

PUBLIC HEALTH & BEHAVIOR (PHHB)

Public Health & Behavior Undergraduate Courses

PHHB 1500 FOUNDATIONS IN PUBLIC HEALTH (3 credits)

An introductory course for public health majors and other interested students, that examines the foundations of public health. The course includes an orientation to the process and the professions of public health and a consideration of current trends, problems and issues and their implications for public health professionals. The course will help candidates develop the knowledge, skills, competencies, and attitudes necessary to orchestrate an environment for positive public health.

Distribution: Social Science General Education course

PHHB 2070 SUBSTANCE ABUSE AND MISUSE: PREVENTION AND MANAGEMENT (3 credits)

An introduction to the effects and rationales of drug use, misuse, and abuse. Included are the physiological, psychological, sociological, pharmacological, and legal aspects of drugs in a culturally diverse United States and abroad.

PHHB 2310 HEALTHFUL LIVING (3 credits)

A study of selected health problems and issues in our society as related to knowledge, attitudes, and behaviors necessary for healthful living in a culturally diverse society.

PHHB 2850 STRESS MANAGEMENT (3 credits)

The health-related aspects of stress will be the focus of this course. Selected techniques for the self-regulation of stress will be demonstrated, practiced, and analyzed. Pressures from the culturally diverse United States and implications of a global society will be analyzed. Students will develop skills and competencies necessary to create a learning environment conducive to reducing stress.

PHHB 3000 SPECIAL PROJECTS (1-3 credits)

This course is designed to provide an opportunity to study a topic in public health through short course, seminar, workshop, or special project.

Prerequisite(s): The prerequisite for the special project will be determined by the instructor.

PHHB 3030 FIRST AID (3 credits)

Designed to give students knowledge and skill in implementing immediate, temporary treatment in case of injury or sudden illness before the services of a physician. Upon successful completion of the course, a student will receive a standard first aid and cardiopulmonary resuscitation certificate.

PHHB 3060 PROMOTING POSITIVE HEALTH (3 credits)

The focus of this team taught, experiential course will be assisting individual students: a) determine what wellness and mindfulness changes they wish to make in their lives; b) assisting them in acquiring the skills and learning about theories of how to effectuate change, and c) assisting them in making the change.

Prerequisite(s): HPER 3090/HEKI 3090, HPER 2850/HEKI 2850, and Holistic Health - Eastern Perspectives. At least two of the following: PEA 111T, PEA 112I, PEA 112U, or PEA 112V One additional PEA course (may not be from the previous category or basketball or volleyball)

PHHB 3070 DEATH AND DYING (3 credits)

An interdisciplinary survey of literature in the field of thanatology, with an emphasis on working with the older patient and his or her family. (Cross-listed with GERO 3070).

PHHB 3080 HUMAN SEXUALITY (3 credits)

An examination of factors influencing sexual development. Emphasis is given to topics pertinent to healthful living in today's culturally diverse, global society. (Cross-listed with WGST 3080).

PHHB 3310 INJURY PREVENTION IN PUBLIC HEALTH (3 credits)

This course is designed to explore public health strategies for the development and maintenance of safe physical environments with a focus on prevention of intentional and unintentional injuries. It explores a multitude of safety programs for school, business, recreation, transportation, and the home.

PHHB 4000 METHODS AND MATERIALS IN HEALTH EDUCATION (3 credits)

This course will provide an opportunity to study, develop and use different materials and equipment in public health. Various methods of teaching health will be practiced and evaluated. Candidates will be able to gain classroom and field experience (service-learning) in planning lessons and presentations.

Prerequisite(s): HED 1500 or PHHB 1500

PHHB 4040 EPIDEMIOLOGY & PREVENTION OF DISEASE (3 credits)

The course is designed for public health students and others who are interested in public health. The cause, prevention, treatment and control of prevalent communicable and non-communicable disease in a culturally diverse and global society will be emphasized. Special emphasis will be given to diseases and health problems that can be prevented or controlled through public health initiatives.

Prerequisite(s): HED 1500 or PHHB 1500

PHHB 4050 INTRODUCTION TO RESEARCH IN PUBLIC HEALTH (3 credits)

This course will assist students to develop the basic skills to read and evaluate applied research to address contemporary problems in public health. The course will provide an introduction to proposal writing, data collection, research design, statistical analysis, and computer application. Unique problems associated with data collection in public health settings such as public health departments, neighborhood health centers, and community based organizations will be addressed.

PHHB 4060 SCHOOL HEALTH PROGRAMS (3 credits)

The purpose of this course is to provide information and strategies for planning, implementing, and evaluating Coordinated School Health Programs (CSHP) for diverse cultural groups. Content includes an overview of school health programs, the essential functions of each of the eight components, the role of national and state organizations in working with local agencies and school districts in promoting the development of comprehensive school health programs.

