approved list above).	<i>Concentration Communication Course</i> (2 of 2 from approved list above).
Second Language Proficiency (103 level course or higher if AP or other course credit)	<i>Social and Behavioral Sciences course</i> (1 of 1 from approved list above).
CC or Elective	CC or Elective
CC or Elective	CC 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)
PBH 350 Health Education (Core)	PBH 379 Environmental and Occupational Health; (Core)
CC or Elective	CC or Elective
CC or Elective	CC 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)	CC 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.
CC or Elective	CC or Elective
CC or Elective only if PBH 405 extended across 2 semesters	CC 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 TCNJ major 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 major 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 2.0 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 2) 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 350 Health Education
- 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 all six core courses and the Capstone (see above); 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 concentration courses or options 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 all Public Health core courses (B-) and the Capstone (B-). Grade requirements also apply to statistics -- STA 115 (B-) or STA 215 (C+) and biology (BIO 171 B-, BIO 201 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 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 to follow courses counting towards Public Health minor. Note that only one class can double count between a major and a minor.

Public Health Minor Core Requirements (4 units)***

- Introduction to Epidemiology (PBH 240), prerequisite of STA 115 or STA 215.
- A Global Health Course from the following: PBH 375 Population Approaches to World Health, PBH 301 Perspectives in Global Public Health.
- A Policy Course from the following: PBH 376 Health Systems, Administration and Policy, PBH/NUR 300 Legal Challenges in Health Care and PBH 310 Foundations of Public Health Leadership.
- A Health Education Course: PBH 350 Health Education.

***Note that some graduate level courses can be counted for Global Health (PBHG 572, PBHG675), Policy (PBHG 521) and/or Communication courses (PBHG 650)

Public Health Options (1 unit)

- COM 292: Health Communication (1 unit)
- COM 293: Health & Risk Communication: A Social Marketing Approach (1 unit)
- COM 330: Sexual Communication: Identities, Relationships, and Health (1 unit)
- COM 335: Interpersonal Health Communication (1 unit)
- COM 342: Lifespan Communication (1 unit)
- COM 345: New Media and Health Communication (1 unit)
- COM 415: International Communication (1 unit)
- COM 460: Global Health, Communication and Social Change (1 unit)
- ECO 320: Health Economics (1 unit)
- PBH 170: Culture and Health care in Britain & US: Which comes first? (1 unit)
- PBH 209: Reproductive Justice: Transnational Perspectives (1 Unit)
- PBH 210: Women and Health – Power, Politics, and Change (1 unit)
- PBH 235: Gender and Violence (1 unit)
- PBH/NUR 220: Wellness Promotion Across the Lifespan (1 unit)
- PBH 255: Social Inequalities in a Developing Context (Brazil Trip)(1 unit)
- PBH 310: Foundations of Public Health Leadership (1 unit)
- PBH 351: Stress Management (1 unit)
- PBH 383: Foundations in Community Birthwork: The Doula Method (1 unit)
- PBH 389 Epidemiology and Aging (1 unit)
- PBH 430: Foundation Grant Writing for Public Health (1 unit)
- PSY 340: Health Psychology (1 unit)

Alternatively, another relevant course or a PBHG graduate level 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 graduation 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.