

Public Health (PBHL)

Public health is an exciting, diverse major that focuses on disease prevention and health promotion needs at the community level. Public health work is conducted by teams of clinicians, epidemiologists, behavioral scientists, environmental scientists, health education specialists, health inspectors, statisticians, and health administrators. Students receiving a B.S. in Public Health will be trained for entry-level public health positions found in government agencies, health corporations, and community non-profit organizations. Graduates are employed in a variety of settings, including: public health departments, non-governmental agencies, hospitals, health care management organizations, and health care accrediting agencies. The public health degree at the University of Arkansas is specifically focused on health promotion, health behavior and health education. In accordance, graduates are eligible for the Certified Health Education Specialist credential.

Public health is delivered in a variety of capacities to:

- Impact behavioral factors that are linked to chronic diseases, such as heart disease, diabetes, and cancer.
- Promote behaviors that positively impact outcomes related to issues such as physical activity, nutrition, and sexual health.
- Prevent and control the spread of infectious diseases
- Improve access to health care
- Affect issues related to the health of the environment
- Prevent violent and unintentional injuries
- Participate in global health endeavors
- Prevent drug use and abuse
- Assure the safety of our food supply
- Manage the delivery of health services

Requirements for B.S. in Public Health

An undergraduate major in public health leads to the Bachelor of Science degree. The minimum requirements for all students in the college are listed under general studies.

All students begin the program as pre-public health majors. To be admitted into the Public Health major, the student must meet the following criteria:

1. Complete the Pre-Public Health requirements
2. Have a 2.5 or higher University of Arkansas GPA¹

Pre-Public Health Requirements

PSYC 20003	General Psychology (ACTS Equivalency = PSYC 1103)	3
MATH 21003	Principles of Statistics (ACTS Equivalency = MATH 2103) or ESRM 24003 Statistics in Nursing or STAT 28233 Biostatistics	3
BIOL 20003 & BIOL 20001	General Microbiology (ACTS Equivalency = BIOL 2004 Lecture) and General Microbiology Laboratory (ACTS Equivalency = BIOL 2004 Lab)	4

ENGL 30503	Technical and Professional Writing (ACTS Equivalency = ENGL 2023)	3
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Total Hours 13

¹ All students, including transfer students must complete at least 12 credit hours at the University of Arkansas with a minimum of 2.5 GPA.

Requirements for a Major in Public Health

Pre-major (PBHL) Requirements 13

State Minimum Core 32

Including these required core courses

SOCI 10103	General Sociology (ACTS Equivalency = SOCI 1013)
BIOL 10103 & BIOL 10101	Principles of Biology (ACTS Equivalency = BIOL 1014 Lecture) and Principles of Biology Laboratory (ACTS Equivalency = BIOL 1014 Lab)
CHEM 14103 & CHEM 14101	University Chemistry I (ACTS Equivalency = CHEM 1414 Lecture) and University Chemistry I Laboratory (ACTS Equivalency = CHEM 1414 Lab) or CHEM 14: University Chemistry II (ACTS Equivalency = CHEM 1424 Lecture) and University Chemistry II Laboratory (ACTS Equivalency = CHEM 1424 Lab) or CHEM 12 Fundamentals of Chemistry (ACTS Equivalency = CHEM 1214 Lecture) and Fundamentals of Chemistry Laboratory (ACTS Equivalency = CHEM 1214 Lab)

Public Health General Course Requirements (36 hours)¹

PBHL 11003	Personal Health and Safety ²	3
PBHL 12003	Prevention of Drug Abuse	3
PBHL 13003	Introduction to Human Sexuality	3
PBHL 26603	Terminology for the Health Professions	3
PBHL 30401	Undergraduate Pre-Internship	1
PBHL 34403	Introduction to Public Health	3
PBHL 46103	Principles of Epidemiology	3
NUTR 12103	Fundamentals of Nutrition	3
SPCH 10003	Public Speaking (ACTS Equivalency = SPCH 1003)	3
PSYC 30903	Developmental Psychology (ACTS Equivalency = PSYC 2103)	3
SCWK 41803	Social Work With Elders or SCWK 3160: On Death and Dying	3
BIOL 24003 & BIOL 24001	Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture) and Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)	4
BIOL 24103 & BIOL 24101	Human Physiology (ACTS Equivalency = BIOL 2414 Lecture) and Human Physiology Laboratory (ACTS Equivalency = BIOL 2414 Lab)	4

