

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 2003	General Psychology (ACTS Equivalency = PSYC 1103)	3
STAT 2303	Principles of Statistics (ACTS Equivalency = MATH 2103)	3
	or ESRM 2403 Statistics in Nursing	
NUTR 1213	Fundamentals of Nutrition	3
BIOL 2013 & BIOL 2011L	General Microbiology (ACTS Equivalency = BIOL 2004 Lecture) and General Microbiology Laboratory (ACTS Equivalency = BIOL 2004 Lab)	4

ENGL 3053	Technical and Professional Writing (ACTS Equivalency = ENGL 2023)	3
Total Hours		16

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	16
State Minimum Core	32

Including these required core courses

SOCI 2013	General Sociology (ACTS Equivalency = SOCI 1013)	
BIOL 1543 & BIOL 1541L	Principles of Biology (ACTS Equivalency = BIOL 1014 Lecture) and Principles of Biology Laboratory (ACTS Equivalency = BIOL 1014 Lab)	
CHEM 1103 & CHEM 1101L	University Chemistry I (ACTS Equivalency = CHEM 1414 Lecture) and University Chemistry I Laboratory (ACTS Equivalency = CHEM 1414 Lab)	
	or CHEM 11: University Chemistry II (ACTS Equivalency = CHEM 1424 Lecture) and University Chemistry II Laboratory (ACTS Equivalency = CHEM 1424 Lab)	
	or CHEM 10: Fundamentals of Chemistry (ACTS Equivalency = CHEM 1214 Lecture) and Fundamentals of Chemistry Laboratory (ACTS Equivalency = CHEM 1214 Lab)	

Public Health General Course Requirements (35 hours)¹

PBHL 1103	Personal Health and Safety ²	3
PBHL 3443	Introduction to Public Health	3
PBHL 4613	Principles of Epidemiology	3
PBHL 1203	Prevention of Drug Abuse	3
PBHL 1303	Introduction to Human Sexuality	3
COMM 1313	Public Speaking (ACTS Equivalency = SPCH 1003)	3
PBHL 2663	Terminology for the Health Professions	3
SCWK 4183	Social Work With Elders	3
	or SCWK 3163 On Death and Dying	
PSYC 3093	Developmental Psychology (ACTS Equivalency = PSYC 2103)	3
BIOL 2443 & BIOL 2441L	Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture) and Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)	4
BIOL 2213 & BIOL 2211L	Human Physiology (ACTS Equivalency = BIOL 2414 Lecture) and Human Physiology Laboratory (ACTS Equivalency = BIOL 2414 Lab)	4

Electives: 23 hours (11 must be 3000 or above)

General electives	23
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PBHL Courses Restricted to Majors Only³

PBHL 3202	Health Care and Public Health Policy	2
PBHL 3643	Public Health Program Planning and Evaluation	3
PBHL 4603	Health Behavior: Theories and Application	3

PBHL 4643	Multicultural Health	3
PBHL 4043	Internship in Public Health ⁴	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 If a student earns a "D", "F", or "W" in this course, the course must be repeated. The course must be passed on the second attempt (i.e., "A", "B", or "C"). 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 1013 Composition I (ACTS Equivalency = ENGL 1013) (Satisfies General Education Outcome 1.1)	3	
MATH 1203 College Algebra (ACTS Equivalency = MATH 1103) (Satisfies General Education Outcome 2.1)	3	
U.S. History or Government State Minimum Core (Select from: HIST 2003, HIST 2013, PLSC 2003)	3	
SOCI 2013 General Sociology (ACTS Equivalency = SOCI 1013) (or Social Science State Minimum Core, except PSYC 2003 (Satisfies General Education Outcome 3.3))	3	
Satisfies General Education Outcome 3.4:		
BIOL 1543 Principles of Biology (ACTS Equivalency = BIOL 1014 Lecture) & BIOL 1541L Principles of Biology Laboratory (ACTS Equivalency = BIOL 1014 Lab)	4	
ENGL 1023 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 1103 Personal Health and Safety ²		3
NUTR 1213 Fundamentals of Nutrition		3
Choose one of the following courses with lab to satisfy General Education Outcome 3.4:		
CHEM 1103 University Chemistry I (ACTS Equivalency = CHEM 1414 Lecture) & CHEM 1101L University Chemistry I Laboratory (ACTS Equivalency = CHEM 1414 Lab) or CHEM 1123 and CHEM 1121L or CHEM 1073 and CHEM 1071L	4	
Year Total:	16	16

Second Year	Units	
	Fall	Spring
PBHL 1203 Prevention of Drug Abuse or PBHL 1303 Introduction to Human Sexuality	3	
ENGL 3053 Technical and Professional Writing (ACTS Equivalency = ENGL 2023)	3	
PSYC 2003 General Psychology (ACTS Equivalency = PSYC 1103) (Satisfies General Education Outcome 3.3)	3	
BIOL 2013 General Microbiology (ACTS Equivalency = BIOL 2004 Lecture) & BIOL 2011L General Microbiology Laboratory (ACTS Equivalency = BIOL 2004 Lab)	4	
STAT 2303 Principles of Statistics (ACTS Equivalency = MATH 2103) or ESRM 2403 Statistics in Nursing	3	
PBHL 2663 Terminology for the Health Professions		3
COMM 1313 Public Speaking (ACTS Equivalency = SPCH 1003) (Satisfies General Education Outcomes 1.2 and 5.1)		3
PBHL 3443 Introduction to Public Health		3
General Electives		3
PBHL 3202 Health Care and Public Health Policy (Satisfies General Education Outcome 5.1)		2
Year Total:	16	14

