

# PUBLIC HEALTH (PUBH)

**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.

**PUBH 98. Health Science ProSeminar. 3 Units**  
**Term Typically Offered:** Fall, Spring

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 of 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 application 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 Policy, Management & Administration.****3 Units****Prerequisite(s):** Must be a Public Health, Health Sciences, or Gerontology major or minor or admitted by permission of instructor**Term Typically Offered:** Fall, Spring

In Public Health Policy, Management and Administration we will build an understanding of: how public health systems are structured and managed; how public health policy is shaped and implemented; and the reciprocal relationship between culture, context, and economics and public health policies and systems. We will compare and contrast public policies, systems and management at local, national, and global levels.

**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. Introduction to Public Health.****3 Units****Prerequisite(s):** Must be a Public Health major or minor**Term Typically Offered:** Fall, Spring

The course introduces students to a range of topics, issues, methods, approaches, and frameworks to help understand current public health issues, systems and areas of practice. This course explores the ways in which public health practice prevents harm and promotes and protects health and well-being of people, communities and their environments.

**PUBH 119. Community Health Promotion.****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 this course, we will explore the theoretical constructs of community, community building, community organizing and community-based participatory action research as levers to address social determinants of health to promote individual and community health and well-being. Emphasis on developing effective community health promotion materials, strategies and advocacy activities.

**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. Ethical Considerations in Public Health. ✎****3 Units****Prerequisite(s):** Junior standing; a WPJ Portfolio score OR ENGL 109M or ENGL 109W**General Education Area/Graduation Requirement:** Writing Intensive Graduation Requirement (WI)**Term Typically Offered:** Fall, Spring, Summer

This course examines ethical issues related to public health practice, policy, and research. Questions of autonomy, liberty, individual rights, power, coercion, social justice, discrimination, stigma, community, paternalism, and the common good are the basis of ethical challenges in public health. Public health ethical considerations in health promotion, health policy, healthcare, and issues of safety where people work, live and play will be the focus both domestically and globally. Students will develop an analytical methodology to apply to public health work.

**Note:** Students must be eligible to take a writing intensive course.**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; GEAR certification before Fall 09; or WPJ 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 WPJ score 70 or 71 and co-enrollment in ENGL 109X; 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, and social values in health reform initiatives is discussed.

**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 195. 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 studies.

**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 196. 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 196A. Public Health International Study Abroad. 3 Units****Term Typically Offered:** Summer only

Students experience a unique culture first-hand and through designed learning experiences, view a different society through the lens of health and wellbeing while expanding one's cultural awareness. Students will understand and compare the organization of different healthcare and the public health systems, and gain insight into how to bring positive change into the systems in which they work.

**PUBH 199. 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.