PUBLIC HEALTH

Program Description

The academic area of study in Public Health is part of the total program of the College of Health and Human Services. Students pursue a Public Health concentration leading to a degree with specialization and job skills applicable to one of three professional areas of study: community health, healthcare administration, or occupational health and safety. The faculty supports the idea of focused academic preparation in each concentration such that Public Health BS graduates will have job appeal in their chosen professional field.

Students can expect to be involved, both in class and field experiences, in areas that deal with significant issues within the specific concentration, such as health care costs, consumer health issues, alcohol and other drugs, human sexuality, unintentional injury causes and prevention, and other personal, occupational, and community health and safety issues as well as management, business and administration skills in the health care administration option.

Students interested in pursuing advanced degrees in the Public Health will find that the BS program provides the foundation upon which to undertake a MPH or MS in community, health care administration, or occupational health and safety degree programs.

The Public Health Bachelor of Science program at Sacramento State is a highly sought after degree. Due to the large number of applications, the program is currently impacted. Students wishing to become Public Health majors must complete a series of required lower division courses and apply for admission to the program. Check the Department website (http://www.csus.edu/hhs/khs/hlsc/impaction.html) for requirements, and it is highly recommended that interested students speak with the Public Health academic advisor.

Degree Programs

- BS in Public Health (Community Health Education) (http://catalog.csus.edu/colleges/health-human-services/public-health/bs-in-public-health/)

Special Features

- A key feature of the program involves the diversity of the field experiences available. Students may select from state, county, city, or local health and safety related agencies, hospitals, as well as any private voluntary not-for-profit agency. This on-site experience continues to be a valuable professional experience that may lead to employment.
- Employment opportunities can be identified in any of the school/community health/safety/health care related programs, as well as in the private sector. Employment opportunities often evolve from the networking that develops naturally from students’ field experiences.
- Because of the unique location of the University in the state capital, students majoring in Public Health benefit from professional health resources of numerous state and local health agencies that include, but are not limited to the Sacramento County Department of Health and Human Services, California State Departments of Health Services, Mental Health, Aging and Alcohol and Drug Abuse. A variety of health/safety related agencies provide opportunities for field work experiences, internships, part-time, and summertime employment.
- Courses are offered on a schedule to accommodate both full-time and part-time students, including night courses and online options.
- The faculty consists of members with specialized preparation in the Public Health field. Our full-time faculty is augmented by the use of adjunct instructional staff selected from the above mentioned Public Health agencies.

Note: Students who have completed an allied health licensure program and who wish to obtain a BS degree in Public Health at California State University, Sacramento, should contact the Sacramento State Outreach Office for application and course requirements.

Career Possibilities

- Alcohol Education Consultant · Community Health Educator · Community Program Director · Environmental Health & Safety Specialist · Family Planning Educator · Health Administration Assistant · Health Program Coordinator · Human Resources Specialist · Loss Control Consultant · Occupational Safety Specialist · OSHA Compliance · Patient Administration Specialist · Public Health Educator · Public Health Investigator

Contact Information

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Department of Public Health Website (https://www.csus.edu/college/health-human-services/public-health/)

Faculty

PUBH 50. Healthy Lifestyles. 3 Units

General Education Area/Graduation Requirement: Understanding Personal Development (E)

Term Typically Offered: Fall, Spring

Examines the concepts of: health and wellness; the determinants of health and wellness; and the concept of self-responsibility for health and wellness. These health and wellness concepts shall be applied to the areas of: mental wellness, nutrition, fitness, human sexuality, and drugs. The lecture/discussion format provides for a sharing of views regarding the integrated concepts of health that emphasizes the physical, mental, emotional, social, spiritual, and environmental factors that influence an individual's health status.
Potential and beginning Health Science students become oriented to the Health Science discipline. They will acquire and develop the knowledge and understanding needed to fulfill the Health Science major learning outcomes. Students will develop their individual learning plans designed to assure fulfillment of the Health Science major, General Education, and University graduation requirements.

