

## Public Health

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### Notice to Students

Students must follow the degree requirements outlined in the *Undergraduate Bulletin* that was in effect when they first enrolled (matriculated) at the College. This document reflects the degree requirements for the 2025–2026 academic year. If you change your major or add Public Health as a second or third major, you must follow the Public Health major requirements that are in effect at the time of that change. If you leave the College for two consecutive semesters (excluding summer) and return later, you must follow the degree requirements in place at the time you return.

### Curriculum Updates

The School of Nursing and Health Sciences, which oversees the Public Health major, reserves the right to update the curriculum in response to changes in accreditation standards or evolving professional expectations in the field.

### About the Profession

Public Health is the science and practice of protecting and improving the health of families and communities. It focuses on promoting healthy lifestyles, preventing disease and injury, and controlling the spread of infectious diseases. Public Health professionals address health concerns at all levels: from local neighborhoods to global populations.

They work to improve health outcomes by developing and implementing programs, recommending policies, managing services, and conducting research. A key part of the profession also includes reducing health disparities and improving access, equity, and quality in healthcare systems.

### About the Public Health Major

The Bachelor of Science in Public Health is an interdisciplinary degree program offered by the School of Nursing and Health Sciences in partnership with other schools and departments across the College. Students may take courses from other TCNJ Schools, gaining a broad and personalized education rooted in real-world experiences.

Faculty bring their professional expertise into the classroom, engaging students in hands-on learning through interactive instruction, research projects, leadership development, conferences, global study, internships, and mentoring.

The Public Health major also supports students interested in pursuing advanced degrees in health-related fields, such as medicine (MD), physician assistant (PA), dentistry (DDS), and more. Many courses can be taken flexibly to accommodate scheduling needs, including lab-based classes.

For students interested in continuing their studies, the Public Health major offers a 5-year combined BS/MPH program. This option allows undergraduates to take up to five graduate-level

courses that count toward both degrees, making it possible to earn a Bachelor's and Master's in Public Health in an accelerated time frame. An advising worksheet is available upon 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. This course is required for all students including transfer students.

**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 115/145 Statistics or STA/215/216: Statistical Inference (both are 1 unit, minimum grade of C- or better). Students interested in Pre-Health Professional track should consider taking STA 215/216 (must meet prerequisites for STA 215/216, so please check with your advisor or the Math/Statistics department to confirm).

***Biology Options:***

Students must complete 1 course from the list below with a required grade of C- or higher: BIO 171: Human Form and Function or BIO 201: Foundations in Biological Inquiry (for Pre-Health Professional track with prerequisites or ANT

### 361: Human Osteology and Forensic Anthropology.

*Note: Alternative Statistics or Biology support courses (e.g. BIO 141/142) may be considered equivalent for application to the Public Health major, but only by written request to the department chair in advance of enrollment and including a copy of the syllabus/course plan for review. The biology course must cover human anatomy.*

### **CORE COURSES (7 course units, most of them minimum grade of C- is required unless otherwise noted):**

- 1. PBH 220 Wellness Promotion Across the Lifespan\* (1 unit)**
- 2. PBH 240 Introduction to Epidemiology (STA 115 or 145 or 215 is prerequisite) (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, minimum grade of B-; BS-MPH 5 yr program students is required to take PBH401; PBH 240 is a prerequisite for PBH 401; PBH 401 is prerequisite for PBH 405)\* or PBH 472: Program Planning and Evaluation in Action (1 unit, minimum grade of B-; is a prerequisite for PBH 405)\***

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

*Students enrolled in the 5 year program need to achieve a B- or better in public health courses in order to maintain placement in the program.*

### **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 (I unit)
- COM 342: Lifespan Communication (1 unit)
- COM 345: New Media and Health Communication (1 unit)
- COM 394: Global Health, Communication and Social Change (required for COM track, 1 unit)
- COM 415: International Communication (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 209/WGS 209: Reproductive Justice: Transnational Perspectives (1 Unit)
- PBH 210/WGS 210: Women and Health – Power, Politics, and Change (1 unit)
- PBH 235/WGS 235: Gender and Violence (1 unit)
- PBH 236: Feminist Disability Studies (1 unit)
- PBH 255: Social Inequalities in a Developing Context (Brazil Trip) (1 unit)
- PBH 260/170 (cross listed with NUR): Culture and Health care in Britain & US (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/KHS 351: Stress Management (1 unit)
- PBH 365: Social Determinants of Health (1 unit)
- PBH 383: Foundations in Community Birthwork: The Doula Method (1 unit)
- PBH 389: Epidemiology and Aging (1 unit)
- PBH 401: Research Methods (1 unit) [only if PBH 472 is taken for the methods core]
- PBH 430: Foundation Grant Writing for Public Health (1 unit)
- PBH 456: Understanding Population Migration and Health (1 unit)
- PBH 472: Program Planning and Evaluation in Action (1 unit) [only if PBH 401 is taken for the methods core]
- 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) or newly developed courses (e.g. in the Environmental Studies major) may be approved by request to the department chair.**

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

The Capstone Internship PBH 405/406 (2 units) is mandatory for graduation, requiring a 120-hour internship experience (1 unit), and a comprehensive research paper/presentation (1 unit). The PBH 401 Research Methods OR PBH 472 Program Planning course is a prerequisite for PBH 405. The internship site must be a public health related agency approved in advance by the capstone coordinator and/or department chair. The capstone internship and research 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.