Prerequisite(s): HED 1500 or PHHB 1500

PHHB 4130 COMMUNITY HEALTH (3 credits)

A survey course of community health issues. The basics of epidemiology/statistical sciences, environmental health, managerial/administrative sciences, and behavioral/social sciences for community health are examined. Public health candidates will gain skills needed to develop and manage community health programs.

PHHB 4200 A PUBLIC HEALTH APPROACH TO MENTAL HEALTH (3 credits)

This public health course will help students think critically about the prevention, identification, and treatment of mental illness in the United States. Students will be introduced to concepts from the disciplines of public health, psychology and sociology to understand mental health disorders and their impact on population health. Students will explore health disparities through the lens of cultural, social, behavioral, psychological, and economic factors. Students will recognize that mental health exists on a continuum and develop skills to address environmental influences on behavior. (Cross-listed with PHHB 8206).

PHHB 4280 SOCIAL MARKETING FOR PUBLIC HEALTH (3 credits)

This course will introduce students to current theory, practices and resources in the field of social marketing as it relates to public health. Students will analyze and implement social marketing techniques.

Prerequisite(s): HED 1500 or PHHB 1500

PHHB 4400 HEALTH LITERACY (3 credits)

This course is designed to provide students with the competencies to reduce problems associated with low health literacy. The two primary foci will be strategies to help patients and other health consumers improve their health literacy, and strategies to help health providers and health educators communicate in a manner that can be understood by all persons regardless of their health literacy

PHHB 4420 PUBLIC HEALTH INFORMATICS (3 credits)

Students will learn the implementation, operation, and application of health information systems. Students will explore the legal and ethical issues surrounding health informatics and patient records, management and communication in health informatics, and social and organizational issues pertaining to health informatics.

Prerequisite(s): HED 1500 or PHHB 1500

PHHB 4550 HEALTH ASPECTS OF AGING (3 credits)

This course emphasizes health promotion for older adults. Special health needs of older Americans are compared and contrasted with health needs for other age groups. Prevention or delaying of chronic diseases and disorders are emphasized. (Cross-listed with GERO 4550 and GERO 8556 and PHHB 8556 and WGST 4550).

PHHB 4650 GLOBAL HEALTH (3 credits)

This course will explore contemporary health problems around the world with particular emphasis being placed on problems experienced by developing countries. The political, economic, social, geographical, biological aspects of the problems and possible solutions will be addressed.

Distribution: Global Diversity General Education course

PHHB 4700 WOMEN'S HEALTH AND ISSUES OF DIVERSITY (3 credits)

This course provides a critical understanding of the inter-relationship between socio-cultural, economic, and political factors and women's physical and mental health. The aim is to provide an overview of the experience with the health care system. Emphasis will be on critically examining recent scholarship from a sociological, behavioral, health policy perspective. (Cross-listed with PHHB 8706, SOC 4700, SOC 8706).

Distribution: U.S. Diversity General Education course

PHHB 4880 PUBLIC HEALTH POLICY (3 credits)

This course provides an overview of the U.S. health system, and an introduction to the skills necessary to address health policy issues. Students will develop a working knowledge of health services terminology, recognize basic health care concepts, distinguish between various components of the health care delivery system and be able to apply concepts learned in the analysis of a public health problem.

Prerequisite(s): HED 1500 or PHHB 1500

PHHB 4950 PUBLIC HEALTH LEADERSHIP AND ADVOCACY (3 credits)

This course reviews public health leadership concepts and practices that prepare candidates to fulfill professional roles as advocates and leaders in the health field. Politics and power structure in communities and organizations are addressed. The processes through which changes in the political, economic, organizational, and physical environment related to health status and health behavior are brought about will be addressed. Media advocacy, the legislative process, community organization, and coalition development will be explored as means of environmental change.

Prerequisite(s): HED 1500 or PHHB 1500

PHHB 4960 PUBLIC HEALTH - PLANNING AND ORGANIZATION (3 credits)

The course is designed to provide public health students an understanding of planning and organization in public health. The use of planning tools including social assessment methods, epidemiological methods, behavioral methods, organizational methods, administrative methods and evaluation procedures for public health initiatives will be included. Grant writing components will be emphasized.

Prerequisite(s): HED 1500 or PHHB 1500

PHHB 4970 PROBLEMS OF HEALTH EDUCATION (1-3 credits)

This course is designed to provide an opportunity for individuals or groups to study problems in health education.

Prerequisite(s): Permission of instructor.

PHHB 4990 INTERNSHIP IN PUBLIC HEALTH (3 credits)

This internship provides on-the-job training for public health students in a cooperative program with state and local health departments or other appropriate community and public health agencies. Direct field experience is completed by the student under the supervision of an experienced practitioner in an approved public health agency.

Prerequisite(s): Completion of or current enrollment in core courses, GPA of 2.5 or above in required courses, and no grade below a C in required courses, and permission of instructor.