# Degree Planning Guide: PUBLIC HEALTH STUDIES (B.A.)

<table>
<thead>
<tr>
<th>First year (&lt;28 credits)</th>
<th>Sophomore (28-59 credits)</th>
<th>Junior (60-91 credits)</th>
<th>Senior (92+ credits)</th>
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<tbody>
<tr>
<td><strong>Semester 1</strong></td>
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<tr>
<td>BIOL 101 or 105 or 106</td>
<td>COJO 105 or 111</td>
<td>HLTH 285</td>
<td>HLTH 470</td>
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<td>PSYC 111</td>
<td>HLTH 250</td>
<td>HLTH 352</td>
<td>HLTH 464</td>
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<td>SOCI 100 or 110</td>
<td>PHED 430 or STAT 220</td>
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<td>HLTH 353</td>
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<td><strong>Semester 2</strong></td>
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<tr>
<td>ENVR 151 or 212 or GEOL 161</td>
<td>HLTH 310</td>
<td>HLTH 345</td>
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<td>HLTH 342</td>
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<td>PHED 208</td>
<td>HLTH 462</td>
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## REQUIREMENTS FOR DEGREE

### Major courses:
- HLTH 250 Personal Health and Wellness (4 cr)
- HLTH 285 Alcohol, Tobacco and Other Drugs (2 cr)
- HLTH 310 Global Health (4 cr)
- HLTH 342 Comm Health Ed: Curric & Assessments (4 cr)
- HLTH 345 Nutrition for Health & Fitness (4 cr)
- HLTH 352 Comm Health Ed: Methods & Instruction (4 cr)
- HLTH 353 Consumer, Comm & Env Health (4 cr)
- HLTH 400 Epidemiology (4 cr)
- HLTH 462 Human Sexuality Education (4 cr)
- HLTH 464 Critical Issues in Health Education (4 cr)
- HLTH 465 Health Research Methods (4 cr)
- HLTH 470 Health Internship I (2 cr)

### Allied Requirements:
- BIOL 101 General Biology (4 cr) or BIOL 105 Human Biology (4 cr)
- BIOL 106 Women, Medicine, and Biology (4 cr)
- COJO 105 Communication in the Workplace (4 cr) or COJO 111 Introduction to COJO (4 cr)
- ENVR 151 Environmental Challenges & Sust Sol (4 cr) or ENVR 212 Society and Sustainability (4 cr)
- GEOL 161 Medical Geology (4 cr)

Eight credits of electives are also required.

### Recommended electives:
- HLTH 275 Lifelong Stress Management (2 cr)
- PSYC 121 Social Psychology (4 cr)
- PSYC 200 Psychology of Infancy & Childhood (4 cr)
- PSYC 203 Psychology of Adolescence (4 cr)
- PSYC 204 Psychology of Adulthood & Aging (4 cr)
- PSYC 205 Psychology of Women (4 cr)

### Core Requirements:
Students need to fulfill all core requirements in addition to the courses listed on this guide.

### Allied Requirements (continued):
- ENVR 151 Environmental Challenges & Sust Sol (4 cr) or ENVR 212 Society and Sustainability (4 cr)
- GEOL 161 Medical Geology (4 cr)

### Advising:
The Health and Human Performance Department encourages students to consult our faculty about opportunities to engage in enrichment outside the curriculum such as research.

Students planning to continue their studies in various graduate or medical school programs may need to supplement the required courses with additional, related coursework as electives. Consulting your academic advisor and pre-health professions advisor is recommended.