**Transferring from another TCNJ major**

Only up to 3 courses from another major at TCNJ can be counted towards the Core and/or

concentration requirements for the Public Health major.

### **Double Major**

Students seeking Public Health as a second major must complete all the degree requirements as noted in this document. The first major will determine which degree will be granted (BA, BS, etc.). 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**

TCNJ Students who meet the GPA and unit minimum 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, as per the policy: <https://tcnj.policystat.com/policy/14089868/latest/>.

Please check with your major advisor for approval. If you are interested in taking graduate level courses as an undergraduate student, please discuss with your faculty advisor and you may submit your request here [https://tcnj.co1.qualtrics.com/jfe/form/SV\\_6QzFsMiC4dfA9eJ](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.

### **Entry into the Accelerated MPH Program (5-Year BS/BA-MPH)**

Newly admitted freshmen may indicate their interest in the 5-year BS/BA-MPH program during the TCNJ admissions process. First-year students who are already enrolled at TCNJ may also join the program by completing a Change of Major form through the department.

To create a 5-year course plan, students should meet with their assigned undergraduate advisor. Once ready to begin graduate-level coursework, typically in the junior year, students must also meet with the 5-Year MPH Program Advisor.

Current TCNJ students and incoming transfer students who are interested in the accelerated MPH program are strongly encouraged to consult with an academic advisor as early as possible. This ensures that their course schedules are aligned to allow for graduate course enrollment. Students from any major may apply in their sophomore, junior, or senior year. To be eligible, applicants must:

- Be in good academic standing at TCNJ
- Have a cumulative GPA of 2.75 or higher (from TCNJ or an accredited/approved institution, for transfer students)

Graduate coursework may begin as early as the junior year. Up to five graduate-level courses can count toward both the undergraduate (BS/BA) and graduate (MPH) degrees as part of 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](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.

**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 the approved list.
- College Core (CC): FSP, 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: Five or more 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 3<sup>rd</sup> 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.

<b>Year 1</b>	
Fall Semester (4 units)	Spring Semester (4 units)
<b>PBH 099: Introduction to Public Health</b> (Core)	<b>PBH 240: Introduction to Epidemiology</b> (Core)

First Year Seminar (FYS)	<b>BIO 171: Human Form and Function or BIO 201: Foundations of Biological Inquiry</b> (Support)
<b>PBH 220: Wellness Promotion across the Lifespan</b> (Core)	FYS (if FYW completed in Fall) or College Core (CC), or Elective
<b>STA 115, 145, or 215: Statistics</b> (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	

<b>Year 2</b>	
Fall Semester (4 units)	Spring Semester (4 units)
<b>Concentration Communication Course</b> (1 of 2 from approved list above).	<b>Concentration Communication Course</b> (2 of 2 from approved list above).
Second Language Proficiency (103 level course or higher if AP or other course credit)	<b>Social and Behavioral Sciences course</b> (1 of 1 from approved list above).
CC or Elective	CC or Elective
CC or Elective	CC or Elective
<b>Year 3</b>	
Fall Semester (4 units)	Spring Semester (4 units)
<b>PBH 375 Population Approaches to World Health;</b> (Core)	<b>PBH 376 Health Systems, Administration and Policy</b> (Core)
<b>PBH 350 Health Education</b> (Core)	<b>PBH 379 Environmental and Occupational Health;</b> (Core)
CC or Elective	CC or Elective
CC or Elective	CC or Elective
	Attend Capstone Orientation and meet with Capstone Coordinator to plan and start applying for internships at least two months prior to when you want to start.
<b>Year 4</b>	
Fall Semester (3 units)	Spring Semester (3 units)
<b>PBH 401: Research Methods OR PBH 472: Program Planning and Evaluation in Action</b>	CC or Elective

(Core)	
<b>PBH 405: Capstone Internship in Public Health</b> (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>	<b>PBH 406: Capstone Paper</b> (See Capstone Paper Guidance).
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 to follow the courses that 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 first-year TCNJ students may apply to enter the Public Health major by completing the change of 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 at TCNJ (GPA 2.75 or above) may apply to transfer internally through an online application [https://tcnj.co1.qualtrics.com/jfe/form/SV\\_5mYQ2UzB5XRhjZX](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, STA 115/145/215 with a minimum C- grade; and 2) one of the following major courses with a minimum grade of C- 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 a faculty advisor within the major. Admitted students must meet all the major requirements in the Undergraduate



Bulletin in effect at the time of their formal admission to the major. If changing majors, students must meet any new requirements of the Bulletin in effect at the time of the change..

### **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 two Public Health core courses (B-) and the Capstone (B-). 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, STA 145 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 Health Education course (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 394: Global Health, Communication and Social Change (1 unit)
- COM 415: International Communication (1 unit)
- ECO 320: Health Economics (1 unit)
- PBH 162: Culture and Health care in Britain & US: Which comes first? (0.5unit)
- PBH/WGS 209: Reproductive Justice: Transnational Perspectives (1 Unit)
- PBH/WGS 210: Women and Health – Power, Politics, and Change (1 unit)
- PBH/NUR 220: Wellness Promotion Across the Lifespan (1 unit)
- PBH/WGS 235: Gender and Violence (1 unit)
- PBH/WGS 236: Feminist Disability Studies (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 365: Social Determinants of Health (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)
- PBH 456: Understanding Population Migration and Health (1 unit)
- PBH 472: Program Planning and Evaluation in Action (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.

### **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.