Electives: 22 hours (10 must be 3000 or above)

General electives 22

PBHL Courses Restricted to Majors Only³

PBHL 32002	Health Care and Public Health Policy	2
PBHL 36403	Public Health Program Planning and Evaluation	3
PBHL 40403	Internship in Public Health ⁴	3
PBHL 46003	Health Behavior: Theories and Application	3
PBHL 46403	Multicultural Health	3
Total Hours		120

¹ Courses open to Pre-major (PBHL) students.

² Course requires C or better for degree award.

³ Pre-major (PBHL) students are not allowed to enroll in these courses.

⁴ Course requires C or better for degree award. If a student earns a "D", "F", or "W" in this course, the course must be repeated. If a student earns a "D", "F", or "W" in a second attempt, the student will be unable to obtain the B.S. in Public Health degree.

Public Health B.S. Eight-Semester Degree Program

Students wishing to follow the eight-semester degree plan for the Public Health major should see the Eight-Semester Degree Policy (<http://catalog.uark.edu/undergraduatecatalog/academicregulations/eightsemesterdegreecompletionpolicy/>) in the Academic Regulations chapter for university core requirements.

First Year	Units	
	Fall	Spring
ENGL 10103 Composition I (ACTS Equivalency = ENGL 1013) (Satisfies General Education Outcome 1.1)	3	
MATH 11103 Quantitative Reasoning (ACTS Equivalency = MATH 1113) (Satisfies General Education Outcome 2.1)	3	
U.S. History or Government State Minimum Core (Select from: HIST 20003, HIST 20103, PLSC 20003)	3	
SOCI 10103 General Sociology (ACTS Equivalency = SOCI 1013) (or Social Science State Minimum Core, except PSYC 20003) (Satisfies General Education Outcome 3.3) Satisfies General Education Outcome 3.4:	3	
BIOL 10103 Principles of Biology (ACTS Equivalency = BIOL 1014 Lecture) & BIOL 10101 Principles of Biology Laboratory (ACTS Equivalency = BIOL 1014 Lab)	4	
ENGL 10203 Composition II (ACTS Equivalency = ENGL 1023) (Satisfies General Education Outcome 1.1)		3
Fine Arts or Humanities State Minimum Core Elective (Satisfies General Education Outcome 3.1 or 3.2) ¹		3
PBHL 11003 Personal Health and Safety ²		3
NUTR 12103 Fundamentals of Nutrition		3
Choose one of the following courses with lab to satisfy General Education Outcome 3.4:		

CHEM 14103 University Chemistry I (ACTS Equivalency = CHEM 1414 Lecture) & CHEM 14101 University Chemistry I Laboratory (ACTS Equivalency = CHEM 1414 Lab) or CHEM 14203 and CHEM 14201 or CHEM 12103 and CHEM 12101	4
Year Total:	16 16

Second Year	Units	
	Fall	Spring
PBHL 12003 Prevention of Drug Abuse or PBHL 13003 Introduction to Human Sexuality	3	
ENGL 30503 Technical and Professional Writing (ACTS Equivalency = ENGL 2023)	3	
PSYC 20003 General Psychology (ACTS Equivalency = PSYC 1103) (Satisfies General Education Outcome 3.3)	3	
BIOL 20003 General Microbiology (ACTS Equivalency = BIOL 2004 Lecture) & BIOL 20001 General Microbiology Laboratory (ACTS Equivalency = BIOL 2004 Lab)	4	
MATH 21003 Principles of Statistics (ACTS Equivalency = MATH 2103) or ESRM 24003 Statistics in Nursing or STAT 28233 Biostatistics	3	
PBHL 26603 Terminology for the Health Professions		3
SPCH 10003 Public Speaking (ACTS Equivalency = SPCH 1003) (Satisfies General Education Outcomes 1.2 and 5.1)		3
PBHL 34403 Introduction to Public Health		3
General Electives		3
PBHL 32002 Health Care and Public Health Policy (Satisfies General Education Outcome 5.1)		2
Year Total:	16	14

