### 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><strong>Religion Cornerstones</strong></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>
<td>1</td>
<td>2.0</td>
<td>REL C 200</td>
</tr>
<tr>
<td><strong>The Individual and Society</strong></td>
<td></td>
<td></td>
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<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><strong>Skills</strong></td>
<td></td>
<td></td>
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<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>WRTG 315 or 316 recommended</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><strong>Arts, Letters, and Sciences</strong></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 221*</td>
</tr>
<tr>
<td>Physical Science</td>
<td>1-2</td>
<td>4-7.0</td>
<td>CHEM 105* and 1 course from approved list</td>
</tr>
<tr>
<td>Social Science</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td><strong>Core Enrichment: Electives</strong></td>
<td>3-4</td>
<td>6.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Religion Electives</td>
<td></td>
<td></td>
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<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
  - Religion Cornerstone course: 2.0
  - Global & Cultural Awareness elective: 3.0
  - HLTH 210: 1.0
  - Civilization 1 elective: 3.0
  - General elective: 3.0
  - **Total Hours:** 15.0

- **2nd Semester**
  - 1st Year Writing OR A HTG 100: 3.0
  - HLTH 322: 3.0
  - MMBIO 221 & 222 (Biological Science): 4.0
  - General Elective: 4.0
  - Religion Cornerstone course: 2.0
  - **Total Hours:** 16.0

#### SOPHOMORE YEAR

- **3rd Semester**
  - HLTH 314: 3.0
  - CHEM 105 (Physical Science): 4.0
  - Religion Cornerstone course: 2.0
  - General elective: 3.0
  - **Total Hours:** 15.0

- **4th Semester**
  - HLTH 312: 3.0
  - HLTH 315: 3.0
  - CHEM 106 & 107: 4.0
  - Religion Cornerstone course: 2.0
  - Social Science elective: 3.0
  - **Total Hours:** 15.0

#### JUNIOR YEAR

- **5th Semester**
  - HLTH 313: 3.0
  - HLTH 426*: 3.0
  - Major elective: 3.0
  - STAT 121 (Languages of Learning): 3.0
  - Religion elective: 2.0
  - **Total Hours:** 14.0

- **6th Semester**
  - HLTH 316: 3.0
  - Major elective: 3.0
  - Adv. Written & Oral Communication: 3.0
  - Civilization 2 elective: 3.0
  - Religion elective: 2.0
  - **Total Hours:** 14.0

#### SENIOR YEAR

- **7th Semester**
  - HLTH 428* : 3.0
  - Major elective: 3.0
  - Religion elective: 2.0
  - Arts or Letters elective: 3.0
  - **Total Hours:** 15.0

- **8th Semester**
  - HLTH 496R: 3.0
  - Arts or Letters elective: 3.0
  - **Total Hours:** 16.0

Please check with departments for current availability of all courses.

*Offered FALL only

**Offered WINTER only

**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.
REQUIREMENT 1 Complete 21 courses
HLTH 210 - Foundations of Public Health 3.0
HLTH 312 - Introduction to Planning, Interventions, and Evaluation 3.0
HLTH 313 - Introduction to Data Collection and Analysis 3.0
HLTH 314 - Health, Disease and Their Determinants, Part 1 3.0
HLTH 315 - Health, Disease and Their Determinants, Part 2 3.0
HLTH 316 - Influencing Health through Health Systems and Policy 3.0
HLTH 322 - Environmental Health 3.0
HLTH 324 - Occupational Health and Safety 3.0
HLTH 426 - Environmental Toxicology 3.0
HLTH 428 - Occupational Exposure Assessment Lab 3.0
HLTH 429 - Environmental Exposure Assessment Lab 3.0

REQUIREMENT 2 Complete 6 courses
CHEM 106 - General College Chemistry 1 with Lab (Integrated) 4.0
CHEM 107 - General College Chemistry Laboratory 1.0
CHEM 285 - Organic Chemistry 1 3.0
CHEM 351 - Organic Chemistry 2 3.0
CHEM 352 - Introductory Bio-organic Chemistry 4.0

REQUIREMENT 3 Complete 3.0 hours from the following course(s)
NOTE: PRIOR TO TAKING HLTH 496R, COMPLETE HLTH 210, 312, 313, 314, 315, 322, 324, 416. 42 CONTACT HOURS ARE REQUIRED FOR EACH CREDIT HOUR.
HLTH 496R - Academic Internship: Health Science 9.0v
You may take up to 3 credit hours.

REQUIREMENT 4 Complete 9.0 hours from the following course(s)
CELL 305 - Human Physiology 4.0
CHEM 223 - (Not currently offered) 4.0
CHEM 285 - Introductory Bio-organic Chemistry 4.0
CHEM 351 - Organic Chemistry 1 3.0
CHEM 352 - Organic Chemistry 2 3.0
CHEM 483 - Biochemistry 3.0
GEOG 101 - Global Environment: Understanding Physical Geography 3.0
GEOG 303 - Biogeography 3.0
GEOG 310 - Introduction to Urban and Regional Planning 3.0
HLTH 345 - Principles of Epidemiology 3.0
HLTH 420 - Injury and Violence Prevention 3.0
HLTH 422 - Disaster Response and Emergency Preparedness 3.0
HLTH 456 - Families and Public Health 3.0
HLTH 481 - Applied International Health 3.0
HLTH 482 - Medical Geography 3.0
HLTH 491R - Mentored Research 3.0
You may take up to 3 credit hours.
HLTH 492R - Directed Public Health Readings 3.0
You may take up to 3 credit hours.

RECOMMENDED
MMBIO 121 - General Biology: Health and Disease 3.0
MMBIO 261 - Infection and Immunity 3.0
MMBIO 418 - Medical Parasitology 2.0
MMBIO 465 - Virology 3.0
NDFS 361 - Food Microbiology 3.0
PWS 150 - Environmental Biology 3.0
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 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. the 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 assistant ship, 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 with an emphasis in environmental/occupational health have increased qualifications to work in environmental health agencies on the local and state levels. Private-sector employment can be found in a variety of businesses (manufacturing, construction, workers compensation insurance companies, health and safety consulting), municipalities, healthcare agencies, 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 environmental/occupational health are available and several times throughout the year recruiters may come to campus to hire graduates. 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 internships with public or private organizations. Obtaining certifications (CPR/First Aid/AED, OSHA 30-hour certificate, HAZWOPER Technician, ASP, CSP, CIH, QEP, CHMM) and careful development of a professional portfolio enhance employment.
While there are many specialties or disciplines in public health, most career opportunities are found in the tracks associated with the major. Entry-level salaries with a bachelor’s degree in environmental/occupational health will range from approximately $42,000–$70,000 but will vary significantly depending upon the specific discipline, type of organization, and geographic location. For more information about pay of environmental health scientists visit: [https://www.bls.gov/ooh/life-physical-and-social-science/environmental-scientists-and-specialists.htm#tab-5](https://www.bls.gov/ooh/life-physical-and-social-science/environmental-scientists-and-specialists.htm#tab-5). For more information about pay of occupational health and safety specialists visit: [https://www.bls.gov/ooh/healthcare/occupational-health-and-safety-specialists-and-technicians.htm#tab-5](https://www.bls.gov/ooh/healthcare/occupational-health-and-safety-specialists-and-technicians.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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Brigham Young University
4103 Life Sciences Building
Provo, UT 84602
Telephone: (801) 422-4428

ADVISEMENT CENTER INFORMATION
Life Sciences Advisement
Brigham Young University