## University Core and Graduation Requirements

### University Core Requirements:

<table>
<thead>
<tr>
<th>Requirements</th>
<th>#Classes</th>
<th>Hours</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Religion Cornerstones</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teachings and Doctrine of The Book of Mormon</td>
<td>1</td>
<td>2.0</td>
<td>REL A 275</td>
</tr>
<tr>
<td>Jesus Christ and the Everlasting Gospel</td>
<td>1</td>
<td>2.0</td>
<td>REL A 250</td>
</tr>
<tr>
<td>Foundations of the Restoration</td>
<td>1</td>
<td>2.0</td>
<td>REL C 225</td>
</tr>
<tr>
<td>The Eternal Family</td>
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<td>2.0</td>
<td>REL C 200</td>
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<tr>
<td>The Individual and Society</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Heritage</td>
<td>1-2</td>
<td>3-6.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Global and Cultural Awareness</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Skills</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>First Year Writing</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Advanced Written and Oral Communications</td>
<td>1</td>
<td>3.0</td>
<td>ENGL 315 or 316 recom.</td>
</tr>
<tr>
<td>Quantitative Reasoning</td>
<td>0-1</td>
<td>0-3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Languages of Learning (Math or Language)</td>
<td>1</td>
<td>3.0</td>
<td>STAT 121* recommended</td>
</tr>
<tr>
<td>Arts, Letters, and Sciences</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Civilization 1</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Civilization 2</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Arts</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Letters</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Biological Science</td>
<td>1</td>
<td>3.0</td>
<td>MMBIO 240* recom.</td>
</tr>
<tr>
<td>Physical Science</td>
<td>2</td>
<td>7.0</td>
<td>CHEM 105* or PHSCS 105 recommended</td>
</tr>
<tr>
<td>Social Science</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Core Enrichment: Electives</td>
<td></td>
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<tr>
<td>Religion Electives</td>
<td>3-4</td>
<td>6.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Open Electives</td>
<td>Variable</td>
<td>Variable</td>
<td>personal choice</td>
</tr>
</tbody>
</table>

*These courses fill both university core and program requirements.

### Graduation Requirements:

- Minimum residence hours required: 30.0
- Minimum hours needed to graduate: 120.0

## Suggested Sequence of Courses

### FRESHMAN YEAR

**1st Semester**
- 1st Year Writing OR A HTG 100: 3.0
- HLTH 210: 3.0
- Religion Cornerstone course: 3.0
- Major elective: 3.0
- General electives: 4.0
- **Total Hours**: 15.0

**2nd Semester**
- 1st Year Writing OR A HTG 100: 3.0
- HLTH 313: 3.0
- Major elective: 3.0
- Physical Science elective (CHEM 105 or PHSCS 105 recommended): 4.0
- Religion Cornerstone course: 2.0
- **Total Hours**: 15.0

### SOPHOMORE YEAR

**3rd Semester**
- Languages of Learning (STAT 121 recommended): 3.0
- Major electives: 4.0
- Religion Cornerstone course: 2.0
- Biological Science elective (MMBIO 240 recommended): 3.0
- HLTH 314: 3.0
- **Total Hours**: 15.0

**4th Semester**
- HLTH 312: 3.0
- HLTH 315: 3.0
- Major electives: 6.0
- Religion Cornerstone course: 2.0
- Social Science elective (SOC 111 recommended): 3.0
- **Total Hours**: 17.0

Please check with departments for current availability of all courses.

