PUBLIC HEALTH

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The public health major is offered through the department of Social Work and Public Health. Also offered through this department is a major in Social Work. The mission of the public health program is to develop emerging public health leaders through an interdisciplinary education rooted in the liberal arts and connected with contemporary public health practice. The curriculum challenges students to understand the intellectual meaning and practical implications of the broad array of influences on population health, emphasizing the social foundations of health.

The study of public health is dedicated to understanding and improving the health and well-being of all people. The public health major is designed to develop students’ abilities to understand, analyze, problem-solve and communicate effectively in a complicated, international and rapidly changing world. Pacific’s public health program integrates health science, social science and humanistic approaches to addressing global health challenges.

Public health students study core courses within public health, such as introductory public health, epidemiology, social foundations of population health, environmental health, and global health. But we know that public health workers need a broad set of skills and abilities to be effective in promoting health and well-being, so our students complete their public health majors with courses in statistics and biology, plus a choice of courses from anthropology, biology, chemistry, economics, environmental sciences, ethics, history, media arts, politics, psychology, sociology, social work and the humanities.

Program Learning Outcomes

- Describe interconnected relationships among physical, social, and environmental aspects of health and disease.
- Appreciate the role of multiple determinants of health across diverse populations and health issues.
- Understand and communicate using public health terminology, including epidemiological measures.
- Interpret quantitative and qualitative information about population health.
- Synthesize information from a variety of sources to understand and act upon population health problems.

Students studying public health are often interested in pursuing careers in the public sector, working with health departments, policymakers or organizations such as the U.S. Centers for Disease Control. Others are interested in working with nonprofit organizations or non-governmental organizations (NGOs) that promote better health both domestically and abroad. Still other public health graduates will pursue private-sector employment within the insurance or healthcare industries. Public health graduates are prepared for careers in health departments, hospitals, nonprofit organizations, universities, family violence prevention organizations, disaster relief organizations, and state and federal agencies. Many students choose to combine undergraduate public health education with graduate school in public health or the health professions.

Students may earn a Bachelor of Arts or Bachelor of Science, or minor in Public Health. Only a grade of C- or above may be used to satisfy major and minor requirements. Students must maintain a minimum 2.0 grade point average in the major or minor.

Public Health: Requirements for the Major (B.S. or B.A.)

Core courses

- PH 101 Public Health 4 credits
- PH 200 Epidemiology 4 credits
- PH 310 Social Foundations of Population Health 4 credits
- PH 352 Program Development and Evaluation 4 credits
- PH 370 Pre-Field Experience Seminar 1 credit
- PH 380 Public Health Field Experience 4 credits
- PH 491 Capstone I 2 credits
- PH 492 Capstone II 2 credits
- BIOL 200 Intro Biology: Flow of Energy 4 credits
- BIOL 201 Intro Biology: Flow of Biology Information 4 credits
- SOC 301 Social Statistics 4 credits
- OR
- MATH 207 General Elementary Statistics 4 credits

TOTAL: 37 credits

International and Diverse Perspectives

Take at least 6 credits of courses designated IP and/or DP or study abroad (SA 476 credits). 6 credits

Ethics

Take one of the following:

- PHIL 202 Ethics and Society 4 credits
- PHIL 240 Human Rights 2 credits
- PHIL 307 Ethics, Medicine & Health Care 4 credits

Additional requirements for Bachelor of Arts

Electives from the list below. At least 4 credits must have PH prefix and at least 4 must be upper division. 12 credits

TOTAL: 57-59 credits

Additional requirements for Bachelor of Science

- CHEM 220 General Chem I 4 credits
- CHEM 230 General Chem II 4 credits
- Electives from the list below. At least 4 must have PH prefix and at least 4 must be upper division. 8 credits