Third Year	Units	
	Fall	Spring
PBHL 36403 Public Health Program Planning and Evaluation	3	
PBHL 46103 Principles of Epidemiology	3	
PSYC 30903 Developmental Psychology (ACTS Equivalency = PSYC 2103)	3	
Fine Arts or Humanities State Minimum Core (Satisfies General Education Outcome 3.1 or 3.2) ¹	3	
PBHL 13003 Introduction to Human Sexuality or PBHL 12003 Prevention of Drug Abuse	3	
PBHL 46403 Multicultural Health (Satisfies General Education Outcomes 4.1 and 4.2)		3
PBHL 30401 Undergraduate Pre-Internship		1
BIOL 24003 Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture) & BIOL 24001 Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)		4
General Elective		5

Social Sciences State Minimum Core (Satisfies General Education Outcome 3.3) ¹	3	
Year Total:	15	16

Fourth Year	Units	
	Fall	Spring
BIOL 24103 Human Physiology (ACTS Equivalency = BIOL 2414 Lecture) & BIOL 24101 Human Physiology Laboratory (ACTS Equivalency = BIOL 2414 Lab)	4	
PBHL 46003 Health Behavior: Theories and Application	3	
General Elective	7	
PBHL 40403 Internship in Public Health (Satisfies General Education Outcome 6.1)		3
SCWK 41803 Social Work With Elders or SCWK 31603 On Death and Dying		3
General Elective		7
Year Total:	14	13
Total Units in Sequence:		120

¹ Students must complete the State Minimum Core requirements (<https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnextcatalog.uark.edu%2Fundergraduatecatalog%2Fgenerated%2Fstateminimum%2F&data=02%7C01%7Cagriffin%40uark.edu%7Ce4e632415f9b49eda9bf08d7f5c20b91%7C79c742c4e61c4fa5be89a3cb566a80d1%7C0%7C6372480860696115248&data=4bJ2Oob83N8KfTKGD%2F1XG8924jwOx8pTlw8lWNAgP0s%3D&reserved=0>) as outlined in the Catalog of Studies. The courses that meet the state minimum core also fulfill many of the university's General Education requirements (<https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnextcatalog.uark.edu%2Fundergraduatecatalog%2Fgenerated%2Fgeneraleducation%2F&data=02%7C01%7Cagriffin%40uark.edu%7Ce4e632415f9b49eda9bf08d7f5c20b91%7C79c742c4e61c4fa5be89a3cb566a80d1%7C0%7C6372480860696115248&data=QptR3u0pvU0Zb566a80d1%7C0%7C6372480860696115248&data=4bJ2Oob83N8KfTKGD%2FBDWRVEfAqIMsYNX4KXEgX2JdEJJY7Go%3D&reserved=0>), although there are additional considerations to satisfy the general education learning outcomes. Students are encouraged to consult with their academic adviser when making course selections.

² Course requires C or better for degree award.

³ Course requires C or better for degree award. If a student earns a "D", "F", or "W" in this course, the course must be repeated. If a student earns a "D", "F", or "W" in a second attempt, the student will be unable to obtain the B.S. in Public Health degree.

Buttram, Mance E., Ph.D., M.A. (Florida International University), M.A. (University of Arizona), Associate Professor, Department of Health, Human Performance and Recreation, 2021.

Davis, Robert, Ph.D., M.S., B.S. (University of Mississippi), Assistant Professor, Department of Health, Human Performance and Recreation, 2018.

Dobbs, Page, Ph.D., M.S., B.S., (University of Arkansas), Assistant Professor, Department of Health, Human Performance and Recreation, 2020.

