

# PUBLIC HEALTH, BACHELOR OF SCIENCE

## Degree Description

The public health program prepares students to become professionals who promote the health of local, national, and global populations through education and skills for individuals and communities. A degree in public health prepares students to think critically about societal issues through a justice-based framework, and public health professionals engage in advocacy for policies that ensure and support healthy populations. Students who graduate with a degree in public health pursue careers in a variety of fields, including health administration; health promotion, and behavior; epidemiology; and environmental health. Students are also prepared to pursue graduate degrees in public health or related fields.

## Admissions

Students must have a cumulative and major GPA of at least 2.5.

## Fast Track Program

The School of Health and Kinesiology has developed a Fast Track program for highly qualified and motivated students providing the opportunity to complete a bachelor's degree and a master's degree in an accelerated time frame. With Fast Track, students may count up to 9 graduate hours toward the completion of their undergraduate program as well as the graduate degree program.

Program Specifics:

- This program is available for undergraduate students pursuing a BS in Public Health major desiring to pursue a MS in Health & Kinesiology with a Health Behavior concentration, or those pursuing a BS in Kinesiology major desiring to pursue a MS in Health & Kinesiology with an Exercise Science concentration.
- Students must have completed no less than 60 undergraduate hours.
- Students must have a minimum undergraduate GPA of 3.0.
- Students must complete the Fast Track Approval form and obtain all signatures and submit to the Office of Graduate Studies prior to first enrollment in a graduate course.
- Students will work with their undergraduate advisor to register for the graduate courses.
- A minimum cumulative GPA of 3.0 is required for graduate coursework to remain in good standing.
- Students remain undergraduates until they meet all the requirements for the undergraduate degree and are eligible for all rights and privileges granted undergraduate status including financial aid.
- Near the end of the undergraduate program, formal application to the graduate program is required. The application fee will be waived, the applicant will need to contact the Office of Graduate Studies for a fee waiver code.
  - Admission to Fast Track does NOT guarantee admission to the graduate program.
  - The admit term must be after the completion term of the undergraduate degree.

## Public Health, Bachelor of Science Requirements

Code	Title	Credits
<b>GENERAL EDUCATION REQUIREMENTS - 46 Hours Required</b>		
Minimum of "C-" required		

### Fundamental Academic Skills 15

ENGL 1150	ENGLISH COMPOSITION I
ENGL 1160	ENGLISH COMPOSITION II
Writing in the Discipline Course	
CMST 1110	PUBLIC SPEAKING FUNDS
or CMST 2120	ARGUMENTATION AND DEBATE
MATH 1120	INTRODUCTION TO MATHEMATICAL AND COMPUTATIONAL THINKING
or MATH 1100	DATA LITERACY AND VISUALIZATION
or MATH 1130	QUANTITATIVE LITERACY
or MATH 1140	QUANTITATIVE REASONING FOR HEALTHCARE PROFESSIONALS
or MATH 1300	COLLEGE ALGEBRA WITH SUPPORT
or STAT 1100	DATA LITERACY AND VISUALIZATION
or STAT 1530	ELEMENTARY STATISTICS

### Distribution Requirements 31

Natural Science -- From two disciplines and at least one lab - 7 hrs
Social Science - From two disciplines - 9 hrs
Humanities and Fine Arts - From two disciplines - 9 hrs
Global Diversity - 3 hrs
US Diversity - 3 hrs

### MAJOR REQUIREMENTS - 75 Hours Required

\*\*Course will satisfy UNO's General Education requirement

^Course requires pre-requisite(s)

### All of the following 66

PHHB 1500	FOUNDATIONS IN PUBLIC HEALTH (**)
PHHB 4000	METHODS AND MATERIALS IN HEALTH EDUCATION (^)
PHHB 4040	EPIDEMIOLOGY & PREVENTION OF DISEASE (^)
PHHB 4050	INTRODUCTION TO RESEARCH IN PUBLIC HEALTH
PHHB 4060	SCHOOL HEALTH PROGRAMS (^)
PHHB 4130	COMMUNITY HEALTH
PHHB 4200	A PUBLIC HEALTH APPROACH TO MENTAL HEALTH
PHHB 4280	SOCIAL MARKETING FOR PUBLIC HEALTH (^)
PHHB 4400	HEALTH LITERACY
PHHB 4550	HEALTH ASPECTS OF AGING
PHHB 4650	GLOBAL HEALTH (**)
PHHB 4880	PUBLIC HEALTH POLICY (^)
PHHB 4950	PUBLIC HEALTH LEADERSHIP AND ADVOCACY (^)
PHHB 4990	INTERNSHIP IN PUBLIC HEALTH (^)
PA 2170	INTRODUCTION TO PUBLIC ADMINISTRATION (**)
KINS 3900	MOTIVATION FOR PHYSICAL ACTIVITY (^)
CMST 2410	SMALL GROUP COMMUNICATION AND LEADERSHIP (**)
HEKI 2100	STATISTICS IN HEALTH AND KINESIOLOGY (^)
or PSYC 3130	STATISTICS FOR THE BEHAVIORAL SCIENCES
or SOC 2130	SOCIAL STATISTICS
BIOL 1330	ENVIRONMENTAL BIOLOGY (**)
PHHB 4700	WOMEN'S HEALTH AND ISSUES OF DIVERSITY (**)