**PUBH 100. Fundamentals of Safety and Health.** 3 Units

**Prerequisite(s):** must be a Public Health or a Fire Service Management major or minor to enroll in this class

**Term Typically Offered:** Fall, Spring

Explores global and national issues in occupational and non-occupational safety and health. Subjects include motor vehicle, consumer, workplace, fire, school, and home safety. Examines concepts and principles related to the cause, control, and mitigation of unintentional injuries and illnesses. Emphasizes the development, implementation, and integration of effective safety and health program strategies in the prevention and control of loss.

**PUBH 106. Occupational Health.** 3 Units

**Prerequisite(s):** Public Health majors or minors only, or instructor permission.

**Term Typically Offered:** Spring only

Concepts of occupational health as they pertain to appraising and controlling occupational health hazards, including occupational diseases, chemical, biological, and physical agents. Discusses techniques for the recognition, evaluation, prevention, and control or occupational health hazards.

**PUBH 107. Occupational Safety.** 3 Units

**Prerequisite(s):** Public Health majors or minors only, or instructor permission.

**Term Typically Offered:** Spring only

Examines common hazards and problems encountered in the workplace, including concepts and principles related to the control and mitigation of occupational safety hazards. Emphasizes the development, implementation, and integration of effective occupational safety and health program components.

**PUBH 108. Occupational Health and Safety Laws and Regulations.** 3 Units

**Prerequisite(s):** Public Health majors or minors only, or instructor permission.

**Term Typically Offered:** Fall only

Overview of regulatory agencies involved in occupational health and safety and their functions in the enforcement of regulation and/or compliance of safety laws. Special emphasis on Cal/OSHA. Other topics: application of surveillance, research, control technology, and trained personnel to maintain compliance. Recognizes that strategies to achieve a safe workplace includes an analysis of economic and employment impacts on the employer.

**PUBH 109. Cause and Control of Occupational Loss.** 3 Units

**Prerequisite(s):** Public Health majors or minors only; or instructor permission.

**Term Typically Offered:** Fall only

Study of the characteristics, causes, and control of occupational loss; influence of the work environment and system structure on incident outcomes; and analysis of occupational injuries and illnesses through the applications of incident investigation and system safety techniques. Course will use occupational injuries and illnesses to focus on the process of problem identification and analysis, including the development and implementation of control measures.

**PUBH 110. Issues in Occupational Health and Safety.** 3 Units

**Prerequisite(s):** PUBH 100 or instructor permission

**Term Typically Offered:** Fall, Spring

Examines current and emerging issues in occupational health and safety, including historical, philosophical, and conceptual factors that serve as a basis for predicting, understanding, and resolving occupational health and safety issues. Examples include: Issues in high hazard industries, special populations at risk, emerging technologies, occupational hazards, and traumatic injuries.

**PUBH 112. Disease Prevention.** 3 Units

**Prerequisite(s):** Public Health majors or minors only; or instructor permission

**Term Typically Offered:** Fall, Spring

Surveys the current methods of promoting high level wellness through a preventive medicine approach for the promotion of more enjoyable and productive living. Attention directed toward the specific methods of promoting personal health through various current methodologies including the "holistic health" movement. Meets the needs of major students as well as those in allied fields such as nursing, social work and other interested students.

**PUBH 114. Human Ecology and Health.** 3 Units

**General Education Area/Graduation Requirement:** GE AREA D

**Term Typically Offered:** Fall, Spring, Summer

Emphasizes the social and natural environmental influences that have a direct impact upon the health of the individual. Primary consideration is directed to an analysis of health as influenced by a person's interaction with his/her environment.

