Students must complete all General Education requirements and all Major requirements. Any acceptable General Education course which is also required in the major may apply to (double-count in) both required areas. Courses common to the areas of World Cultures, Arts and Humanities, and Social and Historical Studies may also double count. However, credit for such courses counts only once toward the total required credits for a degree.

**General Education (20 – 39 credits)**
(General Education Bulletin at: www.indiana.edu/~bulletin/iub)

**English Composition** (0 to 3 credits, C- minimum required)
Complete one of the following options:
- 3 CMLT-C 110 Writing the World
- 3 ENG-W 131 Elementary Composition
- 3 ENG-W 170 Projects in Reading and Writing
- 0 ENG-W 131 EX Elementary Composition Exemption

**Mathematical Modeling** (3 to 4 credits)
Complete one of the following options:
- 4 MATH-D 116 AND MATH-D 117 Intro to Finite Mathematics I-II
- 3 MATH-J 113 Introduction to Calculus with Applications
- 3 MATH-M 118 Finite Mathematics
- 3 MATH-M 119 Brief Survey of Calculus I
- 4 MATH-M 211 Calculus I
- 4 MATH-M 213 Accelerated Calculus
- 3 MATH-S 118 Honors Finite Mathematics
- 3 MATH-V 118 Finite and Consumer Mathematics
- 3 MATH-V 118 Finite Math for Social and Biological Sciences

**Natural and Mathematical Sciences** (5 credits)
Complete 5 credits from the list of approved N&M courses in the IUB General Education Bulletin. At least one course must be a natural science (as indicated by an asterisk in the GENED bulletin).

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**Arts and Humanities** (6 credits)
Complete 6 credits from the list of approved A&H courses in the IUB General Education Bulletin.

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**Social and Historical Studies** (6 credits)
Complete 6 credits from the list of approved S&H courses in the IUB General Education Bulletin.

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**World Languages and Cultures** (0 to 14 credits)
*Choose one of the following three options:*
Complete 6 credits of world culture courses from the list of approved WC courses in the IUB General Education Bulletin.

**OR**
Achieve competency in a single foreign language equal to successful completion of the four semester sequence in a world language.

**OR**
Complete a 6-credit International experience in an approved study abroad. A list of approved course choices may be found in the IUB General Education Bulletin.

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**Major (87 credits)**

**Public Health Core** (15 credits, C- min req each course)
Complete each of the following courses:
- 3 SPH-B 366 Community Health
- 3 SPH-H 311 Human Diseases & Epidemiology
  (P or C: SPH-H 381 or HPER-H391)
- 3 SPH-H 381 (Formerly: HPER-H 391) Intro to Health Info & Stats
- 3 SPH-P 309 Public Health Administration
- 3 SPEA-H 316 Environmental Health

**Required Health Courses** (20 credits, C- min req each course)
Complete each of the following courses:
- 3 EDUC-R 341 Multimedia in Instructional Techniques
- 3 SPH-B 310 Health Care in Diverse Communities *
- 3 SPH-B 403 Public Hlth Program Planning (P: B 366 & Jr/Sr)
- 5 SPH-B 496 Field Experience in Public Health (max. 8 cr.)
  (Contact intern coordinator early in semester prior to internship semester)
- 3 SPH-H 263 Personal Health S&H
- 3 SPH-H 494 Research and Evaluation Methods in Health and Safety (P or C: SPH-H 381 or HPER-H 391 & Jr/Sr)

**Additional Required Courses** (31 credits)
Complete each of the following courses:
- 5 ANAT-A 215 Basic Human Anatomy N&M
- 3 BIOL-L 104 Intro Biology Lectures (or L 112 or L 100) N&M
- 3 BIOL-M 200 Micro Organisms in Nature and Disease **
- 3 CHEM-C 101 Elementary Chemistry I (or C 103 or C 117) N&M
- 3 COLL-P 155 Public Oral Communication
- 3 ENG-W 231 Professional Writing Skills
- 5 PHSL-P215 Basic Human Physiology N&M
- 3 PSY-P 101 Introductory Psychology I N&M
- 3 PSY-P 102 Introductory Psychology II (P: P 101) S&H

