

# PUBLIC HEALTH

Associate in Science Degree | Transfer Degree | Department of Health, Physical Education and Recreation

## Program Description

The mission of the Public Health program is to prepare students to transfer to a baccalaureate degree program at a 4-year university or college by providing them with introductory level coursework related to the content, concepts and skills essential to promoting and protecting health in diverse communities and populations.

In Public Health, the emphasis is on improving the health of entire populations, not just individuals. Professionals in this field perform many essential functions such as identifying and monitoring health issues that arise in the community, encouraging healthy behaviors through educational programs and media campaigns, as well as advocating to improve health equity for the most vulnerable members of society. Public Health workers also focus on the environmental and social factors that affect the health of the community. This is an exciting and rewarding career path for those who want to make a difference in the lives of others by creating a safer and healthier world. The Associate Degree in Public Health is designated to transfer to Bachelor Degree programs in public health within the City University of New York (CUNY) system as well as to other 4-year colleges.

The AS Public Health program is available for students in the traditional, in-person format as well as partially or fully online.

## Learning Outcomes

Upon successful completion of the Public Health degree program requirements, students will be able to:

1. Identify strategies used by public health professionals for promoting health and reducing disease in individuals and communities.
2. Discuss how past and present public health policies and government initiatives have improved health and quality of life in the US.
3. Identify the differences between the key determinants of health (behavioral, environmental, social and cultural) and explain their roles in the development of major diseases and health concerns affecting the US.
4. Locate, access, and evaluate current, reliable health information from appropriate medical, governmental, and voluntary health agencies integral to the US healthcare system.
5. Demonstrate an ability to communicate health information accurately and effectively in both oral and written forms.
6. Examine health disparities that exist between different populations within the US based on race, ethnicity, gender, and socio-economic status.

## PUBLIC HEALTH CURRICULUM (PATHWAYS)

60 Credits required for AS Degree

Curriculum Coordinator: Prof. Elyse Gruttadauria

### Required Core

- A. English Composition (6 Credits)
- B. Mathematical and Quantitative Reasoning<sup>1</sup> (3 Credits)
- C. Life and Physical Sciences<sup>2</sup>
  - BIO 21 The Human Body (4 Credits)

**SUBTOTAL 13**

### Flexible Core<sup>3</sup>

- A. World Cultures and Global Issues (3 Credits)
- B. U.S. Experience in its Diversity (3 Credits)
- C. Creative Expression (3 Credits)
- D. Individual and Society (3 Credits)
- E. Scientific World<sup>2</sup>
  - ENV 11 Introduction to Environmental Health (4 Credits)

A-E Select one course from Areas A- E (3 Credits)

**SUBTOTAL 19**

### Major Requirements

- CPR 10 Cardiopulmonary Resuscitation *OR* WFA 10 Workplace First Aid Training (1 Credit)
- HLT 91 Critical Issues in Health (2 Credits)
- HLT 101 Introduction to Public Health (3 Credits)
- PEA<sup>4</sup> Physical Education (1 Credit)
- PEA 12 Elementary Hatha Yoga *OR* PEA 82 Introduction to Tai Chi Chuan (1 Credit)
- **Select 2 courses from the following:**
  - HLT 20<sup>6</sup> Aspects of Human Sexuality *OR*
  - HLT 93 Human Sexuality
  - HLT 88 Fundamentals of Community Health Work
  - HLT 89 HIV/AIDS
  - HLT 90 Health and Aging
  - HLT 92 Drugs, Society and Human Behavior
  - HLT 94 Human Nutrition
  - HLT 96 Health Education for Parenting
  - HLT 97<sup>5</sup> Field Work in Community Health Resources (3-6 Credits)
- PSY 11<sup>6</sup> Introduction to Psychology (0-3 Credits)

- Restricted Elective<sup>6</sup> COMM 20 Public Speaking *AND* PSY 35 Dynamics of Human Motivation *OR* MODERN LANGUAGE Select two from the same language (0-6 Credits)
- SOC 11<sup>6</sup> Introduction to Sociology (0-3 Credits)
- Free Electives (2-14 Credits)

**SUBTOTAL 28**

- <sup>1</sup> Students in the curriculum are strongly advised to take MMTH 23/23.5 to fulfill Required Core Area B.
- <sup>2</sup> This program has obtained a waiver to require its students to take BIO 21 to fulfill Required Core Area C and ENV 11 to fulfill Flexible Core Area E.
- <sup>3</sup> Students can complete no more than two courses from any one discipline or interdisciplinary field in the Flexible Core.
- <sup>4</sup> Select any physical education course except PEA 12 and PEA 82.
- <sup>5</sup> Students who are not planning on transferring to a 4 year program in Community Health are encouraged to take this course.
- <sup>6</sup> If any of these courses satisfies a Flexible Core Area, free electives may be taken.