**PUBH 116. Public Health Administration and Policy.** 3 Units

**Prerequisite(s):** Must be a Public Health or Gerontology major or minor

**Term Typically Offered:** Fall, Spring

Understanding of the management of public health programs; pattern of health organization; the scope of public health concern of environmental health and health service marketing. Consideration of the various administration factors involved in the practice of public health by department, division or agency unit.
PUBH 117. Global Health. 3 Units
Prerequisite(s): Public Health majors or minors only, or instructor permission
Term Typically Offered: Fall, Spring

Introduction to the globalization of public health and the critical health issues facing all citizens of the world, with special emphasis on health concerns of developing countries. Topics include global malnutrition, primary health care, maternal and child health, international environmental health, comparative health care systems, epidemiology and international health threats, and sustainable health and development programs undertaken by nongovernmental organizations.

PUBH 118. Community Health. 3 Units
Prerequisite(s): Must be a Public Health major or minor
Term Typically Offered: Fall, Spring

Insights into comprehensive planning for health by community health agencies and organizations in implementing their programs.

PUBH 119. Community Health Education. 3 Units
Prerequisite(s): Must be a Public Health major or minor with a minimum "C" grade or better in PUBH 118 or have instructor permission
Term Typically Offered: Fall, Spring

In addition to the current practice in community health education, examines the philosophical, conceptual and theoretical constructs that serve as a basis for understanding, predicting and facilitating change in health-related behavior. Explores the use of health communication processes, selected instructional media, health planning, community organization techniques, and mass communications in community health education.

PUBH 122. Health Psychology. 3 Units
Prerequisite(s): Must be a Public Health or Child Development major or minor
Term Typically Offered: Fall, Spring

Introduction to behavioral and social factors which influence health and illness. Explores the causes of premature death, the relationships between personality and health, and the development of health problems. Includes an overview of psychological principles in behavioral medicine, physiological foundations of health psychology, the role of emotions in immune function, and topical theories of, techniques for, and research on how psychology can help people live longer, healthier lives.

PUBH 124. Consumer Health Education. 3 Units
General Education Area/Graduation Requirement: Understanding Personal Development (E)
Term Typically Offered: Fall, Spring, Summer

Introduction to the processes and methods of conducting health education within the clinical setting and the integration of educational theory and applied health knowledge specific to common health disorders. Topics to include the dimensions of quackery in health treatments, efficacy of safety standards, and the elements of deceptive advertising and bogus claims. Emphasis on how to distinguish health facts from bogus claims, make effective consumer decisions of health care services, and the basics of self-health care.

PUBH 130. Alcohol and Other Drugs. 3 Units
General Education Area/Graduation Requirement: GE AREA D
Term Typically Offered: Fall, Spring, Summer

Various aspects of drug usage will be studied with emphasis on the role of health education in reducing abuse. This course is designed to explore contemporary issues related to alcohol and other drugs. The course will examine the physiological, psychological, social, and cultural impact of licit and illicit drugs.

PUBH 134. Understanding Human Sexuality. 3 Units
General Education Area/Graduation Requirement: GE AREA D
Term Typically Offered: Fall, Spring

This course is designed to explore gender and social issues associated with human sexuality. The course will examine the impact of physiological, psychological, social, and cultural differences and similarities on the sexual health of diverse groups. The course will explore issues related to age, ability/disability, sexual identity, sexual myths, misconceptions, gender and gender expression.

PUBH 136. School Health Education. 2 Units
Prerequisite(s): CPR training; may be taken concurrently.
Term Typically Offered: Fall, Spring, Summer

Provides teacher candidates, social workers, and nurses an understanding of the educational methods, processes, and content of the scope of health education as provided in the Framework for Health Instruction of the California State Department of Education. Offers an understanding of current problems related to personal, family, and community health. General theories and organization for teaching health education will be discussed. Meets the requirement for teacher candidates under the SB2042. Note: Not open to lower division students.