**Related Content** (C- min req in each course):
Complete ANY 21 credits from the following Public Health
- 3 SPH-B 150 Intro to Public Health
- 1-3 SPH-B 491 Readings in Public Health
- 1-3 SPH-B 492 Research in Public Health
- 1-3 SPH-H 350 Topical Seminar in Public Health (variable title)

**Public Health: Gerontology**
- 3 SPH-B 315 Health in Later Years*
- 3 SPH-B 335 Aging, Health & Diverse Populations **
- 3 SPH-B 354 Multidisciplinary Perspectives on Gerontology

**Human Development and Family Studies**
- 3 SPH-F 150 Intro to Life-Span Human Development S&H
- 3 SPH-F 255 Human Sexuality S&H

(Continued on next page)
3 SPH-F 258 Marriage and Family Interaction S&H
3 SPH-F 341 Effects of Divorce on Children **
3 SPH-F 345 Parent/Child Relations (P: SPH-F150, F258 or equiv.)*
3 SPH-F 348 Human Devmt III: (P: F150, F258) *
3 SPH-F 350 Topical Course (Repeatable with different topic)
3 SPH-F 355 Leading Fam Process Discuss Groups
(instructor consent.)

Topical Health and Health Promotion
3 SPH-H 150 Pre-School Children's Health
3 SPH-H 160 First Aid
3 SPH-H 163 Emerging Health Issues
3 SPH-H 172 International Health & Social Issues S&H
3 SPH-H 174 Prevention of Violence in American Society S&H
3 SPH-H 180 Stress Prevention and Management
1 SPH-H 205 Introduction to Health Education (S/F)
3 SPH-H 220 Death and Dying S&H
3 SPH-H 234 Prevention of Cardiovascular Disease
3 SPH-H 235 Obesity and Health S&H
3 SPH-H 305 Women's Health
3 SPH-H 306 Men's Health
3 SPH-H 315 Consumer Health
3 SPH-H 318 Drug Use in American Society
3 SPH-H 319 Current Issues in Health Promotion
3 SPH-H 320 The Nature of Cancer
3 SPH-H 326 AIDS & Sexually Transmitted Diseases (summer)
3 SPH-H 351 Complementary & Alternative Approaches Health *
3 SPH-H 385 Pract in College Death Ed (P: Instructor consent) **
3 SPH-H 395 Pract in College Sex Ed (P: Instructor consent)
3 SPH-H 418 The Nature of Addictive Disorders (seniors only) *
3 SPH-H 460 Pract in First Aid Instruct (P: SPH-H 160 w/ "B" or equiv)
3 SPH-H 464 Coordinated School Health Programs
3 SPH-N 220 Nutrition for Health (or N 231)
3 SPH-R 101 Resource Development/Fundraising
3 SPH-S 217 Safety: A Personal Focus
1 Any one credit SPH course

Pre-med
3 BIOL-L 111 Intro to Biol Evolution & Diversity N&M (or L 211)
3 BIOL-L 113 Biology Laboratory
3 CHEM-C 341 Organic Chemistry I Lectures
3 CHEM-C 342 Organic Chemistry II Lectures
2 CHEM-C 343 Organic Chemistry I Lab
5 CHEM-N 330 Intermediate Inorganic Chemistry
5 PHYS-P 201 General Physics I N&M
5 PHYS-P 202 General Physics II N&M

GENERAL EDUCATION COURSES 20-39
MAJOR COURSES 87
COMPLETE A MINIMUM OF 120 CREDITS FOR THIS DEGREE.