TOTAL: 61-63 credits
Electives for Major

PH  All other Public Health courses
ANTH 302 Designing Ethnography  4 credits
BA 309 Marketing  4 credits
CIV 233 Healthy Communities  2 credits
CIV 317 Grant-writing/Non-profits  2 credits
ENV 270 Geospatial Analysis using GIS  4 credits
ENV 344 Environmental Toxicology  2 credits
ENV 361 Environmental Toxicology Methods  1 credit
EXIP 281 Nutrition  4 credits
EXMB 303 Medical Terminology  1 credit
HBIO 230 Human Anatomy & Physiology I  4 credits
MEDA 109 Introduction to Communication Design  2 credits
MEDA 122 Introduction to Digital Media  2 credits
POLS 3034 Community Politics  4 credits
POLS 310 Markets, Politics, & Justice  4 credits
POLS 321 Protest, Dissent, and Social Change  4 credits
PSY 202 Health Psychology  4 credits
PSY 208 Addictions and Society  4 credits
PSY 310 Community Psychology  4 credits
SOC 300 Qualitative Research  4 credits
SOC 302 Survey Research  4 credits
SOC 319 Sociology of Medicine  4 credits
SOCWK 320 Human Behavior in the Social Environment  4 credits

Public Health: Requirements for the Minor

The following required courses must be completed with a grade of C- or better, and a 2.0 GPA must be maintained in the minor.

Core courses
PH 101 Public Health  4 credits
PH 200 Epidemiology  4 credits
SOC 301 Social Statistics  4 credits

OR
MATH 207 General Elementary Statistics  4 credits

Electives
Take 12 credits from the list below (minimum 8 credits upper division; 4 must be upper division with PH prefix)

PH  All other Public Health courses
ANTH 302 Designing Ethnography  4 credits
BA 309 Marketing  4 credits
BIOL 200 Intro Biology: Flow of Energy  4 credits
BIOL 201 Intro Biology: Flow of Biology Information  4 credits
CIV 233 Healthy Communities  2 credits
CIV 317 Grant-writing/Non-profits  2 credits
ENV 270 Geospatial Analysis using GIS  4 credits
ENV 344 Environmental Toxicology  2 credits
ENV 361 Environmental Toxicology Methods  1 credit
EXIP 281 Nutrition  4 credits
EXMB 303 Medical Terminology  1 credit
HBIO 230 Human Anatomy & Physiology I  4 credits
MEDA 109 Introduction to Communication Design  2 credits
MEDA 122 Introduction to Digital Media  2 credits
PHIL 202 Ethics and Society  4 credits
PHIL 240 Human Rights  2 credits
POLS 3034 Community Politics  4 credits
POLS 310 Markets, Politics, & Justice  4 credits
POLS 321 Protest, Dissent, and Social Change  4 credits
PSY 202 Health Psychology  4 credits
PSY 208 Addictions and Society  4 credits
PSY 310 Community Psychology  4 credits
SOC 300 Qualitative Research  4 credits
SOC 302 Survey Research  4 credits
SOC 319 Sociology of Medicine  4 credits
SOCWK 320 Human Behavior in the Social Environment  4 credits

TOTAL: 24 credits

COURSES

PH-101 Public Health
Provides an introduction to public health concepts, philosophy, history and activities. Practice-related exercises allow students to experience real-world public health problem-solving and to learn how to understand, analyze and communicate effectively about the health and wellbeing of various populations. This course draws upon health sciences, social sciences and humanistic approaches to addressing global health challenges. 4 credits.

PH-200 Epidemiology
Epidemiology is a core discipline of public health which focuses on the patterns of health and disease in populations. Students learn the basic tools of epidemiological analysis and how to use data to describe disease and injuries. This course explores how, epidemiology plays a vital role in public health, clinical medicine, health education and health policy. Attention is also given to the application of evidence-based public health to intervention strategies and public policy. Prerequisite: MATH 122. Statistics course (MATH 207, SOC 301, or PSY 350) recommended. 4 credits.
PH-204  Prep Samoa: Well-Being & Culture
This two-credit course will prepare students for a two-week travel course to Samoa. The preparation course will focus on immersing students in the ethnography of Samoa and Samoan social issues. We will also develop research questions, methods, and IRB protocols if necessary before traveling. Students will demonstrate general knowledge about Samoa and the region. Corequisite: ANTH 205. Counts toward core requirement: International Perspectives. Offered alternate years. 2 credits.