Hammig, Bart, Ph.D. (University of Kansas), M.P.H. (University of Kansas Medical Center), B.S. (University of Kansas), Professor, Department of Health, Human Performance and Recreation, 2008, 2018.

Henry, Leah Jean, Ph.D. (Texas Woman's University), M.A. (Michigan State University), B.S. (Texas A&M University), Associate Professor, Department of Health, Human Performance and Recreation, 2008, 2011.

Jones, Ches, Ph.D. (University of Alabama at Birmingham), B.S.E. (Pittsburg State University), Professor, Department of Health, Human Performance and Recreation, 1994.

Russell, Alex, Ph.D. (Texas A & M University), M.A. (University of Houston), B.S. (University of Houston), Assistant Professor, Department of Health, Human Performance and Recreation, 2020.

Courses

PBHL 11003. Personal Health and Safety. 3 Hours.

Health and safety problems with emphasis on the promotion of individual health and safety. (Typically offered: Fall and Spring)

PBHL 12003. Prevention of Drug Abuse. 3 Hours.

Provides an overview of drugs of use and abuse in society. Also assists the student in evaluating drug abuse prevention approaches for public, private, or community settings. (Typically offered: Fall and Spring)

PBHL 13003. Introduction to Human Sexuality. 3 Hours.

An examination of human sexuality with a critical analysis of male and female attitudes and values affecting self-understanding and gender identity. (Typically offered: Fall and Spring)

PBHL 21001. Special Topics. 1 Hour.

Examination and application of health promotion concepts based on individualized health hazard appraisal. (Not to replace content courses leading to teacher certification in health education). (Typically offered: Fall and Spring) May be repeated for up to 5 hours of degree credit.

PBHL 26603. Terminology for the Health Professions. 3 Hours.

Emphasis is on word roots and combined forms of words describing various facets of health and disease. Descriptive definitions with application of practical significance to the health professions. (Typically offered: Fall and Spring)

PBHL 30401. Undergraduate Pre-Internship. 1 Hour.

This course offers students the opportunity to learn professional skills that they will utilize in internship as well as in the workforce. It also offers students the opportunity to learn about and explore public health internship opportunities to better prepare them for PBHL 40403. This course is the prerequisite for PBHL 40403. (Typically offered: Fall and Spring)

PBHL 3100V. Seminar in Public Health. 1-3 Hour.

Synthesis and critical analysis of current literature in the area of community health promotion. Prerequisite: PBHL majors only. (Typically offered: Irregular) May be repeated for up to 12 hours of degree credit.

PBHL 32002. Health Care and Public Health Policy. 2 Hours.

This course provides an introduction to health care services, inclusive of the characteristics and structure of the U.S. health care delivery system and comparison to other health systems. Aspects of public health policy, laws, ethics, and economics will be examined. Upon completion of the course, students are expected to demonstrate an understanding of the key elements of the health care industry as it pertains to medical care and public health, including an understanding of the roles of health care providers, public and private payers, the role of government, and challenges facing health care systems. Pre- or Corequisite: PBHL 11003 and PBHL 34403. Prerequisite: Public Health Bachelor of Science (PBHLBS) major required. (Typically offered: Fall and Spring)

PBHL 320H2. Honors Health Care and Public Health Policy. 2 Hours.

This course provides an introduction to health care services, inclusive of the characteristics and structure of the U.S. health care delivery system and comparison to other health systems. Aspects of public health policy, laws, ethics, and economics will be examined. Upon completion of the course, students are expected to demonstrate an understanding of the key elements of the health care industry as it pertains to medical care and public health, including an understanding of the roles of health care providers, public and private payers, the role of government, and challenges facing health care systems. Prerequisite: Public Health Bachelor of Science (PBHLBS) major and honors standing required. (Typically offered: Fall and Spring)

PBHL 3330V. Research in Public Health. 1-3 Hour.

