

# Public Health (PB HLTH)

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## **PB HLTH 14 Healthy People: Introduction to Health Promotion 4**

### **Units**

**Department:** Public Health

**Course level:** Undergraduate

**Term course may be offered:** Fall

**Grading:** Letter grade.

**Hours and format:** 3 hours of Lecture and 1 hour of Discussion per week for 15 weeks.

Introduction to personal and community health, drawing on physical and social sciences. Specific areas include stress, alcohol and drugs, nutrition, exercise, the environment, communication, and sexuality. Readings, lectures, and discussions explore key issues for students and examine those issues in the context of contemporary American society. Public health approaches to disease prevention and health promotion are explored for each topic.

Instructor: Kodama

## **PB HLTH 14N Healthy People: Introduction to Health Promotion 3**

### **Units**

**Department:** Public Health

**Course level:** Undergraduate

**Term course may be offered:** Summer

**Grading:** Letter grade.

**Hours and format:** 6 hours of lecture and 1 hour of discussion per week for 8 weeks.

This course introduces students to the basic theories and skills of personal and community health promotion within a public health context. Using a broad multi-disciplinary perspective, the course will examine selected health topics with particular attention to individual and group behaviors and their implications for personal and community health.

**Course Objectives:**

1. To introduce students to the depth and scope of issues embraced by the theory and practice of public health.
2. To provide an overview of the meaning, principles, ethics and scope of personal and community health promotion.
3. To help students identify ways that individuals can take action to maximize their own health and create health-promoting environments.
4. To provide an opportunity for students to critically explore selected health issues from a multi-disciplinary perspective.
5. To provide an opportunity for students to apply the above concepts to a scholarly examination of a health issue in their own community, and to create positive, healthy change in their own community.

Instructors: Harris, Gamble

## **PB HLTH 24 Freshman Seminar in Public Health 1 Unit**

**Department:** Public Health

**Course level:** Undergraduate

**Terms course may be offered:** Fall and spring

**Grading:** The grading option will be decided by the instructor when the class is offered.

**Hours and format:** 1 hour of lecture/discussion per week.

Seminar limited to 15 freshmen led by senior faculty on broad topics in public health such as financing health care, promoting preventive behavior, controlling major public health problems such as world hunger, AIDS, drugs, and the population explosion.

Course may be repeated for credit. Course may be repeated for credit when topic changes.

## **PB HLTH 39C Freshman/Sophomore Seminar 2 - 4 Units**

**Department:** Public Health

**Course level:** Undergraduate

**Terms course may be offered:** Fall and spring

**Grading:** The grading option will be decided by the instructor when the class is offered.