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### Public Health

Public Health is appropriate for those students planning to conduct health education and health promotion activities in non-classroom settings. This major has a built-in minor with Healthcare Management.

An overall 2.5 grade point average and completion of PH 101: Foundations of Human Health are required for admission in the undergraduate health program. Additional prerequisites include completion of the University Core English composition course (English 101).

Psychomotor and verbal skills are required for students enrolled in PH 334 and PH 434. If questions arise concerning a student’s ability in these areas, an assessment will be made prior to the end of the first week of the semester to determine whether the student possesses the necessary skills to remain in the course. The first aid coordinator for the Public Health Program will make the final decision.

A student in the Public Health major must have a 2.75 grade point average in the major before clearance to do an internship. A grade of C or better is required for all major courses in the undergraduate Public Health Program.

### Bachelor of Science (B.S.) in Public Health Degree Requirements

Degree Requirements	Credit Hours
University Core Curriculum Requirements	39
PH 101 must be included in University Core Curriculum.	
Requirements for Major in Public Health and Minor in Healthcare Management	48
AH 105, HCM 310, HCM 320, HCM 340, HCM 360, HCM 366, HCM 388, HCM 395, PH 300, PH 325, PH 326, PH 334, PH 355, PH 407, PH 415, PH 488, PH 490A	
ACCT 220	3
Additional Public Health courses or other approved electives	30
Total	120

### Public Health Courses

**PH101 - Foundations of Human Health** (University Core Curriculum) This course is designed to examine contemporary health-related issues for all dimensions of the individual - physical, mental, social, emotional and spiritual - through focus on health promotion and disease prevention. Emphasis is placed on maintaining or improving quality of life by developing personal and social skills (decision-making,

communication, stress management, goal setting) across health education content areas, as well as identifying and accessing appropriate health-related resources. Credit Hours: 2

**PH200 - Human Ecology** This course will explore a range of personal, social, economic, and environmental factors influencing health status and quality of life. Health determinants include biology, genetics, individual behavior, access to health services, and the physical/social environment. Interactive discussion will be integrated with laboratory experiences applying the scientific method to the study of health promotion and disease prevention. Credit Hours: 3

**PH300 - Health Education: Foundations, Theory, and Practice** Provides a foundation to the health education profession. Includes an overview of historical, philosophical, theoretical, and research foundations; professional ethical issues; professional roles and responsibilities; and future directions. Enrollment limited to public health majors or those seeking health education endorsement. Credit Hours: 3

**PH311 - Human Growth and Development** An overview of human development from conception through senescence. Designed for professional personnel who will be concerned with planning health programs for groups representing broad age ranges. Emphasis will be on physical, mental, and social dimensions of growth and development. Credit Hours: 3

**PH312 - Emotional Health** Introduces knowledge and skills needed to acquire and maintain emotional health. A variety of individual and community issues that occur across the lifespan in our diverse, complex world will be examined. Credit Hours: 3

**PH325 - Planning and Implementing Public Health Programs** Current theories and models related to planning and implementation of public health programs in various settings will be examined. Steps to program planning, including needs assessment, recruitment, developing program plans, and implementation strategies will be discussed. Credit Hours: 3

**PH326 - Evaluation in Public Health** This course covers the principles and methods for monitoring the implementation of public health and for assessing its impact. It also focuses on the development and selection of valid and reliable measures and the use of standardized scores and other appropriate statistics. Applications are completed in classroom and community settings. Credit Hours: 3

**PH330 - Consumer Health** An overview of the health marketplace and the processes involved in becoming an intelligent consumer of health information, products, and services. Topics will include health-related advertising, fads, fraud, legislation, watchdogs, healthcare options, self-care, complementary and alternative medicine, drugs, devices, major health problems, nutrition, and physical activity. Credit Hours: 3

