

# PUBLIC HEALTH (PHLT)

## **PHLT 110 Lifestyle Diseases and Their Global Burden**

(3 Credits, Fall/Spring)

Non-communicable diseases (NCD's) are the leading cause of death globally, killing more people each year than all other causes combined. NCD's are primarily a result of rapid economic growth, increased revenues, modernization, urbanization, globalization, physical inactivity, and a shift from a culturally traditional diet to a Western-style diet. In this course, students will examine the cultural changes that have contributed to nutrition choices in both the U.S. and other developing countries. Students will develop awareness of their own cultural origins, evaluate the local and global impact of their choices, and examine how public policy influences choice and behavior. Geographic Information Systems (GIS) will be used to understand the geographies of disease, health behaviors, and health disparities. *(This CWI course meets the institutional competency requirements in Global Perspectives.). (3 lecture hours, 0 lab hours, 3 credits)*

## **PHLT 120 Introduction to Public Health and Health Science**

(3 Credits, Fall/Spring)

This course offers an introduction to the art and science of public health and health science. The course describes the systems of public health and healthcare in the United States, identifies disciplines of public health and health science, and explores the interrelationship between environmental factors, human behavior, and health policy in determining health outcomes. *(3 lecture hours, 0 lab hours, 3 credits)*

## **PHLT 230 Introduction to Environmental Health**

(3 Credits, Fall/Spring)

Students will evaluate the impact of chemical, physical, and biological agents on the public's health and the environment. Students will also examine how worldwide political, economic, and demographic diversity affects the public's health and the natural environment. PREREQ: PHLT 120. *(3 lecture hours, 0 lab hours, 3 credits)*

## **PHLT 240 Introduction to Health Promotion and Education**

(3 Credits, Fall/Spring)

This course introduces students to the field of health promotion and health education. Students will learn the foundational building blocks to grow their understanding and approaches to health promotion and education. Students will be introduced to the major concepts, historical developments, philosophical foundations, primary theories, and planning models within the field. In addition, students will explore career opportunities in health promotion and prevention fields. PREREQ: ENGL 102. *(3 lecture hours, 0 lab hours, 3 credits)*

*Refer to How to Read Course Descriptions for an explanation of elements found in the course descriptions above.*