

# BS in Public Health: Health Promotion (662544) MAP Sheet

Life Sciences, Public Health

For students entering the degree program during the 2021-2022 curricular year.



University Core and Graduation Requirements	Suggested Sequence of Courses	
<b>University Core Requirements:</b>		
<b>Requirements</b>	<b>#Classes</b>	<b>Hours</b>
<b>Religion Cornerstones</b>		<b>Classes</b>
Teachings and Doctrine of The Book of Mormon	1	2.0 REL A 275
Jesus Christ and the Everlasting Gospel	1	2.0 REL A 250
Foundations of the Restoration	1	2.0 REL C 225
The Eternal Family	1	2.0 REL C 200
<b>The Individual and Society</b>		
American Heritage	1-2	3-6.0 from approved list
Global and Cultural Awareness	1	3.0 from approved list
<b>Skills</b>		
First Year Writing	1	3.0 from approved list
Advanced Written and Oral Communications	1	3.0 WRTG 315 or 316 recommended
Quantitative Reasoning	0-1	0-3.0 from approved list
Languages of Learning (Math or Language)	1	3.0 STAT 121*
<b>Arts, Letters, and Sciences</b>		
Civilization 1	1	3.0 from approved list
Civilization 2	1	3.0 from approved list
Arts	1	3.0 from approved list
Letters	1	3.0 from approved list
Biological Science	1	3.0 MMBIO 221*
Physical Science	1-2	3-7.0 from approved list
Social Science	1	3.0 from approved list
<b>Core Enrichment: Electives</b>		
Religion Electives	3-4	6.0 from approved list
Open Electives	Variable	Variable personal choice
*THESE COURSES FILL BOTH UNIVERSITY CORE AND PROGRAM REQUIREMENTS		
<b>Graduation Requirements:</b>		
Minimum residence hours required		30.0
Minimum hours needed to graduate		120.0
<p><b>FRESHMAN YEAR</b></p> <p><b>1st Semester</b></p> <p>1st Year Writing OR A HTG 100 3.0</p> <p>HLTH 210 3.0</p> <p>PDBIO 210 or 220 4.0</p> <p>Religion Cornerstone course 2.0</p> <p>Social Science elective 3.0</p> <p>General elective 1.0</p> <p><b>Total Hours 16.0</b></p> <p><b>2nd Semester</b></p> <p>1st Year Writing OR A HTG 100 3.0</p> <p>HLTH 330 3.0</p> <p>MMBIO 221 3.0</p> <p>Religion Cornerstone course 2.0</p> <p>Civilization 1 elective 3.0</p> <p>General electives 2.0</p> <p><b>Total Hours 16.0</b></p> <p><b>SOPHOMORE YEAR</b></p> <p><b>3rd Semester</b></p> <p>HLTH 312 3.0</p> <p>HLTH 314 3.0</p> <p>STAT 121 (Languages of Learning) 3.0</p> <p>Religion Cornerstone course 2.0</p> <p>Global &amp; Cultural Awareness elective 3.0</p> <p>General elective 1.0</p> <p><b>Total Hours 15.0</b></p> <p><b>4th Semester</b></p> <p>HLTH 313 3.0</p> <p>HLTH 315 3.0</p> <p>Religion Cornerstone course 2.0</p> <p>Civilization 2 elective 3.0</p> <p>Arts or Letters elective 3.0</p> <p>Major elective 3.0</p> <p><b>Total Hours 17.0</b></p> <p><b>JUNIOR YEAR</b></p> <p><b>5th Semester</b></p> <p>HLTH 316 3.0</p> <p>HLTH 431 3.0</p> <p>Major elective 3.0</p> <p>Religion elective 2.0</p> <p>Arts or Letters elective 3.0</p> <p>General elective 1.0</p> <p><b>Total Hours 15.0</b></p> <p><b>6th Semester</b></p> <p>HLTH 434 3.0</p> <p>Major elective 3.0</p> <p>Religion elective 2.0</p> <p>Adv. Written &amp; Oral Communication elective 3.0</p> <p>General electives 4.0</p> <p><b>Total Hours 15.0</b></p> <p><b>SENIOR YEAR</b></p> <p><b>7th Semester</b></p> <p>HLTH 335 3.0</p> <p>HLTH 494 3.0</p> <p>Major elective 3.0</p> <p>Religion elective 2.0</p> <p>Physical Science elective 3.0</p> <p>General electives 1.0</p> <p><b>Total Hours 15.0</b></p> <p><b>8th Semester</b></p> <p>HLTH 496R* 6.0</p> <p>General electives 6.0</p> <p><b>Total Hours 12.0</b></p> <p>*Prior to taking Hlth 496R, the student must complete HLTH 210, 312, 313, 314, 315, 316, 330, 431, 434, 494 with a C- grade or higher.</p>		
Please check with departments for current availability of all courses.		
Students are strongly encouraged to take HLTH 431, 434, and 494 across multiple semesters. These three courses should be taken in sequence; they should not be taken concurrently.		
<b>Note:</b> Students are encouraged to complete an average of 15 credit hours each semester or 30 credit hours each year, which could include spring and/or summer terms.		

