

# PHYSICAL EDUCATION MAJOR - PUBLIC HEALTH CONCENTRATION (COMPREHENSIVE)

## Requirements

53 total credits

The Public Health concentration provides a solid foundational curriculum combined with practical experience through internship. Students majoring in public health may seek jobs in health fields including public health educators/coordinators, human resource services, employee wellness, community wellness/fitness/education, county health departments, federal government agencies, as well as many other health and wellness related areas. The Public Health curriculum has been aligned with the Council on Education for Public Health (CEPH) national standards.

Code	Title	Hours
<b>Required Courses</b>		
HHP 110	Introduction to HHP Majors/Minors	1.00
HLTH 158	Responding To Emergencies and Safety Education	2.00
HLTH 160	Introduction to Health Science and Terminology	2.00
HLTH 264	Human Structure & Function	3.00
HLTH 265	Human Structure & Function	3.00
HLTH 267	Introduction to Mental Health and Stress Management	3.00
HHP 282	Introduction to Physical Assessment and Exercise Evaluation	2.00
HLTH 366	Principles Of Nutrition	3.00
HLTH 367	Human Sexuality	3.00
HLTH 368	Drugs, Health and Human Behavior	3.00
HLTH 469	Pathophysiology of Disease\Prevention and Control	3.00
HLTH 470	Community and Environmental Health	3.00
HLTH 472	Epidemiology	3.00
HHP 496	Internship	10.00
HHP 497	Senior Capstone Experience	0.00

### Focus Areas

Select nine elective credits of one of the following focus areas depending on the professional career goals:

#### Public Health Focus

LSTU 115	Law and Human Behavior
HHP 337	Practicum in HHP 102 Lab
HHP 340	Organization and Administration of Human Performance, Health & Athletics
HHP 403	Health Coach
HLTH 400	Substance Abuse Counseling

#### Maternal Child Health Focus

HLTH 300	Maternal Child Health
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HLTH 301	Infant Health and Development
HLTH 495	Healthy Families
<b>Total Hours</b>	<b>53.00</b>

### Public Health Focus

Designed to support careers associated with public health programming, public health education, work site wellness programs, community education through hospitals, non-profit organizations, governmental health programs that strive to support health across all ages, and other public health orientated professions.

### Maternal Child Health Focus

Designed to support careers associated with the facilitation and supervision of infant and youth health programs, maternal education programs offered through hospitals, infant and youth non-profit programs, government agencies that support infant and maternal welfare, and other programs that require a strong understanding of infant and youth physical and mental health issues.