PH-205  Travel Samoa: Well-being & Culture
This 2-week travel course immerses students in the culture of Samoa. Students can explore Samoa through ethnographic research on a variety of topics including, but not limited to, health, gender/sexuality, education, dance, sport, youth issues, music, religion, food, migration, globalization, or (eco)tourism. Students will conduct semi-independent research projects. Several excursions will complement students' research. Students will demonstrate general knowledge about Samoa and the region. Corequisites: ANTH 204. Counts toward core requirement: International Perspectives. Offered alternate years. 2 credits.

PH-225  Peer Health Education
This course introduces students to a variety of wellness topics related to health education, including: alcohol and other drugs, healthy relationship promotion, sexual and relationship violence prevention, stress management, and other relevant health issues. Further, this course prepares the student for an active role as a peer health educator through developing knowledge and skills requisite to providing individual and community-based peer health education, fostering a healthy campus culture, and empowering positive change. Emphasis will be placed on the application of health education models of individual and community behavior change, communication and conflict resolution skills, providing culturally sensitive and relevant education, crisis recognition and strategies for providing appropriate referrals. Also listed as SOCWK 225. 4 credits.

PH-248  Public Health, Private Bodies
This course explores the changing relationship between institutional and societal efforts to maintain public health, contemporary knowledge about human bodies, disease, and "health," and the efforts by individuals and local communities to control their own health through the course of American history. Students will study the role played by the state and institutions to expand their power and deploy their knowledge in efforts to control unsanitary environments, the ways in which new forms of technology has transformed the healthiness of environments, as well as the ways in which that this knowledge of bodies and health was informed by historical understandings of poverty, of race, and of gender. Also listed as HIST 248. 4 credits.

PH-255  Special Topics
Go to https://www.pacificu.edu/about-uscenters-institutes/advising-center/new-topics-travel-class-descriptions or see the Advising Center.

PH-295  Independent Study
See department for details. Independent study contract required. 1-6 credits.

PH-300  Research Methods in Public Health
This course will present an overview of research methods within public health, emphasizing the steps involved in the research process. Methodological issues covered will include the ethics of health studies research, qualitative and quantitative research designs, operationalization of concepts, measurement of variables, and techniques of sampling, data collection and analysis. Prerequisite: PH 200 and a statistics course (MATH 207, SOC 301, or PSY 350). 4 credits.

PH-304  Prep Samoa: Well-being & Culture
This two-credit course will prepare students for a two-week travel course to Samoa. The preparation course will focus on immersing students in the ethnography of Samoa and Samoan social issues. We will also develop research questions, methods, and IRB protocols if necessary before traveling. Students will develop an argument/stance on particular aspects of Samoan culture. Corequisite: ANTH 305. Counts toward core requirement: International Perspectives. Offered alternate years. 2 credits.

PH-310  Social Foundations of Population Health
Despite popular conceptions that health status is directly attributable to medical care, other factors such as behavior, social circumstances, and environment exert greater influence on population health. This course introduces students to these social determinants of health – the ways that social processes affect health, with special attention to disparate health status among population groups based on categories such as gender, socioeconomic status, and race/ethnicity/nativity. Major topics include the pursuit of health equity in public health practice and public policy as a driver of community health. Prerequisite: PH 101, ANTH 101, SOC 110, SOC 120, SOC 130, or SOC 150. 4 credits.

PH-311  Medicine, Body and Culture
This course is an introduction to critical areas of inquiry in medical anthropology. By examining the socio-cultural dimensions of sickness and healing cross-culturally, we will explore how anthropologists have approached historical and contemporary problems in the global field of medicine. While our course trajectory will lead us to treat Western biomedicine as only one among many systems of meaning and authority, we will also spend some time deconstructing the often unspoken assumptions that govern this field, thereby complicating the notion that the latter is somehow insulated from the reach of culture. We will also focus on issues of power, inequality, and gender and health. Prerequisite: ANTH-101, GSS-201, SOC-101, ANTH-140, SOC-217, or PH-101. Counts toward core requirement: International Perspectives, Diverse Perspectives, Civic Engagement. 4 credits.