## BS in Public Health: Health Promotion (662544)

### 2021-2022 Program Requirements (60 - 61 Credit Hours)

<p><b>REQUIREMENT 1</b> Complete 1 course</p> <p>HLTH 100 - (Not currently offered) 3.0</p> <p>HLTH 210 - Foundations of Public Health 3.0</p> <p><b>REQUIREMENT 2</b> Complete 1 course</p> <p>HLTH 310 - (Not currently offered) 3.0</p> <p>HLTH 314 - Health, Disease and Their Determinants, Part 1 3.0</p> <p><b>REQUIREMENT 3</b> Complete 1 course</p> <p>HLTH 311 - (Not currently offered) 3.0</p> <p>HLTH 315 - Health, Disease and Their Determinants, Part 2 3.0</p> <p><b>REQUIREMENT 4</b> Complete 1 course</p> <p>HLTH 431 - Health Communication and Advocacy 3.0</p> <p>HLTH 432 - (Not currently offered) 3.0</p> <p><b>REQUIREMENT 5</b> Complete 9 courses</p> <p>HLTH 312 - Introduction to Planning, Interventions, and Evaluation 3.0</p> <p>HLTH 313 - Introduction to Data Collection and Analysis 3.0</p> <p>HLTH 316 - Influencing Health through Health Systems and Policy 3.0</p> <p>HLTH 330 - Principles and Practices of Health Promotion 3.0</p> <p>HLTH 335 - Health Behavior Change 3.0</p> <p>HLTH 434 - Advanced Evaluation Methods 3.0</p> <p>HLTH 494 - Health Promotion Capstone: Advanced Program Planning 3.0</p> <p>*MMBIO 221 - General Microbiology 3.0</p> <p>*STAT 121 - Principles of Statistics 3.0</p> <p><b>REQUIREMENT 6</b> Complete 1 course</p> <p>CELL 210 - Human Anatomy (with virtual lab) 3.0</p> <p>CELL 220 - Human Anatomy (with lab) 4.0</p> <p><b>REQUIREMENT 7</b> Complete 6.0 hours from the following course(s)</p> <p><b>NOTE 1: PRIOR TO TAKING HLTH 496R, THE STUDENT MUST COMPLETE HLTH 210 OR HLTH 100, 312, 313, 314, 315, 316, 330, 431, 434, 494 WITH A C-GRADE OR HIGHER. NOTE 2: A MINIMUM OF 3 CREDIT HOURS AT A TIME MUST BE TAKEN. 6 CREDITS ARE REQUIRED FOR THE DEGREE. 42 CONTACT HOURS ARE REQUIRED FOR EACH CREDIT HOUR.</b></p> <p>HLTH 496R - Academic Internship: Health Promotion 9.0v</p> <p><i>You may take this course up to 3 times.</i></p> <p><b>REQUIREMENT 8</b> Complete 2 options</p> <p><b>OPTION 8.1</b> Complete 6.0 hours from the following course(s)</p> <p>HLTH 322 - Environmental Health 3.0</p> <p>HLTH 383 - Mind/Body Health 3.0</p> <p>HLTH 403R - Special Topics 5.0v</p> <p>HLTH 413 - Refugee and Migrant Health 3.0</p>	<p>HLTH 420 - Injury and Violence Prevention 3.0</p> <p>HLTH 422 - Disaster Response and Emergency Preparedness 3.0</p> <p>HLTH 450 - Women's Health Issues 3.0</p> <p>HLTH 460 - Substance Use Disorders and the Individual, Family, and Co 3.0</p> <p>HLTH 466 - Health and the Aging Process 3.0</p> <p>HLTH 480 - International Health 3.0</p> <p>HLTH 481 - Applied International Health 3.0v</p> <p>HLTH 491R - Mentored Research 3.0v</p> <p><i>You may take up to 3 credit hours.</i></p> <p>HLTH 492R - Directed Public Health Readings 3.0v</p> <p><i>You may take up to 3 credit hours.</i></p> <p><b>OPTION 8.2</b> Complete 6.0 hours from the following course(s)</p> <p>CELL 305 - Human Physiology 4.0</p> <p>COMMS 235 - Introduction to Public Relations 3.0</p> <p>DIGHT 230 - Introduction to Print Publishing 3.0</p> <p>DIGHT 250 - Web Publishing 3.0</p> <p>HLTH 345 - Principles of Epidemiology 3.0</p> <p>HLTH 482 - Medical Geography 3.0</p> <p>HLTH 491R - Mentored Research 3.0v</p> <p><i>You may take up to 3 credit hours.</i></p> <p>HLTH 492R - Directed Public Health Readings 3.0v</p> <p><i>You may take up to 3 credit hours.</i></p> <p>MKTG 201 - Marketing Management 3.0</p> <p>MSB 334 - (Not currently offered) 3.0</p> <p>NDFS 100 - Essentials of Human Nutrition 3.0</p> <p>NDFS 201 - Society, Nutrition, and Chronic Disease 3.0</p> <p><b>RECOMMENDED</b></p> <p><b>RECOMMENDED GE CLASSES:</b></p> <p>WRTG 315 - Writing in the Social Sciences 3.0</p> <p>WRTG 316 - Technical Communication 3.0</p> <p><b>THE DISCIPLINE:</b></p> <p>Public health professionals work to create conditions that ensure the health and safety of individuals, families, and communities. Public health students are trained to inform, educate, and empower people about health issues; mobilize communities to take ownership for their own health; monitor health status and diagnose and investigate health problems and health hazards; develop policies and laws to protect health and ensure safety; and link people to needed health services. The public health mission is carried out through organized, interdisciplinary efforts that address the physical, mental, and environmental health concerns of communities and populations at risk for disease and injury.</p>	<p>Four of several disciplines within public health are represented as emphases within the major:</p> <p>(1) the environmental/occupational health emphasis trains students to identify and control factors in the environment (air, water, food, toxins, etc.) or conditions at the workplace which affect health; (2) the epidemiology emphasis prepares students to investigate and discover what causes disease and disability and how diseases are spread or distributed across populations; (3) health promotion emphasis students are prepared to facilitate health behavior change among individuals and improves population health through policy, advocacy, education, and communication; and (4) the health science emphasis provides students with a strong public health foundation in the integration of public health with primary care and with other sectors, in cultural competency and health systems, health-related data analysis, and in upstream approaches to health inequities, particularly in vulnerable and diverse populations. Health science students pursue advanced degrees in medicine, dentistry, physician assistantship, or other allied health areas.</p> <p><b>CAREER OPPORTUNITIES:</b></p> <p>Public health is an exciting field of study and a diverse and dynamic profession. It is filled with rewards associated with the pursuit of serving others. The development and delivery of population-based prevention programs will be the key to major advances in health improvement in the 21st century. Public health will continue to be called upon to monitor and assess health problems, prevent and control diseases and injuries, and protect the health of communities and worksites from various environmental and occupational risks associated with man-made and natural disasters and emergencies.</p> <p>With the appropriate practice experiences, health promotion graduates have increased qualifications to work in governmental health agencies on the local and state level. Private-sector employment can be found in a variety of businesses, community health agencies, managed care organizations, hospitals, clinics, research institutes, voluntary health agencies, and non-governmental organizations. Jobs at the federal and international levels often require work experience and a graduate degree.</p>
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2021-2022

