

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

Life Sciences, Public Health

For students entering the degree program during the 2023-2024 curricular year.



University Core and Graduation Requirements				Suggested Sequence of Courses			
<b>University Core Requirements:</b>				<b>FRESHMAN YEAR</b>			
<b>Requirements</b>	<b>#Classes</b>	<b>Hours</b>	<b>Classes</b>	<b>1st Semester</b>		<b>JUNIOR YEAR</b>	
<b>Religion Cornerstones</b>				<b>5th Semester</b>			
Teachings and Doctrine of The Book of Mormon	1	2.0	RELA 275	1st Year Writing OR A HTG 100	3.0	HLTH 316	3.0
Jesus Christ and the Everlasting Gospel	1	2.0	REL A 250	HLTH 210	3.0	HLTH 431	3.0
Foundations of the Restoration	1	2.0	REL C 225	CELL 210 or 220	4.0	Major elective	3.0
The Eternal Family	1	2.0	REL C 200	Religion Cornerstone course	2.0	Religion elective	2.0
<b>The Individual and Society</b>				Social Science elective	3.0	Arts or Letters elective	3.0
American Heritage	1-2	3-6.0	from approved list	General elective	1.0	General elective	1.0
Global and Cultural Awareness	1	3.0	from approved list	<b>Total Hours</b>	<b>16.0</b>	<b>Total Hours</b>	<b>15.0</b>
<b>Skills</b>				<b>2nd Semester</b>		<b>6th Semester</b>	
First Year Writing	1	3.0	from approved list	1st Year Writing OR A HTG 100	3.0	HLTH 434	3.0
Advanced Written and Oral Communications	1	3.0	WRTG 315 or 316 recommended	HLTH 330	3.0	Major elective	3.0
Quantitative Reasoning	0-1	0-3.0	from approved list	MMBIO 221	3.0	Religion elective	2.0
Languages of Learning (Math or Language)	1	3.0	STAT 121*	Religion Cornerstone course	2.0	Adv. Written & Oral Communication elective	3.0
<b>Arts, Letters, and Sciences</b>				Civilization 1 elective	3.0	General electives	4.0
Civilization 1	1	3.0	from approved list	General electives	2.0	<b>Total Hours</b>	<b>15.0</b>
Civilization 2	1	3.0	from approved list	<b>Total Hours</b>	<b>16.0</b>	<b>SENIOR YEAR</b>	
Arts	1	3.0	from approved list	<b>SOPHOMORE YEAR</b>		<b>7th Semester</b>	
Letters	1	3.0	from approved list	<b>3rd Semester</b>		HLTH 335	3.0
Biological Science	1	3.0	MMBIO 221*	HLTH 312	3.0	HLTH 494	3.0
Physical Science	1-2	3-7.0	from approved list	HLTH 314	3.0	Major elective	3.0
Social Science	1	3.0	from approved list	STAT 121 (Languages of Learning)	3.0	Religion elective	2.0
<b>Core Enrichment: Electives</b>				Religion Cornerstone course	2.0	Physical Science elective	3.0
Religion Electives	3-4	6.0	from approved list	Global & Cultural Awareness elective	3.0	General electives	1.0
Open Electives	Variable	Variable	personal choice	General elective	1.0	<b>Total Hours</b>	<b>15.0</b>
*THESE COURSES FILL BOTH UNIVERSITY CORE AND PROGRAM REQUIREMENTS				<b>Total Hours</b>	<b>15.0</b>	<b>8th Semester</b>	
<b>Graduation Requirements:</b>				<b>4th Semester</b>		HLTH 496R*	6.0
Minimum residence hours required		30.0		HLTH 313	3.0	General electives	6.0
Minimum hours needed to graduate		120.0		HLTH 315	3.0	<b>Total Hours</b>	<b>12.0</b>
				Religion Cornerstone course	2.0	*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.	
				Civilization 2 elective	3.0		
				Arts or Letters elective	3.0		
				Major elective	3.0		
				<b>Total Hours</b>	<b>17.0</b>		
				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.			

## Program Requirements

### Requirement 1 — Complete 13 Courses

HLTH 210 - Foundations of Public Health 3.0  
HLTH 312 - Intro to Plan, Interv, Eval 3.0  
HLTH 313 - Intro to Data Coll & Analysis 3.0  
HLTH 314 - Hlth, Disease & Determinants 1 3.0  
HLTH 315 - Hlth, Disease & Determinants 2 3.0  
HLTH 316 - Health Systems and Policy 3.0  
HLTH 330 - Health Promotion 3.0  
HLTH 335 - Health Behavior Change 3.0  
HLTH 431 - Hlth Comm and Advocacy 3.0  
HLTH 434 - Adv Evaluation Methods 3.0  
HLTH 494 - Program Planning Capstone 3.0  
MMBIO 221 - General Microbiology 3.0  
STAT 121 - Principles of Statistics 3.0

### Requirement 2 —Complete 1 of 2 Courses

CELL 210 - Human Anatomy (w/ virtual lab) 3.0  
CELL 220 - Human Anatomy (with lab) 4.0

### Requirement 3 —Complete 6 hours

**Note 1: Prior to taking HLTH 496R, the student must complete Hlth 210, 312, 313, 314, 315, 316, 330, 431, 434, and 494. 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.**

HLTH 496R - Academic Internship: Hlth Prom - *You may take 3 times* 0.5v  
Requirement 4 —Complete 12 hours  
CELL 305 - Human Physiology 4.0  
COMMS 235 - Intro Public Reltn 3.0  
DIGHT 230 - Intro to Print Publishing 3.0  
HLTH 199R - Global Health Experiences - *You may take up to 3.0 credit hours* 0.5v  
HLTH 322 - Environmental Health 3.0  
HLTH 345 - Principles of Epidemiology 3.0  
HLTH 383 - Mind/Body Health 3.0  
HLTH 403R - Special Topics - *You may take up to 3.0 credit hours* 0.5v  
HLTH 413 - Refugee & Migrant Health 3.0  
HLTH 420 - Injury & Violence Prevention 3.0  
HLTH 422 - Disaster Response & Emer Prep 3.0  
HLTH 450 - Women's Health 3.0  
HLTH 456 - Families and Public Health 3.0  
HLTH 460 - Substance Use Disorders 3.0  
HLTH 466 - Hlth & the Aging Process 3.0  
HLTH 480 - International Health 3.0  
HLTH 481 - Applied International Health - *You may take up to 3.0 credit hours* 1.0v  
HLTH 482 - Medical Geography 3.0  
HLTH 491R - Mentored Research - *You may take up to 3.0 credit hours* 0.5v  
HLTH 492R - Directed Pub Hlth Readings - *You may take up to 3.0 credit hours* 1.0v  
MKTG 201 - Marketing Management 3.0  
MSB 334 - Grant Writing - *This course is no longer available for registration and will count only if you completed it while it was offered. Please see your college advisement center for possible substitutions.* 2.0  
NDFS 100 - Essentials of Human Nutrition 3.0  
NDFS 201 - Society Nutr Chronic Disease 3.0

**Recommended Courses are not required to complete the program**

### Recommended GE classes:

WRTG 315 - Writing in the Social Sciences 3.0  
WRTG 316 - Technical Communication 3.0

## THE DISCIPLINE

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.

Four of several disciplines within public health are represented as emphases within the major: (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.

## CAREER OPPORTUNITIES

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.

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.

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. Entrylevel 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

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## ADVISEMENT CENTER INFORMATION

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