PUBH 144. Community Health Planning and Evaluation. 3 Units
Prerequisite(s): PUBH 118, PUBH 148; GWAR certification before Fall 09; or WP.J score of 80+; or 3-unit placement in ENGL 109M or ENGL 109W; or 4-unit placement in ENGL 109M or ENGL 109W and co-enrollment in ENGL 109X; or WP.J score 70 or 71 and co-enrollment in ENGL 109X; or 3-unit placement in ENGL 109M or ENGL 109W; or WP.J score of 80+; or 3-unit placement in ENGL 109M or ENGL 109W; or instructor permission; restricted to Public Health majors and minors.
Term Typically Offered: Fall, Spring

Introduces students to the process and practice of program planning and evaluation. Examines the social and physical determinants of health; the impact of the community structure on health status; and, the influence of personal health behavior on community health education practice. These concepts shall be applied in the planning, implementation, and evaluation of health education services.

PUBH 147. Health Data Analysis. 3 Units
Prerequisite(s): STAT 1, Public Health major or instructor permission.
Term Typically Offered: Fall, Spring

Introduction to methods and statistical practices used in the health sciences. Emphasis on the methods of collection, analysis, interpretation, and presentation of health data. Conceptual learning will be facilitated by sessions using computational software.
PUBH 148. Epidemiology. 3 Units
Prerequisite(s): STAT 1 or instructor permission; Public Health or Biological Sciences major or minor.
Term Typically Offered: Fall, Spring, Summer
Designed to offer cognitive insights into community health epidemiology. Provides understanding of the study of the distribution and determinants of communicable, infectious and chronic disease, and of injuries in the human population.

PUBH 150. Aging and Health. 3 Units
Prerequisite(s): Student must be admitted to the Public Health, Kinesiology, or Gerontology major or minor, or have instructor permission to enroll in this course.
Term Typically Offered: Fall, Spring
Designed to introduce students to the basic aging and health concerns of older people and to broader issues of aging, health and society. Examines the demography of the aging population, biological theories of aging, social and psychological aspects of aging. Includes such issues as nutrition, drugs, exercise, sexuality, patterns of health services utilization, institutionalization, alternatives to the provision of long-term care in institutions, and dying.

PUBH 151. Introduction to the U.S. Healthcare System. 3 Units
Prerequisite(s): Student must be admitted to the Public Health major or minor, or have instructor permission to enroll in this course.
Term Typically Offered: Fall, Spring
This course presents an overview of the historical, structural, and operational aspects of the nation’s healthcare systems. Students will examine the factors that shape public policy regarding the allocation of health care resources and will gain an understanding of the relationship between healthcare costs, quality of care, and the access to health services. The influence of professional associations, medical technology, institutionalization, alternatives to the provision of long-term care in institutions, and dying.

PUBH 152. Healthcare Systems and Operations. 3 Units
Prerequisite(s): Public Health majors and minors only; or instructor permission
Term Typically Offered: Fall, Spring
Introduce students to a broad range of issues related to managing healthcare organizations. Students will explore areas such as organizational behavior and theory applied to healthcare organizations and the role of administrators in planning, organizing, and overseeing the delivery of healthcare services. Organizational principles and decision-making strategies are applied to functional areas of health administration including finance, human resources, performance improvement, strategic planning, and healthcare information systems.

PUBH 153. Administration of Healthcare Organizations. 3 Units
Prerequisite(s): Public Health majors only
Term Typically Offered: Fall, Spring
Introduction to the study of healthcare administration. Examines the broad field of healthcare administration. Topics include healthcare management, leading healthcare professionals, strategic planning in healthcare, healthcare budgeting and finance, healthcare insurance, healthcare marketing, healthcare information technology, healthcare ethics and law, and healthcare fraud and abuse.

PUBH 154. Healthcare Organizational Behavior. 3 Units
Prerequisite(s): Public Health majors only
The study of healthcare organizational behavior including individual and group dynamics in the context of healthcare settings. Examines the impact of organizational contexts on the behavior of individuals and groups in healthcare organizations. Topics include individual motivation, power and influence, leadership theory, stress in the workplace, decision-making, conflict and negotiation, group dynamics, and change planning in healthcare.