PH-320  Environmental Health
This course incorporates not only the common concepts associated with environmental health (population dynamics, air pollution, water pollution, land pollution) but also emerging and controversial issues associated with environmental threats to human health, such as emerging diseases, global warming, and biological and chemical weapons. Emphasis is on biological, chemical, and physical sources of exposures, the effects on human health, and the methods of limiting exposures and effects especially in issues of environmental justice. Prerequisite: PH 101, SOC 110, SOC 120, SOC 130, or ANTH 101. 4 credits.

PH-325  Global Health
Designed to provide an overview of global health problems and provide the tools to navigate the work of international health. The course focuses on the global burden of disease and the pattern of disease variations between and within countries. Global health addresses poverty, environmental issues and globalization on the impact on health status. Prerequisite: PH 101, SOC 110, SOC 120, SOC 130, or ANTH 101. 4 credits.

PH-330  Promoting Community Health
Provides an overview of community health promotion topics, with a focus on practical skills in community collaboration and needs assessment. Topics will include community mobilization, leadership and advocacy, community needs assessment, and models for promoting community change. The course will also discuss the breadth of settings and diverse populations relevant to community health practice. Students will collaborate with community partners to complete a community-based semester project; the project will include 15 hours outside of the classroom collecting data. Prerequisites: PH 101, SOC 101, SOC 102 or ANTH 101. 4 credits.

PH-334  Health Economics
Students in the health economics course will apply economic theory and empirical analysis to study how socioeconomic status, public policy actions, and individual decisions influence health outcomes. The economics of private insurance markets comprises another important area of study in the course. The functions and outcomes in the United States health care system will be studied in detail and compared with those in other nations. Also listed as ECON 334. Prerequisite: ECON 102. 4 credits.
PH-343  Food, Fat, and Fitness
The United States is a culture obsessed with food, fat, and fitness. As efforts to reduce obesity increase, rates of obesity actually increase. Why is that? This anthropology course depends heavily on interdisciplinary perspectives to explore the connections between body size and culture, examining food, fat, and fitness not just as public health issues but as culturally and historically constructed categories related to gender, race, sexuality, and class. While we will explore biocultural approaches to obesity, this course is not a biomedical study of the "obesity epidemic." Instead we examine the discourses and vocabulary used to describe this current "crisis." Also listed as GSS 343 and ANTH 343. Prerequisites: ANTH 101, GSS 201, SOC 101, ANTH 140, SOC 217, or PH 101. Offered alternate years. 4 credits.

PH-350  Religion & Social Health Policy
Introduces students to the ways in which religious traditions impact public health policies, mostly within the context of the United States. Students will become more familiar with public health as a concept and will review theological and policy statements on public health issues, mostly within the Abrahamic faith traditions (Christianity, Judaism, and Islam), which display a remarkable diversity of thought. Also listed as REL 350. Prerequisite: ANTH 140, REL 140, or PH 101. 2 credits.

PH-351  Social Policy & Social Justice
This course provides an examination of both the historical and contemporary context of social welfare policies and programs. The course will examine how legislation is developed, enacted, and implemented in our society, including how policies have emerged in response to social problems at the local, national, and international levels. Issues of social justice, and how policies and programs affect populations at risk, will be emphasized. U.S. social welfare policy will be examined in a global and human rights context. Also listed as SOCWK 351 and POLS 351. Prerequisite: SOCWK 201 with a minimum grade of C-. 4 credits.

PH-352  Program Development and Evaluation
This introductory course in Program Development & Evaluation (PDE) covers the role of PDE in public health and social work settings. Emphasis will be placed on: building logic models to articulate program theories; identifying, working with, and reporting to stakeholders; conducting needs and impact assessments; critiquing the strengths and weaknesses of popular evaluation designs; and using evaluation data. Also listed as SOC 352 and SOCWK 352. Prerequisite: Junior standing or above (60 or more completed credits), PH 101, SOC 110, SOC 120, SOC 130, or SOC 150, or ANTH 101; and SOC 301 or MATH 207 (may be taken concurrently). 4 credits.