This course is intended for undergraduate students who wish to gain research experience under the direction of a faculty mentor. Students will work independently and collaborate with faculty member(s) and fellow students to conduct research in a specified area of interest. The purpose of the course is for the student to develop knowledge in her/his own domain, strengthen her/his research skills, and work collaboratively on research projects. The directed research course places more emphasis on the students' role as a researcher in an academic setting. Prerequisite: Instructor consent. (Typically offered: Fall and Spring) May be repeated for up to 9 hours of degree credit.

PBHL 333HV. Honors Research in Public Health. 1-3 Hour.

This course is intended for undergraduate students who wish to gain research experience under the direction of a faculty mentor. Students will work independently and collaborate with faculty member(s) and fellow students to conduct research in a specified area of interest. The purpose of the course is for the student to develop knowledge in her/his own domain, strengthen her/his research skills, and work collaboratively on research projects. The directed research course places more emphasis on the students' role as a researcher in an academic setting. Prerequisite: Instructor consent. (Typically offered: Fall and Spring) May be repeated for up to 9 hours of degree credit.

This course is equivalent to PBHL 3330V.

PBHL 34403. Introduction to Public Health. 3 Hours.

This course is intended for undergraduate students and will focus on the foundations of public health as a profession and its future outlook. Public health concepts and practice. Topics include philosophy, purpose, history, organization, functions, tools, activities and results at national, state, and community levels. (Typically offered: Fall and Spring)

PBHL 36303. First Responder-First Aid. 3 Hours.

Prepares persons to administer cardiopulmonary resuscitation and emergency aid to victims of serious bleeding, poisoning, shock, fracture, and other forms of injury until emergency medical services personnel arrive at the scene. (Typically offered: Irregular)

PBHL 36403. Public Health Program Planning and Evaluation. 3 Hours.

Emphasis on community analysis; defining and verifying community health problems; establishing program goals; defining and assessing health behaviors; formulating educational goals, objectives, methods, and activities; promoting programs; and designing program evaluation. Prerequisite: Public Health Bachelor of Science (PBHLBS) major. (Typically offered: Spring)

PBHL 364H3. Honors Public Health Program Planning and Evaluation. 3 Hours.

Emphasis on community analysis; defining and verifying community health problems; establishing program goals; defining and assessing health behaviors; formulating educational goals, objectives, methods, and activities; promoting programs; and designing program evaluation. Prerequisite: Public Health Bachelor of Science (PBHLBS) major and honors standing. (Typically offered: Fall and Spring)

PBHL 372H3. Honors Research Methods in Public Health. 3 Hours.

This course will provide an overview of research methods for experimental research designs in public health. The students will learn facets of research including: developing a research idea, getting funding for research, obtaining IRB/IACUC approval, data collection, data input, statistical analyses, and preparing manuscripts for publication. Designed for public health honor students in spring of their junior year or the summer prior to their senior year to prepare them for their honor's thesis. Prerequisite: Honors Standing. (Typically offered: Spring)

PBHL 390H1. Honors Public Health Thesis Tutorial. 1 Hour.

Designed to provide the foundation for the Honors Thesis/Project. Students and faculty tutors work "one-on-one" exploring a specific topic which has been agreed upon by the student and the professor. Prerequisite: Honors candidacy and PBHLBS major. (Typically offered: Fall, Spring and Summer)

PBHL 3910V. Special Topics in PBHL. 1-3 Hour.

Designed to cover specialized topics not presented in public health coursework. (Typically offered: Irregular) May be repeated for up to 9 hours of degree credit.

PBHL 40403. Internship in Public Health. 3 Hours.

Designed to provide the student with an extended work experience in a selected community/public health program. The student works under college supervision with a professional in the health care delivery field. Pre- or Corequisite: PBHL 36403 and PBHL 46003. Prerequisite: Successful completion of PBHL 11003, PBHL 30401, Senior standing, and Public Health Bachelor of Science (PBHLBS) major required. (Typically offered: Fall and Spring) May be repeated for up to 6 hours of degree credit.

PBHL 4100V. Global Health: Issues, Concepts and Perspectives. 3-6 Hour.

