

# THE DEPARTMENT OF PUBLIC HEALTH

In keeping with the mission of the School of Nursing, the Bachelor of Science degree in Public Health prepares individuals to provide public health services in a variety of settings to diverse clients across the lifespan. The Public Health curriculum provides foundational knowledge on the principles of health promotion and disease prevention to prepare graduates within a liberal arts environment to serve as health educators, interventionists, policy makers, leaders, consumers of research, candidates for advanced studies, and contributing members of the public health profession.

## Program Objectives

Graduates of the Public Health Program will be able to:

1. Assess and monitor population health.
2. Investigate, identify, and address health hazards and root causes.
3. Communicate effectively to inform and educate.
4. Identify, support, and mobilize community partners.
5. Examine and summarize public health policies and programs.
6. Improve equitable access to resources through systematic evaluation, research and quality improvement.
7. Provide health education to promote health, support wellness, and prevent injury and disease.
8. Apply legal and regulatory practices.

\*objectives adopted from the 10 Essential Public Health Services published by the American Public Health Association.

## Program requirements

Students may declare Public Health as their major upon admission to Lander University.

1. Students must have a 2.5 overall GPA for progression to upper-level of PUBH major.
2. A minimum grade of “C” (2.0) in each core requirement course is required for graduation.

## Public Health Minor

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Students who are pursuing a major in any area other than Public Health may pursue this minor.

The Public Health (PUBH) minor compliments several health-related majors offered at Lander University. The course work in the PUBH minor provides entry-level skills for students interested in a career in public health, with special focus on program planning, implementation, and evaluation.

The minor consists of 17 credit hours distributed as follows:

PUBH 165: Introduction to Public Health	2
PUBH 240: Health Education	3
PUBH 415: Epidemiology and Biostatistics	3
Prerequisite: Grade of “C” or better in MATH 211	
PUBH 417: Community Health	3
PUBH 425: Program Planning and Implementation	3
Prerequisite: Grade of “C” or better in MATH 211	
PUBH 435: Program Measurement and Evaluation	3

## Genetic Health Studies Certificate

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The Genetic Health Studies Certificate program is specifically designed to provide a specialized focus for the broader Public Health major. The certificate is intended for Public Health majors who are interested in studying the role of genetics and genomics in the promotion of health and the prevention of disease. The Genetic Health Studies Certificate will prepare graduates to work in clinical support level positions in genetic healthcare settings, and to pursue graduate education for genetic counseling.

Any Lander student may pursue the certificate in Genetic Health Studies; it is not necessary that the student be in the Public Health major. Students who complete the B.S. in Public Health with a concentration in Genetic Health Studies will also be awarded the Genetic Health Studies Certificate.

The Genetic Health Studies certificate program includes the following sequence of courses:

<b><u>Courses</u></b>	<b><u>Credit Hour</u></b>
GHS 236: Nutrition and Genetics	2
GHS 242: Principles of Genetics for Genetic Counseling Assistants	3
GHS 291: Technology in Genetic Diagnosis and Genetic Counseling	3
GHS 417: Clinical Experience for Genetic Counseling Assistant	3
GHS 499: Professional Development for Genetic Counselor Assistant	2

Students must earn at least a “C” in all courses to receive the Genetic Counseling Assistant certificate.

*Because state law specifies that four-year degree-granting institutions may not offer undergraduate degrees lower than a baccalaureate, Lander University offers certificate programs to students who are required to either 1) already have completed a baccalaureate degree, and/or 2) be concurrently enrolled in a baccalaureate program at Lander University. In the event that a student completes the coursework for the certificate and does not graduate from Lander with a baccalaureate degree, the courses for the certificate will appear on the student's transcript, but the certificate will not be awarded.*

## 2025-2026 PROGRAM REQUIREMENTS

**DEGREE: BACHELOR OF SCIENCE**  
**MAJOR: PUBLIC HEALTH**

Credit Hours

### GENERAL EDUCATION REQUIREMENTS

(For approved courses see General Education: [www.lander.edu/gen-ed](http://www.lander.edu/gen-ed).)