PH-355  Special Topics
Go to https://www.pacificu.edu/about-us/centers-institutes/advising-center/new-topics-travel-class-descriptions or see the Advising Center.

PH-370  Pre-Field Experience Seminar
The focus of this course is to assist students in preparing for the public health field placement experience. Students will complete the tasks necessary for obtaining a practicum site including identifying appropriate field sites, preparing a resume, and identifying prospective field placements. Prerequisite: Declared Public Health major and junior standing or above (60 or more completed credits). Pass/No Pass. 1 credit.

PH-380  Public Health Field Experience
Students complete a 100-hour civic engagement field experience under the supervision of a public health professional; placements are arranged in consultation with Public Health Program staff. A learning contract with the host agency guides students' individualized field learning. Field learning is complemented by reflective and analytical writing along with group discussion. To enable diverse field learning settings, group learning activities take place primarily online. This course may be taken in either the spring of the junior year or fall of the senior year. Prerequisite: Junior standing or above (60 or more completed credits), PH 101, PH 200, and PH 352 (may be taken concurrently). Students with senior standing may co-enroll in PH 491. Counts toward core requirement: Civic Engagement. 4 credits.

PH-395  Independent Study
See department for details. Independent study contract required.

PH-475  Internship
See department for details. Internship contract required.

PH-480  Independent Practicum Fieldwork
Combines field-based learning with development of a related senior project. Students complete a 100-hour practicum in an approved placement under the supervision of an agency staff member in consultation with a Public Health faculty member, providing the opportunity to integrate theoretical and applied learning in a community setting. Students complete a learning agreement to guide their individualized learning experiences and maintain a field journal reflecting on progress toward individual learning objectives. This course, in combination with PH 481 and PH 491, is an alternative path to completing the capstone, fieldwork, and seminar requirements for the major under certain circumstances. See the department chair for details. Prerequisites: declared Public Health major and instructor consent. 2 credits.

PH-481  Independent Practicum Seminar
Students will reflect on their learning in the field placement and complete assignments and readings intended to enhance the practicum experience and reinforce academic and civic engagement objectives for the course series. This course, in combination with PH 480 and PH 491, is an alternative alternative path to completing the capstone, fieldwork, and seminar requirements for the major under certain circumstances. See the department chair for details. Prerequisites: declared Public Health major, PH 480, and instructor consent. Counts toward core requirement: Civic Engagement. 2 credits.

PH-490  Capstone I: Practicum & Senior Project
Combines field-based learning with development of a related senior project. Students will complete a 100-hour practicum in an approved placement under the supervision of an agency staff member in consultation with a Public Health faculty member, providing opportunity for integration of theoretical and applied learning in a community setting. Students will complete a learning agreement to guide their individualized learning experiences. Students will meet with the instructor and other public health students in a weekly seminar setting to discuss their work in the field placement, as well as assignments and readings intended to enhance the practicum experience. In addition, this course will assist students in selecting an area of focus related to the practicum to define their senior project, to complete a literature review, and to develop a proposal or methodology for the project. This course is required of all public health majors in their final year. Prerequisites: Senior standing, declared Public Health major, PH 200, PH 352. Counts toward core requirement: Civic Engagement. 6 credits.

PH-491  Capstone I: Senior Project
The focus of this course is to assist students in selecting an area of interest in order to define their senior project, complete background research and literature review, and develop a proposal or methodology for the project. This course is required of all public health majors in their final year. Prerequisite: Declared Public Health major, senior standing (90 or more completed credits), PH 200, PH 352, and PH 380 (may be taken concurrently). 2 credits.

PH-492  Capstone II: Senior Project
Students further refine and develop their senior project. Students complete their program plan or data analysis. In addition, students create professional products for presenting their work, including written and oral presentation of their project. This course is required of all public health majors in their final year. Prerequisite: Senior Standing (90 or more completed credits) and PH 491. 2 credits.