Emphasis placed on needs assessment, development, implementation, evaluation, and sustainability of public health initiatives designed to improve the health and well-being of community members at all levels of the health continuum; topics of focus will include determinants of health, mental health, environmental health, nutrition, maternal and child health, sexual health, injuries and chronic and infectious diseases. Prerequisite: Approval from Study Abroad to participate in the Community Development Service Learning Program. (Typically offered: Summer)

PBHL 410HV. Honors Global Health: Issues, Concepts and Perspectives. 3-6 Hour.

Emphasis placed on needs assessment, development, implementation, evaluation, and sustainability of public health initiatives designed to improve the health and well-being of community members at all levels of the health continuum; topics of focus will include determinants of health, mental health, environmental health, nutrition, maternal and child health, sexual health, injuries and chronic and infectious diseases. Prerequisite: Approval from Study Abroad to participate in the Community Development Service Learning Program. (Typically offered: Summer)

This course is equivalent to PBHL 4100V.

PBHL 46003. Health Behavior: Theories and Application. 3 Hours.

Understanding the reasons for health behavior is vital for the health education professional. It is necessary to assist in the development of services and programs that are likely to move an individual from an unhealthy behavior to one that is more appropriate for a healthy lifestyle. This course surveys the major health behavior theories used in health education and applications of the theories will be used in the class. Prerequisite: PBHL 34403 and Public Health Bachelor of Science (PBHLBS) major required. (Typically offered: Fall and Spring)

PBHL 460H3. Honors Health Behavior: Theories and Application. 3 Hours.

Understanding the reasons for health behavior is vital for the health education professional. It is necessary to assist in the development of services and programs that are likely to move an individual from an unhealthy behavior to one that is more appropriate for a healthy lifestyle. This course surveys the major health behavior theories used in health education and applications of the theories will be used in the class. Prerequisite: Must be a honors student, PBHL 34403 and Public Health Bachelor of Science (PBHLBS) major required. (Typically offered: Fall and Spring)

PBHL 46103. Principles of Epidemiology. 3 Hours.

Distribution and patterns of disease or physiological conditions within populations; an examination of the nature of epidemiological research. (Typically offered: Fall and Spring)

PBHL 461H3. Honors Principles of Epidemiology. 3 Hours.

Distribution and patterns of disease or physiological conditions within populations; an examination of the nature of epidemiological research. Prerequisite: Honors standing. (Typically offered: Fall and Spring)

PBHL 46203. Human Diseases. 3 Hours.

An examination of the variety, behavior, distribution, and management of both infectious and noninfectious diseases in human populations. Prerequisite: BIOL 10503 (or BIOL 10103 and BIOL 10101). (Typically offered: Irregular)

PBHL 46403. Multicultural Health. 3 Hours.

Through lecture, discussion, simulations, and case studies, students will develop an appreciation for the cultural traditions and practices of different groups. The importance and implications of these traditions on health outcomes and health status will be examined. Students will also develop skills of cultural competence that are essential for public health practitioners today. Prerequisite: Public Health Bachelor of Science (PBHLBS) major required. (Typically offered: Fall and Spring)

PBHL 464H3. Honors Multicultural Health. 3 Hours.

Through lecture, discussion, simulations, and case studies, students will develop an appreciation for the cultural traditions and practices of different groups. The importance and implications of these traditions on health outcomes and health status will be examined. Students will also develop skills of cultural competence that are essential for public health practitioners today. Prerequisite: Public Health Bachelor of Science (PBHLBS) major and honors standing required. (Typically offered: Fall and Spring)

PBHL 498HV. Honors Public Health Thesis/Project. 1-3 Hour.

Designed to provide facilitation of the Honors Thesis/Project. Students and faculty work "one-on-one" to complete the honors thesis/project. Prerequisite: Honors candidacy, PBHLBS major, and PBHL 390H1 or PBHL 372H3. (Typically offered: Fall, Spring and Summer) May be repeated for up to 3 hours of degree credit.