- |  |   |
|--|---|
| <b>A. Core Academic Skills</b> (9 hours)   | 3 |
| ENGL 101: Writing and Inquiry I  | 3 |
| ENGL 102: Writing and Inquiry II   | 3 |
| Mathematics  | 3 |
| <b>B. Humanities and Fine Arts</b>   | 6 |
| (6 hours selected from 2 different disciplines)  |   |
| <b>C. Behavioral and Social Perspectives</b>   | 6 |
| (6 hours selected from 2 different disciplines)  |   |
| <i>If you already have credit for HIST 111, do not take HIST 111R; if you already have credit for HIST 112, do not take HIST 112R; if you already have credit for POLS 101, do not take POLS 101R.</i> |   |
| <b>D. Scientific and Mathematical Reasoning</b>  | 4 |
| (7 hours selected from 2 different disciplines, 1 lab science required)  |   |
| CHEM 105: Survey of General Chemistry or   | 3 |
| CHEM 111: General Chemistry I  |   |
| MATH 211: Statistical Methods I  | 3 |
| <b>E. Founding Documents of the United States</b>  | 3 |
| HIST 111R: United States History to 1877 or  |   |
| HIST 112R: United States History since 1877 or   |   |
| POLS 101R: American National Government  |   |
| <i>If you already have credit for HIST 111, do not take HIST 111R; if you already have credit for HIST 112, do not take HIST 112R; if you already have credit for POLS 101, do not take POLS 101R.</i> |   |
| <b>F. World Cultures</b>   | 3 |
| <b>G. LINK 101: Leadership, Involvement, Networking and Knowledge</b>  | 1 |
| LINK 101 is required of all new transfer students who have earned less than 24 credit hours of college-level work and all first-time freshmen.   |   |

TOTAL GENERAL EDUCATION REQUIREMENTS	35
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If all of the General Education requirements are met and/or waived, and the credit hours do not add up to at least 30, the General Education requirements are not complete. If below 30, additional General Education courses from any category must be taken until the total hours add up to at least 30 hours.

### MAJOR PROGRAM CORE REQUIREMENTS

- |   |   |
|---|---|
| BIOL 202: Human Anatomy   | 4 |
| BIOL 203: Human Physiology  | 4 |
| BIOL 204: Microbiology  | 4 |
| PUBH 165: Introduction to Public Health                             | 2 |
| PUBH 240: Public Health Communication                               | 3 |
| PUBH 299: Health Behavior Theories and Application in Public Health | 3 |
| PUBH 325: Social Determinants of Health                             | 3 |
| PUBH 345: Health Promotion and Disease Prevention                   | 3 |
| PUBH 346: Wellness and Aging  | 3 |

PUBH 393: Mental Health and Substance Abuse	3
PUBH 415: Epidemiology and Biostatistics	3
PUBH 425: Program Planning and Implementation	3
PUBH 435: Program Measurement and Evaluation	3
<b>MAJOR PROGRAM ADDITIONAL REQUIREMENTS</b>	
PUBH 235: Lifespan Wellness	3
PUBH 236: Nutrition	3
PUBH 310: Global Health	3
PUBH 417: Community Health	3
PUBH 490: Public Health Internship I	3
PUBH 491: Public Health Internship II	3
PUBH 499: Professional Development	2
<b>MAJOR PROGRAM ELECTIVES</b>	<b>10</b>
EXSC 202: Personal Health and Health Promotion or NURS 203: Strategies for Wellness or	3
PUBH 303: Scholarship and Evidence-Based Public Health	3
PUBH 412: Public Health Leadership and Administration	3
PUBH 489 Public Health Internship Prep	1
<b>TOTAL MAJOR PROGRAM REQUIREMENTS</b>	<b>71</b>
<b>ADDITIONAL ELECTIVES</b>	<b>14</b>
<b>TOTAL FOR BS DEGREE</b>	<b>120</b>

Coursework must include at least 30 credit hours earned at 300-level or above, of which 12 credit hours must be in the major.