Opportunities for employment in public health are available, but recruiters will not typically come to campus to hire graduates. This means graduates must be organized and proactive in their career planning. Students can increase the likelihood of obtaining a position by balancing classroom activities with voluntary or paid service to public health agencies. Obtaining certifications related to specific tracks within the major and careful development of a professional portfolio enhance employment opportunities.

For students wishing to work in government or managed care settings, obtaining the certified health education specialist (CHES) certification is highly recommended to improve employment prospects. Completing the degree program in health promotion qualifies you to take the CHES exam. Employment opportunities in health promotion may increase outside the state of Utah and the Intermountain Region. Employment in international health settings are most common with increased work experience and graduate degrees.

While there are many specialties or disciplines in public health, most career opportunities are found in the tracks associated with the major. Entry-level salaries with a bachelor's degree in health promotion will vary significantly depending upon the type of organization and geographic location. In 2016, the median annual wage for health educators was \$53,070. More specifics about salaries can be found at <https://www.bls.gov/ooh/community-and-social-service/health-educators.htm#tab-5>.

For more information on careers in your major, please refer to From Major to Career, a publication which is located in all college advisement centers.

### MAP DISCLAIMER

While every reasonable effort is made to ensure accuracy, there are some student populations that could have exceptions to listed requirements. Please refer to the university catalog and your college advisement center/department for complete guidelines.

### DEPARTMENT INFORMATION

#### Public Health Department

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### ADVISEMENT CENTER INFORMATION

#### Life Sciences Advisement

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