PUBH 155. Introduction to Healthcare Process Improvement. 3 Units
Prerequisite(s): Public Health majors only
Term Typically Offered: Fall, Spring
An exploration of the basic principles and techniques of process improvement in healthcare through a range of topics, including measurement of health care system performance to creating high-quality services that result in organizational improvement and customer satisfaction.

PUBH 156. Fieldwork - Health or Safety. 2 - 4 Units
Prerequisite(s): Permission of faculty advisor, program coordinator and Department chair.
Term Typically Offered: Fall, Spring, Summer
To obtain insights into the practical application of the classroom teachings, fieldwork experiences are required of those preparing for a career in community health education or other areas of health and safety.
Note: Submit an application for field work no later than the fourth week of the semester prior to taking HLSC 195. May be repeated once for credit.
Credit/No Credit

PUBH 157. Experimental Offerings in Health Science. 1 - 3 Units
Term Typically Offered: Fall, Spring
Undergraduate seminar designed to provide an in-depth examination and discussion of current topics in the area of personal and community health and safety.

PUBH 158. Special Problems. 1 - 3 Units
Prerequisite(s): Permission of faculty under whom individual work will be conducted, program coordinator, and Department chair; PUBH 116, PUBH 118, PUBH 119, and PUBH 148 are strongly recommended.
Term Typically Offered: Fall, Spring
Note: Open only to HLSC majors and minors who appear competent to conduct independent work such as
Credit/No Credit

PUBH 201. Behavioral and Social Sciences in Public Health. 3 Units
Prerequisite(s): MPH major or instructor approval.
Term Typically Offered: Fall, Spring
Psychological and social concepts and models relevant to population health are reviewed and critiqued. The course will enable students to describe core theoretical perspectives from each of the social science disciplines of psychology, sociology, and anthropology. Students will learn how to select and apply appropriate social and behavioral models to the design of public health interventions and policies. The course will also cover the critical interrelationships among social determinants, environmental influences, behavioral risk factors, and health disparities.
PUBH 202. Ecological Determinants of Human Health. 3 Units
Term Typically Offered: Fall, Spring

This course will explore both natural and built environments and their impact and consequences on human health. It will examine the social, structural & political determinants affecting ecology, examining social & environmental justice. An emphasis will be placed on unintentional consequences of human interactions with respect to their physical environment. The course will examine current national and international issues in environmental health, including but not limited to anthropogenic climate change, biodiversity loss, ocean acidification, and carbon footprinting.

PUBH 203. Public Health Management and Leadership. 3 Units
Prerequisite(s): MPH major or instructor permission.
Term Typically Offered: Fall, Spring

This course examines the role of management and leadership practices in public health organizations and draws on theory to explore the role of public health leaders in planning, budgeting, staffing, and controlling performance. Students will explore relevant leadership topics such as organization development, employee motivation, and emotional intelligence. The nuances of leading in a government agency are also considered. These topics are set in the context of ethical management and leadership practices.

PUBH 204. Healthcare Systems, Structures, and Policies. 3 Units
Prerequisite(s): MPH major or instructor permission.
Term Typically Offered: Fall, Spring

This course explores health care systems from a macro perspective, including historical development, information technology, healthcare policy and resource allocation, the healthcare workforce, issues surrounding access to healthcare, prevention in healthcare, population health and medicine, various delivery models, and public health's partnership with healthcare. Comparisons are made between the US health care system and other nations in relation to costs and quality.

PUBH 207A. Health Research Methods and Analysis (A). 3 Units
Prerequisite(s): MPH major or instructor permission.
Term Typically Offered: Fall, Spring

Introduces students to the fundamentals of research methodology in applied epidemiology, biostatistics and evaluation research. Students learn quantitative, qualitative, mixed method and participatory approaches to research, as well as ethical behavior in conducting research. Through the mix of texts, articles from the public health literature and course work, students will build skills for conducting research and analysis across a variety of public health applications.

