

# PUBLIC HEALTH & BEHAVIOR (PHHB)

## Public Health & Behavior Graduate Courses

### PHHB 8050 APPLIED RESEARCH IN PUBLIC HEALTH (3 credits)

This course will assist candidates to develop the basic skills to conduct applied research to address contemporary problems in public health. The course will emphasize proposal writing, data collection, research design, statistical analysis, computer application, and writing of research reports.

**Prerequisite(s):** Graduate standing. Not open to non-degree graduate students.

### PHHB 8080 TOPICS IN HEALTH EDUCATION (3 credits)

This course will explore important current issues in Health Education. Candidates will explore economic, political, ethical and technological developments that affect the practice of Health Education. There is no limit to the number of times a candidate may enroll in HED 8080 as long as a different topic is offered each time.

**Prerequisite(s):** Graduate.

### PHHB 8206 A PUBLIC HEALTH APPROACH TO MENTAL HEALTH (3 credits)

This public health course will help students think critically about the prevention, identification, and treatment of mental illness in the United States. Students will be introduced to concepts from the disciplines of public health, psychology and sociology to understand mental health disorders and their impact on population health. Students will explore health disparities through the lens of cultural, social, behavioral, psychological, and economic factors. Students will recognize that mental health exists on a continuum and develop skills to address environmental influences on behavior. (Cross-listed with PHHB 4200).

### PHHB 8250 HUMAN SEXUALITY (3 credits)

This graduate-level course is aimed at providing an overview of the current scientific knowledge concerning human sexuality. The course is designed to be interdisciplinary in nature, providing the biological, behavioral and cultural aspects of human sexuality. Priority will be given to candidates from the helping professions. Qualified candidates from other related disciplines must have permission of instructor.

**Prerequisite(s):** Undergraduate Anatomy and Physiology

### PHHB 8270 INTERVENTIONS IN HEALTH EDUCATION (3 credits)

This course will provide health behavior candidates with an opportunity to investigate, contrast, develop, implement and evaluate a variety of intervention activities, to be applied in different settings. Theories regarding methods to enhance behavior change and teaching strategies to meet the health needs of a diverse population will be explored.

**Prerequisite(s):** Graduate status.

### PHHB 8330 ALCOHOL EDUCATION (3 credits)

A study of the problems associated with alcohol use, misuse and abuse. The patterns and trends of use, theories of dependence, pharmacological aspects and health consequences are explored. Emphasis is given to the identification of people with alcohol related problems and the role of the private and public sectors in prevention, education, intervention, and referral. Methods of assessing needs, prescribing, implementing, and evaluating alcohol education programs will be explored.

### PHHB 8360 COMMUNITY HEALTH (3 credits)

An in-depth examination of community health and determinants of community health issues. The epidemiology, statistical sciences, environmental health, political influences on health, and behavioral social sciences for community health are examined. Students are expected to be able to apply concepts addressed in class to contemporary health issues.

### PHHB 8400 HEALTH PROMOTION PROGRAM PLANNING (3 credits)

An in-depth application of the health promotion program planning process utilizing a choice of planning models. Students develop a comprehensive plan in response to an actual grant announcement and follow appropriate guidelines.

### PHHB 8450 EPIDEMIOLOGY & PREVENTION OF DISEASE (3 credits)

The course is designed for health behavior graduate students and others who are interested in public health. The causes, prevention, treatment and control of prevalent communicable and non-communicable disease in a culturally diverse and global society will be emphasized. Special emphasis will be given to diseases and health problems that can be prevented or controlled through education and advocacy. Students will apply skills to contemporary issues.

### PHHB 8500 HEALTH PROGRAM DESIGN (3 credits)

This course will provide students the skills to design an education/advocacy health initiative based on health behavior theory and models. They will develop a plan that includes a detailed needs assessment, a carefully crafted set of SMART (Specific, Measurable, Achievable, Relevant, Time-Bound) objectives for all levels of program outcome, an implementation strategy using health behavior models, and a thorough and systematic evaluation framework (formative and summative).

### PHHB 8556 HEALTH ASPECTS OF AGING (3 credits)

This course emphasizes health promotion for older adults. Special health needs of older Americans are compared and contrasted with health needs for other age groups. Prevention or delaying of chronic diseases and disorders are emphasized. (Cross-listed with PHHB 4550, GERO 4550, GERO 8556, WGST 4550).

### PHHB 8600 HEALTH BEHAVIOR (3 credits)

The purpose of this course is to study the theoretical foundations of health behavior. Candidates will develop an understanding of the determinants of health behavior, the models and theories that provide a framework for predicting health behavior, and the strategies employed to bring about behavioral changes for health and disease prevention in individuals and groups.

### PHHB 8706 WOMEN'S HEALTH AND ISSUES OF DIVERSITY (3 credits)

This course provides a critical understanding of the inter-relationship between socio-cultural, economic, and political factors and women's physical and mental health. The aim is to provide an overview of the experience with the health care system. Emphasis will be on critically examining recent scholarship from a sociological, behavioral, health policy perspective. (Cross-listed with PHHB 4700, SOC 4700, SOC 8706).

**Prerequisite(s):** Graduate standing.

### PHHB 8730 DYING, DEATH & GRIEVING (3 credits)

An examination of theory and research relevant to interaction with the older, terminally ill person, focusing on communication with widows and other survivors as well as the dying patient. (Cross-listed with GERO 8730).

**Prerequisite(s):** Graduate Students

### PHHB 8750 PROGRAM EVALUATION AND INSTRUMENTATION (3 credits)

This course will build skills for selection, development and analysis of various types of instruments and techniques for conducting process, impact, and outcome evaluations in health promotion, education, and behavior. Evaluation of health behavior change and its antecedents, changes in community services programs, and community health status will be discussed. Candidates will learn methods for developing choosing psychometric tools, choosing appropriate evaluation designs, procedures for data collection, and describing evaluation results. Emphasis will be placed on political, statistical, and theoretical aspects of instrumentation and evaluation practices.

**Prerequisite(s):** HED 8270/PHHB 8270 or permission of instructor.

**PHHB 8850 HEALTH ASPECTS OF STRESS MANAGEMENT (3 credits)**

The health-related aspects of stress management and control will be the focus of this course. Selected techniques for self-regulating stress will be demonstrated, practiced and analyzed. Candidates will be introduced to current scientific research in human stress.

**Prerequisite(s):** Graduate.

**PHHB 8950 PUBLIC HEALTH LEADERSHIP AND ADVOCACY (3 credits)**

This course incorporates public health leadership theory and practices that are grounded in biomedical and social science and sanctioned by public law. Also included is the politics of communities and organizations. Advocacy is emphasized as a key tool to secure funding and to help assure that local, state, and federal policy-makers will adopt, implement, and maintain important public health regulations, policies and programs.

**Prerequisite(s):** Fifteen (15) health education graduate credits. Not open to non-degree graduate students.

**PHHB 8980 HEALTH EDUCATION PRACTICUM (1-3 credits)**

This course offers graduate candidates in health education an opportunity to gain practical, on-the-job training in health education in local schools, businesses, hospitals, clinics, voluntary health agencies or governmental health agencies.

**Prerequisite(s):** Candidates must have completed 21 credit hours at the undergraduate or graduate level (3.0 GPA or above) in health education prior to enrolling in this course. Not open to non-degree graduate students.