**PH334 - First Aid and CPR** Provides students with first aid and cardiopulmonary resuscitation knowledge and skill competencies necessary to care for injuries and provide assistance in emergencies. A nationally recognized First Aid and CPR certification may be obtained with successful completion of the course. Purchase of first aid kits and protective equipment are necessary. Students will be required to pay a lab fee of \$15. Credit Hours: 3

**PH335 - Construction Safety and Health** The course will introduce the student to principles of safety and health in the construction industry. The course will include identification of safety and health hazards, risk reduction measures, personal protection, and safety attitudes and training. Includes a study of the Safety and Health Regulations for Construction. Credit Hours: 3

**PH345 - Emergency Planning and Response** This course focuses on key elements of emergency response plans, with particular emphasis given to holistic planning in both industrial and municipal settings, the relevance of hazard and risk assessment techniques to emergency response operations, personnel training, and multi-level coordination in both planning and operational phases of emergency response. Credit Hours: 3

**PH346 - Motorcycle Rider Education Instructor Training** Provides prospective teachers with on-cycle teaching experience with beginner riders. Addresses program administration, scheduling, public information techniques, equipment procurement, evaluation and instructional technology. Certification

as Motorcycle Rider Course Instructor can be obtained. Materials purchased from the Motorcycle Safety Foundation are required in this course. Special approval needed from the instructor. Credit Hours: 4

**PH351 - Health Education in Early Childhood** A study of essential factors of health, nutrition, and safety as they apply to school environments of children birth to age eight. Emphasis will be given to nutritional needs, health routines, health appraisals, safety, hygiene, childhood illness, and social-emotional needs. Students will examine the relationship of the child, family, school, and community on the child's health and well-being. Credit Hours: 3

**PH355 - Introduction to Public Health** Organization and administration in local, state, and national official and non-official health agencies, their purposes and functions, and an overview of methods for meeting community health needs and for solving community health problems. Credit Hours: 3

**PH401 - Epidemiology** This course will review principles and practices related to the cause, prevention, and control of disease and injury in the human population. Emphasis will be placed on understanding the distribution of diseases, epidemiology methods, risk assessment, and the application of epidemiology data to disease prevention and control. Credit Hours: 3

**PH402 - Death Education** Designed to prepare educators to conduct learning experiences about death and dying in a variety of school, college, medical care, and community settings. Stress will be placed on developing brief, functional curricula and usable, imaginative, teaching-learning materials and on evaluating resource materials for use in educating at various levels of maturity. Credit Hours: 3

**PH403 - Health Advocate Training** Provides students with knowledge and skills in the areas of peer health education, health advocacy, and referral. Instruction includes health care information from a wellness point of view. Prepares students for practicum in health advocate program. Credit will not count toward a master's degree in health education. Special approval needed from the instructor. Credit Hours: 3

**PH407 - Substance Use Prevention** Designed to prepare educators to plan, implement and evaluate substance use prevention programs. Emphasizes incidence/prevalence, etiology, risk factors, short- and long-term effects of substance use. Key elements of effective prevention programs are reviewed. Meets requirements of Illinois state law concerning drug education. Credit Hours: 3

**PH410 - Human Sexuality** (Same as WGSS 411) Provides detailed information on dimensions of sexuality; characteristics of healthy sexuality; anatomy and physiology; gender roles; relationships; sexually transmitted infections/diseases; contraceptive issues and concerns; sexual victimizations; and sexuality through the life cycle. Credit Hours: 3

**PH411 - Emergency Medical Technician in the Wilderness** Placement of trained emergency medical technicians into a wilderness situation and having them adopt previously learned skills and newly developed skills. Prerequisite: PH 334 or PH 434. Credit Hours: 6

**PH412S - Driving Task Analysis: An Introduction** An introductory course that deals with the highway transportation system, traffic problems, the driving task, perception and implementation of the driver education classroom program. Observation of a teaching environment is included. A valid driver's license is required. Credit Hours: 3

**PH413S - Injury Prevention and Safety** Introduces the concepts and topics of injury prevention and safety. Course areas include: school, farm, consumer, fire, home, traffic, occupational, recreational, and disaster. Credit Hours: 3