* Generally fall only ** Generally spring only
SUGGESTED COURSE SEQUENCE FOR COMMUNITY HEALTH
(NOTE: N&M AND S&H COURSES COVERED BY COURSE REQUIREMENTS)

<table>
<thead>
<tr>
<th>FRESHMAN YEAR-Fall Semester</th>
<th>FRESHMAN YEAR-Spring Semester</th>
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<tbody>
<tr>
<td>PSY-P101 “Introduction to Psychology 1” (3)</td>
<td>PSY-P102 “Introduction to Psychology 2” (3)</td>
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<td>SPH-H263 “Personal Hlth” (3)</td>
<td>COLL-P155 “Public Oral Communication” (3)</td>
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<td>Arts and Humanities or WLC elective (3)</td>
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<td>Elementary Composition or Math Modeling (3)</td>
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<tr>
<td>BIOL-L104/BIOL-L100 “Humans and Biological World/Intro to Biology Lectures” (3 or 5)</td>
<td>ANAT-A215 “Human Anatomy” (5)</td>
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<td>Arts and Humanities or WLC elective (3)</td>
<td>SPH-P309 “Public Health Administration” (3)</td>
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<td>SPH-B366 “Community Health” (3)</td>
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<tr>
<td>PHSL-P215 “Human Physiology” (5)</td>
<td>CHEM-C101 “Elementary Chemistry I” (3)</td>
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<tr>
<td>SPH-B310 “Healthcare in Diverse Communities” (3)</td>
<td>ENG-W231 “Professional Writing” (3)</td>
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<tr>
<td>SPH-H381 “Introduction to Health Information and Statistics” (3)</td>
<td>SPH-B403 “Public Health and Program Planning” (3)</td>
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<tr>
<td>Related Content (3)</td>
<td>SPH-H311 “Human Diseases and Epidemiology” (3)</td>
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<tr>
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<td>Related Content (3)</td>
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<tr>
<td>EDUC-R341 “Multimedia in Instructional Techniques” (3)</td>
<td>BIOL-M200 “Microorganisms in Nature and Disease” (3)</td>
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<td>SPEA-H316 “Environmental Health” (3)</td>
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<td>SPH-H494 “Research and Evaluation Methods in Health and Safety” (3)</td>
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<td><strong>Total Credits:</strong> 16</td>
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<tr>
<th>SUMMER AFTER SENIOR YEAR</th>
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<tbody>
<tr>
<td>SPH-B496 “Public Health Internship” (5 credits)</td>
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*The Public Health Internship can only be completed once all coursework has been finished*
Community Health

About the Major: Preventing Disease and Promoting Wellness

The public health program promotes health at the community, state, national, and global level. Students take courses in these five core areas in public health:

♦ epidemiology (study of the spread of disease)  ♦ health administration (the business of health)
♦ environmental health (the earth and health)  ♦ biostatistics (the numbers of health)
♦ social and behavioral health (the psychology and sociology of health)

You will learn

♦ measurement and evaluation  ♦ concepts of disease prevention and health promotion
♦ health disparities  ♦ research methods
♦ public health program planning  ♦ community health
♦ intervention design

Opportunities in the Program

Students can minor in human development and family studies, gerontology, human sexuality, nutrition, safety, or psychology. They can join our student-run chapter of Eta Sigma Gamma (health honorary) or IUEMS (IU’s EMT club). Public health majors all do an internship, gaining valuable experience in a community agency or hospital as part of their degree program.

What You Can Do

Public health professionals

♦ document the spread of disease  ♦ develop and manage programs to change health-related behaviors
♦ implement health initiatives  ♦ work with policy makers for changes that promote health and well-being
♦ study health behaviors  ♦ work at the community level with families, individuals or agencies
♦ work in administration in a health agency

Some job titles include health promotion specialist, health data analyst, maternal and child health specialist, sexual health educator, disease prevention manager, environmental health specialist, epidemiologist, biostatistician, and HIV/AIDS program manager.

Where You Can Go

♦ government—local, state and federal  ♦ health foundations and health-based grant programs
♦ colleges and universities  ♦ non-profit health organizations (example: American Cancer Society)
♦ hospitals  ♦ global health agencies
♦ health-related businesses and corporations

What You Will Earn

Public health educators earn about $33k-$86k. Biostatisticians earn $33k-$66k, environmental health $44k-$183k, public health program management $41k-$102k, epidemiologists $38k-$136k and health services administration $37k-$161k.