## 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>
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</tr>
<tr>
<td>Teachings and Doctrine of The Book of Mormon</td>
<td>1</td>
<td>2.0</td>
<td>REL A 275</td>
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<tr>
<td>Jesus Christ and the Everlasting Gospel</td>
<td>1</td>
<td>2.0</td>
<td>REL A 250</td>
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<tr>
<td>Foundations of the Restoration</td>
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<td>2.0</td>
<td>REL C 225</td>
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<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>
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</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>
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<tr>
<td>First Year Writing</td>
<td>1</td>
<td>3.0</td>
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<tr>
<td>Advanced Written and Oral Comm.</td>
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<td>3.0</td>
<td>WRTG 315 or 316 recommended</td>
</tr>
<tr>
<td>Languages of Learning (Math or Language)</td>
<td>0-1</td>
<td>0-3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Quantitative Reasoning</td>
<td>1</td>
<td>3.0</td>
<td>STAT 121* recommended</td>
</tr>
<tr>
<td>Arts, Letters, and Sciences</td>
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</tr>
<tr>
<td>Civilization 1</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Civilization 2</td>
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<td>3.0</td>
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<tr>
<td>Arts</td>
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<td>3.0</td>
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<tr>
<td>Letters</td>
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<td>3.0</td>
<td>from approved list</td>
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<tr>
<td>Biological Science</td>
<td>1</td>
<td>3.0</td>
<td>MMBIO 240* recommended</td>
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<tr>
<td>Physical Science</td>
<td>2</td>
<td>7.0</td>
<td>CHEM 105* or PHSCS 105 recommended</td>
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<tr>
<td>Social Science</td>
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<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Core Enrichment: Electives</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*

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### Graduation Requirements:

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

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## Suggested Sequence of Courses

### FRESHMAN YEAR

- **1st Semester**
  - 1st Year Writing OR A HTG 100: 3.0
  - HLTH 210: 3.0
  - Religion Cornerstone course: 2.0
  - Major elective: 3.0
  - General electives: 4.0
  - Total Hours: 15.0

- **2nd Semester**
  - 1st Year Writing OR A HTG 100: 3.0
  - HLTH 314: 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
  - Biological Science elective (MMBIO 240 recommended): 3.0
  - HLTH 315: 3.0
  - Total Hours: 15.0

- **4th Semester**
  - HLTH 312: 3.0
  - HLTH 313: 3.0
  - Major electives: 6.0
  - Religion Cornerstone course: 2.0
  - Social Science elective (SOC 111 recommended): 3.0
  - Total Hours: 17.0

### JUNIOR YEAR

- **5th Semester**
  - HLTH 440: 3.0
  - General electives: 5.0
  - Religion elective: 2.0
  - Arts or Letters elective: 3.0
  - Total Hours: 13.0

- **6th Semester**
  - HLTH 447: 3.0
  - Religion elective: 2.0
  - Adv. Written/Oral Comm (WRTG 315 or 316): 3.0
  - Total Hours: 8.0

### SENIOR YEAR

- **7th Semester**
  - HLTH 425: 3.0
  - Major electives: 4.0
  - Civilization 2 elective: 3.0
  - Global/Cultural awareness elective: 3.0
  - HLTH 495: 3.0
  - Total Hours: 16.0

- **8th Semester**
  - HLTH 494: 3.0
  - Religion elective: 2.0
  - Arts or Letters elective: 3.0
  - HLTH 447: 3.0
  - Total Hours: 16.0

*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.*

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.
### REQUIREMENT 1: Complete 9 courses

**NOTE:** 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 - 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 425 - Working with Vulnerable and Diverse Populations 3.0
- HLTH 447 - Introduction to Biostatistics 3.0
- HLTH 495 - Health Science Capstone: Integrating Public Health and Prima 3.0

### REQUIREMENT 2: Complete 9.0 hours from the following course(s)

- CHEM 105 - 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
- PWS 340 - Genetics 3.0

**OPTION 3.1** Complete up to 3.0 hours from the following course(s)

- MBBIO 261 - Infection and Immunity 3.0
- NDFS 100 - Essentials of Human Nutrition 3.0
- PWS 340 - Genetics 3.0

**RECOMMENDED**

<table>
<thead>
<tr>
<th>MCAT PREP COURSE (IF TAKING MCAT)</th>
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<tbody>
<tr>
<td>PHSCS 105 - General Physics 1</td>
</tr>
<tr>
<td>PHSCS 106 - General Physics 2</td>
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<tr>
<td>PHSCS 107 - General Physics Lab 1</td>
</tr>
<tr>
<td>PHSCS 108 - General Physics Lab 2</td>
</tr>
<tr>
<td>PSYCH 111 - Introduction to Psychology</td>
</tr>
<tr>
<td>SOC 111 - Introductory Sociology</td>
</tr>
</tbody>
</table>

### REQUIREMENT 3 Complete 24.0 hours from the following option(s)

**OPTION 3.1** Complete up to 24.0 hours from the following course(s)

- CELL 120 - Science of Biology 3.0
- CELL 305 - Human Physiology 4.0
- CELL 362 - Advanced Physiology 3.0
- CELL 363 - Advanced Physiology Laboratory 1.0
- CELL 365 - Pathophysiology 4.0
- CHEM 105 - General College Chemistry 1 with Lab (Integrated) 4.0

<table>
<thead>
<tr>
<th>BS in Public Health: Health Science (662545)</th>
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</thead>
<tbody>
<tr>
<td>2022-2023 Program Requirements (57.5 - 62 Credit Hours)</td>
</tr>
</tbody>
</table>

#### 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. 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 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
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