**PH414 - Sexuality Education** Focuses on knowledge/skills needed to address complex issues of sexuality education. Discussion will include challenges/resources for all health education settings and related disciplines. Purposes/goals, the nature of sexuality education teachers/learners, and "best practice" will be covered. Emphasis on developing competencies essential for professional practice. Credit Hours: 3

**PH415 - Health Counseling** This course teaches basic communication skills and intervention strategies for helping people make positive health related lifestyle changes. It is not a course in therapeutic

counseling; it focuses on helping average people to function in the healthiest way possible. Credit Hours: 3

**PH420 - Special Topics/Independent Study** An area of study to be determined by students in consultation with health education faculty that goes beyond the current health education course offerings. 1 to 3 credits; may be repeated twice for maximum of 6 hours. Special approval needed from the instructor. Credit Hours: 1-3

**PH430 - Health and Injury Control in a Work Setting** (Same as IMAE 430) Assesses the health and injury control programs present in a work setting. Emphasis given to employee programs in health, wellness, and injury control that are effective. Field trips to work sites are included. Credit Hours: 3

**PH434 - Advanced First Aid and Emergency Care** Meets the needs of those in positions where advanced first aid and emergency care is required. A nationally recognized First Aid and CPR "First Responder" certification may be obtained with successful completion of the course. Purchase of first aid kits and protective equipment are necessary. Prerequisite: PH 334 or consent of instructor. Students will be required to pay a laboratory fee of \$20. Credit Hours: 4

**PH435 - Work Site Safety and Health Evaluation** This course covers methods of inspecting and evaluating health and safety hazards at a work site including analysis of specific job assignments. It also introduces the student to injury and incident investigation techniques. The course will include hands-on work site evaluation. Credit Hours: 2

**PH440 - Health Issues in Aging** (Same as GRON 440) Course content includes demographic trends; physiological changes associated with aging; health care and consumer challenges; cultural differences; psychological effects of aging; housing; long-term care; retirement; care giving; and formal, informal, and community-based support systems. Credit Hours: 3

**PH441 - Women's Health** The course deals with a wide variety of health concerns of American women as consumers in the current health marketplace. Major categories of topics include health products, health services, and sources of health information of particular interest to women. Emphasis is also placed on current health related issues of women. The major purpose of the course is to provide a basis for informed decision-making by the female consumer. Credit Hours: 3

**PH442S - Developing Vehicle Operational Skills: Driver Education Laboratory Experiences** Learning activities will focus on preparing the prospective driver educator to conduct activities that develop operational skills for a novice driver. Emphasis is placed on laboratory organization and administration, maintaining a learning environment, developing laboratory instructional modules, and conducting learning experiences. Prerequisite: PH 412S. Credit Hours: 3

**PH443S - Developing Classroom Skills: Driver Education Classroom Experience** Learning activities will focus on preparing the prospective driver educator with the skills to teach in the driver education classroom with application to classroom organization, maintaining a safe learning environment, developing instructional modules, and conducting learning experiences. Prerequisite: PH 412S with a grade of C. Credit Hours: 3

**PH445 - Advanced Driver Education Instructor Training** Prepares prospective instructors of advanced driving techniques. Emphasis is placed upon safe driving practices, vehicle dynamics, emergency vehicle operation, in-car response to simulated driving emergencies, and instructional techniques. Special approval needed from the instructor. Credit Hours: 3

**PH450 - Health Programs in Elementary Schools** This course is designed to present key health-related concepts and skills to enable elementary teachers to deliver culturally-sensitive, developmentally-appropriate, standards-based instruction to elementary students. It will also provide an overview of coordinated school health programs and their relationship to academic achievement. Credit Hours: 3

**PH461 - Health Education Workshop** A different focal theme each year; e.g., mood modifying substances, ecology, human sexuality, emotional and social health dimensions. Information, ideas, and concepts are translated into teaching-learning materials and approaches; continuing opportunity for interaction between prospective and experienced teachers. Credit Hours: 1-12