See 4-year major guides for recommended order in which to take courses  
<https://www.lander.edu/academics/registrars-office/major-guides.html>

## 2025-2026 PROGRAM REQUIREMENTS

**DEGREE: BACHELOR OF SCIENCE**  
**MAJOR: PUBLIC HEALTH**  
**CONCENTRATION: GENETIC HEALTH STUDIES**

Credit Hours

### GENERAL EDUCATION REQUIREMENTS

(For approved courses see General Education: [www.lander.edu/gen-ed](http://www.lander.edu/gen-ed).)

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| ENGL 101: Writing and Inquiry I  | 3 |
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| Mathematics  | 3 |
| <b>B. Humanities and Fine Arts</b>   | 6 |
| (6 hours selected from 2 different disciplines)  |   |
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| <i>If you already have credit for HIST 111, do not take HIST 111R; if you already have credit for HIST 112, do not take HIST 112R; if you already have credit for POLS 101, do not take POLS 101R</i>  |   |
| <b>D. Scientific and Mathematical Reasoning</b>  | 4 |
| (7 hours selected from 2 different disciplines; 1 lab science required)  |   |
| CHEM 105: Survey of General Chemistry or   | 4 |
| CHEM 111: General Chemistry I  |   |
| MATH 211: Statistical Methods I  | 3 |
| <b>E. Founding Documents of the United States</b>  | 3 |
| HIST 111R: United States History to 1877 or  |   |
| HIST 112R: United States History since 1877 or   |   |
| POLS 101R: American National Government  |   |
| <i>If you already have credit for HIST 111, do not take HIST 111R; if you already have credit for HIST 112, do not take HIST 112R; if you already have credit for POLS 101, do not take POLS 101R.</i> |   |
| <b>F. World Cultures</b>   | 3 |
| <b>G. LINK 101: Leadership, Involvement, Networking and Knowledge</b>  | 1 |
| LINK 101 is required of all new transfer students who have earned less than 24 credit hours of college-level work and all first-time freshmen.   |   |

TOTAL GENERAL EDUCATION REQUIREMENTS	35
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|---|---|
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| BIOL 203: Human Physiology  | 4 |
| BIOL 204: Microbiology  | 4 |
| PUBH 165: Introduction to Public Health                             | 2 |
| PUBH 240: Public Health Communication                               | 3 |
| PUBH 299: Health Behavior Theories and Application in Public Health | 3 |
| PUBH 325: Social Determinants of Health                             | 3 |

PUBH 345: Health Promotion and Disease Prevention	3
PUBH 346: Wellness and Aging	3
PUBH 393: Mental Health and Substance Abuse	3
PUBH 415: Epidemiology and Biostatistics	3
PUBH 425: Program Planning and Implementation	3
PUBH 435: Program Measurement and Evaluation	3

#### **MAJOR PROGRAM ADDITIONAL REQUIREMENTS**

GHS 236: Nutrition and Genetics	2
GHS 242: Principles of Genetics for Genetic Counseling Assistants	3
GHS 291: Technology in Genetic Diagnosis and Genetic Counseling	3
GHS 417: Clinical Experience for Genetic Counseling Assistant	3
GHS 499: Professional Development for Genetic Counselor Assistants	2
PUBH 235: Lifespan Wellness	3
PUBH 310: Global Health	3
PUBH 490: Public Health Internship I	3
PUBH 491: Public Health Internship II	3

#### **MAJOR PROGRAM ELECTIVES**

PUBH 303: Nursing Research	3
PUBH 412: Public Health Leadership and Administration	3
PUBH 489 Public Health Internship Prep	1

TOTAL MAJOR PROGRAM REQUIREMENTS	73
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<b>ADDITIONAL ELECTIVES</b>	<b>12</b>
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TOTAL FOR BS DEGREE	120
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