Third Year	Units	
	Fall	Spring
PBHL 3643 Public Health Program Planning and Evaluation	3	
PBHL 4613 Principles of Epidemiology	3	
PSYC 3093 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 1303 Introduction to Human Sexuality or PBHL 1203 Prevention of Drug Abuse	3	
PBHL 4643 Multicultural Health (Satisfies General Education Outcomes 4.1 and 4.2) ¹ or PBHL 4553		3
BIOL 2443 Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture) & BIOL 2441L Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)		4
General Elective		6
Social Sciences State Minimum Core (Satisfies General Education Outcome 3.3) ¹		3
Year Total:	15	16

Fourth Year	Units	
	Fall	Spring
BIOL 2213 Human Physiology (ACTS Equivalency = BIOL 2414 Lecture) & BIOL 2211L Human Physiology Laboratory (ACTS Equivalency = BIOL 2414 Lab)	4	

PBHL 4603 Health Behavior: Theories and Application	3	
General Elective	7	
PBHL 4043 Internship in Public Health (Satisfies General Education Outcome 6.1) ³	3	
SCWK 4183 Social Work With Elders or SCWK 3163 On Death and Dying	3	
General Elective	7	
Year Total:	14	13
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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%7C79c742c4e61c4fa5be89a3cbb56390d99e7b70c5%7D&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%7C79c742c4e61c4fa5be89a3cbb56390d99e7b70c5%7D&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 If a student earns a "D", "F", or "W" in this course, the course must be repeated. The course must be passed on the second attempt (i.e., "A", "B", or "C"). If a student earns a "D", "F", or "W" in a second attempt, the student will be unable to obtain their degree in Public Health.

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.

Massey, Phillip M., Ph.D., M.S. (University of California, Los Angeles), B.S. (University of North Carolina at Chapel Hill), Associate Professor, Department of Health, Human Performance and Recreation, 2021.

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 1103. 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 1203. 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)

PBHL 1303. 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 2663. Terminology for the Health Professions. 3 Hours.

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 2663. 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 included for the health professional. (Typically offered: Spring)

This course is cross-listed with EXSC 2663.

PBHL 310V. 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 3202. 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 1103 and PBHL 3443. Prerequisite: Public Health Bachelor of Science (PBHLBS) major required. (Typically offered: Spring)

PBHL 3202H. 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: Spring) This course is equivalent to PBHL 3202.

PBHL 333V. 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 333VH. 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 333V.

PBHL 3443. 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 3633. 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 3643. 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 3643H. 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: Spring)

This course is equivalent to PBHL 3643.

PBHL 3663. Principles and Practice of Mental Health Promotion. 3 Hours.

Understanding and practicing the principles of sound mental health are key elements in achieving high level wellness. This course encourages students' exploration of the mental dimensions of holistic health and presents strategies to achieve a more healthful balance in life. (Typically offered: Irregular)

PBHL 3683. Health Care Consumerism. 3 Hours.

Study of products and services provided by the health care delivery system; an analysis of those components lacking scientific credibility, yet promoted for the maintenance or restoration of health status. (Typically offered: Irregular)

PBHL 3683H. Honors Health Care Consumerism. 3 Hours.

Study of products and services provided by the health care delivery system; an analysis of those components lacking scientific credibility, yet promoted for the maintenance or restoration of health status. (Typically offered: Spring Even Years) This course is equivalent to PBHL 3683.

PBHL 3901H. 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 391V. 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 4043. 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 3643 and PBHL 4603. Prerequisite: Successful completion of PBHL 1103, 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 410V. 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 410VH. 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 410V.

PBHL 4401. Certified Health Education Specialist: Responsibilities and Competencies. 1 Hour.

This course is an overview of the competencies necessary for being a Certified Health Education Specialist (CHES), and also of the concepts and skills required for carrying out effective health education programs in a variety of different settings, including School, Community, Health Care and Worksite settings. Through a combination of self study, seminar discussions, and research projects, a thorough understanding of the competencies and core concepts in the fields of public health and health promotion will be attained. While the emphasis of the course is placed on studying for the CHES examination, the course will also provide a format to further your preparation as a professional health educator. Prerequisite: PBHL major. (Typically offered: Spring Odd Years)

PBHL 4603. 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 3443 and Public Health Bachelor of Science (PBHLBS) major required. (Typically offered: Fall)

PBHL 4603H. 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 3443 and Public Health Bachelor of Science (PBHLBS) major required. (Typically offered: Fall)
This course is equivalent to PBHL 4603.

PBHL 4613. 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)

PBHL 4613H. 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)
This course is equivalent to PBHL 4613.

PBHL 4623. Human Diseases. 3 Hours.

An examination of the variety, behavior, distribution, and management of both infectious and noninfectious diseases in human populations. Prerequisite: BIOL 1603 (or BIOL 1543 and BIOL 1541L). (Typically offered: Irregular)

PBHL 4643. 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: Spring and Summer)

PBHL 4643H. 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: Spring and Summer)
This course is equivalent to PBHL 4643.

PBHL 498VH. 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 3901H. (Typically offered: Fall, Spring and Summer) May be repeated for up to 3 hours of degree credit.