**Note:** 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.

### JUNIOR YEAR

**5th Semester**
- Major electives: 7.0
- HLTH 423: 3.0
- Arts or Letters elective: 3.0
- Religion elective: 2.0
- **Total Hours**: 15.0

**6th Semester**
- HLTH 425: 3.0
- General electives: 5.0
- Religion elective: 2.0
- Arts or Letters elective: 3.0
- **Total Hours**: 13.0

### SENIOR YEAR

**7th Semester**
- HLTH 316: 3.0
- HLTH 440: 3.0
- Religion elective: 2.0
- Adv. Written/Oral Comm (ENGL 315 or 316): 3.0
- **Total Hours**: 14.0

**8th Semester**
- HLTH 447: 3.0
- Major electives: 4.0
- Civilization 2 elective: 3.0
- Global/Cultural awareness elective: 3.0
- **Total Hours**: 16.0

*Prior to taking Hlth 496R, the student must complete Hlth 210, 312, 313, 314, 315, 316, 423, 425 with a C- grade or higher.*
REQUIREMENT 1 Complete 1 course
HLTH 100 - (Not currently offered) 3.0
HLTH 210 - Foundations of Public Health 3.0

REQUIREMENT 2 Complete 1 course
HLTH 310 - (Not currently offered) 3.0
HLTH 314 - Health, Disease and Their Determinants, Part 1 3.0

REQUIREMENT 3 Complete 1 course
HLTH 311 - (Not currently offered) 3.0
HLTH 315 - Health, Disease and Their Determinants, Part 2 3.0

REQUIREMENT 4 Complete 7 courses
HLTH 312 - Introduction to Planning, Interventions, and Evaluation 3.0
HLTH 313 - Introduction to Data Collection and Analysis 3.0
HLTH 316 - Influencing Health through Health Systems and Policy 3.0
HLTH 423 - Integrating Public Health and Primary Care 3.0
HLTH 425 - Working with Vulnerable and Diverse Populations 3.0
HLTH 440 - Introduction to Statistical Computing in Epidemiology (SAS) 3.0
HLTH 447 - Introduction to Biostatistics 3.0

REQUIREMENT 5 Complete 1 option
OPTION 5.1 Complete 3.0 hours from the following course(s)
HLTH 496R - Academic Internship: Health Science 3.0

Note 1: Prior to taking HLTH 496R, the student must complete HLTH 210, 313, 314, 315, 423, and 425 with a C- grade or higher.

Note 2: Internships may have a combination of mentored experience in public health practice or health service/health care settings.
Note 3: 42 contact hours required per credit hour.

REQUIREMENT 6 Complete 1 course
HLTH 322 - Environmental Health 3.0
HLTH 324 - Occupational Health and Safety 3.0
HLTH 335 - Health Behavior Change 3.0
HLTH 403R - Special Topics 3.0
HLTH 466 - Health and the Aging Process 3.0
HLTH 481 - Applied International Health 3.0
HLTH 482 - Medical Geography 3.0
HLTH 492R - Directed Public Health Readings 3.0

REQUIREMENT 7 Complete 24.0 hours from the following course(s)
CHEM 105 - General College Chemistry 1 with Lab (Integrated) 4.0
CHEM 106 - General College Chemistry 2 3.0
CHEM 107 - General College Chemistry Laboratory 1.0
CHEM 351 - Organic Chemistry 1 3.0
CHEM 352 - Organic Chemistry 2 3.0
CHEM 353 - Organic Chemistry Laboratory--Nonmajors 2.0v
CHEM 481 - Biochemistry 3.0
GEOG 310 - Introduction to Urban and Regional Planning 3.0
MMBIO 121 - General Biology: Health and Disease 3.0
MMBIO 221 - General Microbiology 3.0
MMBIO 222 - General Microbiology Laboratory 1.0
MMBIO 240 - Molecular Biology 3.0
MMBIO 241 - Molecular and Cellular Biology Laboratory 1.0
MMBIO 261 - Infection and Immunity 3.0
NDFS 100 - Essentials of Human Nutrition 3.0
PDBIO 120 - Science of Biology 3.0
PDBIO 210 - Human Anatomy (with virtual lab) 3.0
PDBIO 220 - (Not currently offered) 3.0
PDBIO 305 - Human Physiology 4.0
PDBIO 365 - Pathophysiology 4.0
PWS 340 - Genetics 3.0

RECOMMENDED
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 - Introduction to 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 educates students on the relationship of public health with primary health care and other sectors, including the natural sciences, relevant to improving health. Health science students go on to pursue advanced degrees in medicine, dentistry, or other allied health area.

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