

# BS in Public Health: Health Science (662545) 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	Major electives	7.0
Jesus Christ and the Everlasting Gospel	1	2.0	REL A 250	HLTH 210	3.0	HLTH 316	3.0
Foundations of the Restoration	1	2.0	REL C 225	Religion Cornerstone course	2.0	Arts or Letters elective	3.0
The Eternal Family	1	2.0	REL C 200	Major elective	3.0	Religion elective	2.0
<b>The Individual and Society</b>				General electives	4.0	<b>Total Hours</b>	<b>15.0</b>
American Heritage	1-2	3-6.0	from approved list	<b>Total Hours</b>	<b>15.0</b>	<b>6th Semester</b>	
Global and Cultural Awareness	1	3.0	from approved list	<b>2nd Semester</b>		HLTH 440	3.0
<b>Skills</b>				1st Year Writing OR A HTG 100	3.0	General electives	5.0
First Year Writing	1	3.0	from approved list	HLTH 314	3.0	Religion elective	2.0
Advanced Written and Oral Communications	1	3.0	WRTG 315 or 316 recommended	Major elective	3.0	Arts or Letters elective	3.0
Quantitative Reasoning	0-1	0-3.0	from approved list	Physical Science elective (CHEM 105 or PHSCS 105 recommended)	4.0	<b>Total Hours</b>	<b>13.0</b>
Languages of Learning (Math or Language)	1	3.0	STAT 121* recommended	Religion Cornerstone course	2.0	<b>SENIOR YEAR</b>	
<b>Arts, Letters, and Sciences</b>				<b>Total Hours</b>	<b>15.0</b>	<b>7th Semester</b>	
Civilization 1	1	3.0	from approved list	<b>SOPHOMORE YEAR</b>		HLTH 447	3.0
Civilization 2	1	3.0	from approved list	<b>3rd Semester</b>		Religion elective	2.0
Arts	1	3.0	from approved list	Languages of Learning (STAT 121 recommended)	3.0	Adv. Written/Oral Comm (WRTG 315 or 316)	3.0
Letters	1	3.0	from approved list	Major electives	4.0	<b>Total Hours</b>	<b>8.0</b>
Biological Science	1	3.0	MMBIO 240* recommended	Religion Cornerstone course	2.0	<b>8th Semester</b>	
Physical Science	2	7.0	CHEM 105* or PHSCS 105 recommended	Biological Science elective (MMBIO 240 recommended)	3.0	HLTH 425	3.0
Social Science	1	3.0	from approved list	HLTH 315	3.0	Major electives	4.0
<b>Core Enrichment: Electives</b>				<b>Total Hours</b>	<b>15.0</b>	Civilization 2 elective	3.0
Religion Electives	3-4	6.0	from approved list	<b>4th Semester</b>		Global/Cultural awareness elective	3.0
Open Electives	Variable	Variable	personal choice	HLTH 312	3.0	HLTH 495	3.0
				HLTH 313	3.0	<b>Total Hours</b>	<b>16.0</b>
				Major electives	6.0	*Prior to taking Hlth 495, the student must complete Hlth 210, 312, 313, 314, 315, and 316. The class may be taken concurrently with HLTH 425 and HLTH 447.	
				Religion Cornerstone course	2.0		
				Social Science elective (SOC 111 recommended)	3.0		
				<b>Total Hours</b>	<b>17.0</b>		
*THESE COURSES FILL BOTH UNIVERSITY CORE AND PROGRAM REQUIREMENTS				Please check with departments for current availability of all courses.			
<b>Graduation Requirements:</b>				<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. Taking fewer credits substantially increases the cost and the number of semesters to graduate.			
Minimum residence hours required		30.0					
Minimum hours needed to graduate		120.0					

## Program Requirements

### Requirement 1 —Complete 9 Courses

**Note 1: Prior to taking HLTH 495, the student must complete HLTH 210, 312, 313, 314, 315, and 316. This class may be taken concurrently with HLTH 425 and HLTH 447.**

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 425 - Vulnerable & Diverse Poplns 3.0  
HLTH 447 - Introduction to Biostatistics 3.0  
HLTH 495 - Public Health & Primary Care 3.0

### Requirement 2 —Complete 9 hours

HLTH 199R - Global Health Experiences - *You may take up to 3.0 credit hours* 0.5v

HLTH 322 - Environmental Health 3.0  
HLTH 324 - Occupational Health & Safety 3.0  
HLTH 335 - Health Behavior Change 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 440 - Statistical Computing in Epi 3.0  
HLTH 450 - Women's Health 3.0  
HLTH 456 - Families and Public Health 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  
HLTH 496R - Academic Internship: Hlth Sci - *You may take once* 0.5v

### Requirement 3 —Complete 24 hours

#### Option 3.1 —Complete at least 20 hours up to 24 hours

CELL 120 - Science of Biology 3.0  
CELL 305 - Human Physiology 4.0  
CELL 362 - Advanced Physiology 3.0  
CELL 363 - Adv Physiology Lab 1.0  
CELL 365 - Pathophysiology 4.0  
CHEM 105 - Gen College Chem 1+Lab Integr 4.0  
CHEM 106 - General College Chemistry 2 3.0  
CHEM 107 - Gen Coll Chem Lab 1.0  
CHEM 351 - Organic Chemistry 1 3.0  
CHEM 352 - Organic Chemistry 2 3.0  
CHEM 353 - Organic Chem Lab-Nonmajors 1.0v  
CHEM 481 - Biochemistry 3.0  
GEOG 310 - Intro to City Planning 3.0  
MMBIO 121 - Gen Biology: Health & Disease 3.0  
MMBIO 221 - General Microbiology 3.0  
MMBIO 222 - Gen Micro Lab 1.0  
MMBIO 240 - Molecular Biology 3.0  
MMBIO 241 - Molecular & Cellular Bio Lab 1.0  
MMBIO 261 - Infection & Immunity 3.0  
NDFS 100 - Essentials of Human Nutrition 3.0  
PWS 340 - Genetics 3.0

#### Option 3.2 —Complete up to 4 hours

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

**Recommended Courses are not required to complete the program  
MCAT Prep Course (if taking MCAT)**

PHSCS 105 - General Physics 1 3.0  
PHSCS 106 - General Physics 2 3.0  
PHSCS 107 - General Physics Lab 1 1.0  
PHSCS 108 - General Physics Lab 2 1.0  
PSYCH 111 - Psychological Science 3.0  
SOC 111 - Introductory Sociology 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, public health graduates have increased qualifications to work in governmental health agencies on the local and state level. Jobs at the federal and international levels often require work experience and a graduate degree. 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 nongovernmental organizations. 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.

While there are many specialties or disciplines in public health, most career opportunities are found in the tracks associated with the major, specifically health promotion, epidemiology, and environmental/occupational health. Most students majoring in health science are prepared to go on for further training in medical or dental school or other allied areas.

Entry-level salaries with a bachelor's degree in public health disciplines will range from approximately \$35,000–\$60,00 but will vary significantly depending upon the specific discipline, type of organization, and geographic location.

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 Brigham Young University 4103 Life Sciences Building Provo, UT 84602 Telephone: (801) 422-4428

## ADVISEMENT CENTER INFORMATION

Life Sciences Advisement Brigham Young University 2060 Life Sciences Building Provo, UT 84602 Telephone: (801) 422-3042 lifesciences@byu.edu