**PH470S - Highway Safety as Related to Alcohol and Other Drugs** Relationship between alcohol and other drugs and traffic accident causes. A review of education programs designed to minimize drug related accidents. Restricted to advanced standing or consent of instructor. Credit Hours: 3

**PH471 - Public Health Instructional Strategies** This course is designed for graduate students who are teaching assistants in Public Health. The purpose of the course is to enhance professional skills of those who are responsible for teaching health education, general education, and first aid. Credit Hours: 2

**PH476 - Stress Management** A study of the physiological, emotional and sociological stressors and their underlying mechanisms in states of disease and health. Particular emphasis is placed upon prevention and control of stress via self assessment techniques and proficiency in self control techniques such as biofeedback, autogenic training, meditation and progressive muscle relaxation. Credit Hours: 3

**PH480S - Traffic and Driver Education Program Development** Acquaints students with curriculum innovation, current philosophy, learning and teaching theories, and instructional designs. Students will develop learning packages and modules. Prerequisite: PH 443S or consent of instructor. Credit Hours: 3

**PH484 - Preventing Violence in Educational Settings** Designed to prepare educators, administrators, and other professionals to plan, implement, and evaluate violence prevention, conflict resolution, and crisis intervention programs in educational settings. Incidence/prevalence, etiology, and risk/protective factors related to youth violence will be examined. Current theories and models related to program planning and implementation will be applied to design coordinated, integrated school/community programs. Based on current research, key elements of effective curricula and other program components will be reviewed. Credit Hours: 3

**PH485 - Global Health** This course will present introductory principles and practices related to public health on a global basis. In this course we will analyze various public health aspects of global health, including: public health problems (chronic disease, infectious disease, injury, disability, malnutrition, etc.) affecting foreign countries, prevention and control efforts in foreign countries, United States involvement in global health problems, economic and social impact of global health problems, structure and function of health care systems, and the future of global health. Credit Hours: 3

**PH488 - Environmental Health** This introductory course is designed primarily for health education students and is intended to provide a broad overview of key areas of environmental health as a public health discipline. This course contributes to students' understanding of the impact of environmental concerns in their role as public health educators. Credit Hours: 3

**PH490A - Field Experiences in Schools, Community Health** Field observation, participation, and evaluation of current school or community health education or safety programs in agencies relevant to student interests. Prerequisite: all required health education courses. Special approval needed from the instructor. Credit Hours: 2-12

**PH490B - Advanced Field Experience in School, Community Health or Injury Prevention Education** Advanced field observation, participation and evaluation of current school or community health education or injury prevention programs in agencies relevant to student interests. Prerequisite: grade of B or better in PH 490A. Special approval needed from the instructor. Credit Hours: 2-6

**PH491 - Health Teaching/Learning: School and Community** Teaching and learning strategies at secondary school levels and in other community group settings. Opportunities to examine and observe a variety of educational strategies applicable to health education. Credit Hours: 3

**PH496 - Industrial Hygiene** Provides a background in the recognition, evaluation, and control of toxic materials and hazardous physical agents in the work environment. Special approval needed from the instructor. Credit Hours: 4

**PH499 - Rx: Education in Health Care Settings** Designed for members and potential members of the health care team to explore educational concepts and strategies applicable to a variety of health care settings. Includes rights and responsibilities of consumer and professional, determinants of health behavior, contrasting models of health care, communication skills, media and materials and planning, implementing and evaluating educational programs. Open to medical and dental personnel, nurses,

health educators, dietitians, therapists, pharmacists, social workers, and related professionals. Credit Hours: 3

## **Public Health Faculty**

**McDaniel, Justin T.**, Associate Professor, Ph.D., Southern Illinois University, 2016.

## **Emeriti Faculty**

**McDermott, Robert J.**, Professor, Emeritus, Ph.D., University of Wisconsin, 1981.

**Ritzel, Dale O.**, Professor, Emeritus, Ph.D., Southern Illinois University, 1970.

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