PUBH 207B. Health Research Methods and Analysis (B). 3 Units
Prerequisite(s): MPH major or instructor permission.
Term Typically Offered: Fall, Spring

Explores intermediate and advanced research methods in applied epidemiology, biostatistics and evaluation research. Students learn about tools for describing central tendency and variability in data, methods for performing inference on population parameters via sample data, statistical hypothesis testing and its application to group comparisons, issues of power and sample size in study design, and sampling techniques. Students will also examine common research methods used in program evaluation.

PUBH 220. Health Policy Analysis. 3 Units
Prerequisite(s): MPH major or instructor approval.
Term Typically Offered: Fall, Spring

Students develop strategies for the analysis of health policy issues and learn to communicate effectively in the policy environment. Students gain a local, state, and federal perspective on the historical and political context of health policy and its effects on public health and health care systems, with an emphasis on population health outcomes.

PUBH 221. Strategies for Community Engagement. 3 Units
Prerequisite(s): MPH major or instructor permission.
Term Typically Offered: Fall, Spring

Students master the concepts and practices of community engagement, including defining a community, developing community coalitions, forming multi-sector partnerships, social network theory, community-based participatory research, the community engagement continuum of impact, trust, and readiness, models of community change/intervention, community psychology, and community organizing. Students will apply these concepts in a culminating semester project that includes developing a community engagement strategy to address a health issue. Ethics in community engagement underlies the basic approach taken throughout the course.

PUBH 222. Methods of Health Promotion. 3 Units
Prerequisite(s): Master of Public Health major or instructor permission.
Term Typically Offered: Fall, Spring

This course explores theories of health communication, teaching and learning, marketing and advertising, and health behavior to prepare students to design effective health promotion interventions. Students will learn to utilize multiple methods of health promotion, including presentation planning, social marketing, material design, and mediated communication. This course also emphasizes the importance of public engagement and the development of effective communication with public health stakeholders including consumers, community groups, policy makers, health care providers, news media, and the general public.

PUBH 223. Leadership in Public Health Practice. 3 Units
Prerequisite(s): MPH major or instructor permission.
Term Typically Offered: Fall, Spring

Examines the role of leadership in public health practice at the program, agency, and community-organization level, with an emphasis on leading community health improvement efforts. Students become aware of their leadership style through assessment and experiential activities, while learning to adapt their approach to leading across multiple settings. Particular emphasis is placed on leading groups and teams in practice settings often encountered by public health professionals.

PUBH 224. Program Planning and Evaluation. 3 Units
Prerequisite(s): Master of Public Health majors or instructor permission.
Field trip.
Term Typically Offered: Fall, Spring

Covers the essential elements of planning, implementing, and evaluating a health promotion program. Aspects of the course include the application of health behavior theory and program planning models, consideration of the social and physical determinants of health, structural influences on personal health status, and the influences of social and health policy on communities.
PUBH 225. Topics in Public Health Seminar. 3 Units
Prerequisite(s): MPH major or instructor permission.
Term Typically Offered: Summer only

Introduces students to a variety of pressing issues impacting current public health practice and provides an opportunity to explore one or more of those issues in greater depth. Students conduct research using multiple sources on a variety of topics, present findings to the class, and create a solution-centered project with potential applications for practice.

PUBH 295. Public Health Practicum. 3 Units
Prerequisite(s): Master of Public Health major or instructor permission.
Term Typically Offered: Fall, Spring, Summer

Provides students with an in-depth, supervised experience in an applied practice setting. Students explore broad areas of public health practice and conduct supervised field research on a specific area of professional interest. Students further develop expertise in an area of interest by providing consultation and technical assistance to a project or organization engaged in public health work.
Credit/No Credit

PUBH 500. Public Health Capstone. 3 Units
Prerequisite(s): MPH major or instructor permission.
Term Typically Offered: Fall, Spring

Guides students through a culminating experience in the Master of Public Health program. Seminars discuss and review the integration of core public health concepts and concentration competencies. Students create materials that demonstrate the analysis, synthesis, and intersection of course work, while demonstrating mastery of the broad field of public health.