JMC 1500	INTRODUCTION TO JOURNALISM AND MEDIA COMMUNICATION (**)	
PSYC 1010	INTRODUCTION TO PSYCHOLOGY I (**)	
<b>Select 3 of the Following</b>		<b>9</b>
PHHB 2070	SUBSTANCE ABUSE AND MISUSE: PREVENTION AND MANAGEMENT	
PHHB 2850	STRESS MANAGEMENT	
PHHB 3080	HUMAN SEXUALITY	
PHHB 3310	INJURY PREVENTION IN PUBLIC HEALTH	
HEKI 3090	APPLIED NUTRITION (**)	
<b>ELECTIVES</b>		
Elective hours as required to reach a total of 120 hours		

## Public Health, Bachelor of Science Four Year Plan

### Freshman

Fall		Credits
ENGL 1150	ENGLISH COMPOSITION I	3
PHHB 1500	FOUNDATIONS IN PUBLIC HEALTH	3
JMC 1500	INTRODUCTION TO JOURNALISM AND MEDIA COMMUNICATION	3
PSYC 1010	INTRODUCTION TO PSYCHOLOGY I	3
Humanities and Fine Arts		3
Attend Durango Days; other campus events		
Advising appointment for spring: Sept. - Oct.		
<b>Credits</b>		<b>15</b>

### Spring

ENGL 1160	ENGLISH COMPOSITION II	3
CMST 1110	PUBLIC SPEAKING FUNDS	3
MATH 1220	COLLEGE ALGEBRA	3
Natural/Physical Science with Lab		4
Elective		2
Advising appointment for fall: February - March		
Join a student organization		
<b>Credits</b>		<b>15</b>

### Sophomore

Fall		Credits
PSYC 3130 or SOC 2130 or HEKI 2100	STATISTICS FOR THE BEHAVIORAL SCIENCES or SOCIAL STATISTICS or STATISTICS IN HEALTH AND KINESIOLOGY	3
CMST 2410	SMALL GROUP COMMUNICATION AND LEADERSHIP	3
Humanities and Fine Arts		3
Class 1 of 2 "Pick 3 Section" <sup>1</sup>		3
Elective		3
Advising appointment for spring: Sept. - Oct.		
<b>Credits</b>		<b>15</b>

### Spring

PHHB 4040	EPIDEMIOLOGY & PREVENTION OF DISEASE	3
PHHB 4050	INTRODUCTION TO RESEARCH IN PUBLIC HEALTH	3
BIOL 1330	ENVIRONMENTAL BIOLOGY	3
Elective		3
Humanities and Fine Arts		3

Advising appointment for fall: February - March		Credits
<b>Junior</b>		<b>15</b>
<b>Fall</b>		
PHHB 4880	PUBLIC HEALTH POLICY	3
PHHB 4400	HEALTH LITERACY	3
PHHB 4130	COMMUNITY HEALTH	3
PA 2170	INTRODUCTION TO PUBLIC ADMINISTRATION	3
Class 2 of 2 "Pick 3 Section" <sup>1</sup>		3
Advising appointment for spring: Sept. - Oct.		
<b>Credits</b>		<b>15</b>

### Spring

PHHB 4700	WOMEN'S HEALTH AND ISSUES OF DIVERSITY	3
PHHB 4650	GLOBAL HEALTH	3
PHHB 4000	METHODS AND MATERIALS IN HEALTH EDUCATION	3
KINS 3900	MOTIVATION FOR PHYSICAL ACTIVITY	3
Elective		3

Advising appointment for fall: February - March		Credits
<b>Senior</b>		<b>15</b>
<b>Fall</b>		
PHHB 4280	SOCIAL MARKETING FOR PUBLIC HEALTH	3
PHHB 4200	A PUBLIC HEALTH APPROACH TO MENTAL HEALTH	3
PHHB 4060	SCHOOL HEALTH PROGRAMS	3
Elective		3
Class 3 of 3 "Pick 3 Section"		3
Advising appointment for spring: Sept. - Oct.		
PHHB 4990 Application Due		
<b>Credits</b>		<b>15</b>

### Spring

PHHB 4990	INTERNSHIP IN PUBLIC HEALTH	6
PHHB 4550	HEALTH ASPECTS OF AGING	3
PHHB 4950	PUBLIC HEALTH LEADERSHIP AND ADVOCACY	3
Elective		3
Apply for graduation		
Career searching		
<b>Credits</b>		<b>15</b>

<b>Total Credits</b>		<b>120</b>
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<sup>1</sup> Pick 2 Section - PHHB 2070, PHHB 2850, PHHB 3080, PHHB 3310 OR HEKI 3090

This roadmap is a suggested plan of study and does not replace meeting with an advisor. Please note that students may need to adjust the actual sequence of courses based on course availability. Please consult an advisor in your major program for further guidance.

This plan is not a contract and curriculum is subject to change

### Additional Information About this Plan:

**University Degree Requirements:** The minimum number of hours for a UNO undergraduate degree is 120 credit hours. Please review the requirements for your specific program to determine all requirements for the program. In order to graduate on-time (four years for an undergraduate degree), you need to take 30 hours each year.

**Placement Exams:** For Math, English, Foreign Language, a placement exam may be required. More information on these exams can be found at <https://www.unomaha.edu/enrollment-management/testing-center/placement-exams/information.php>

\*\*Transfer credit or placement exam scores may change suggested plan of study