# University Core and Graduation Requirements

## University Core Requirements:

### Religion Cornerstones
- Teachings and Doctrine of The Book of Mormon: 1 class, 2.0 hours, REL A 275
- Jesus Christ and the Everlasting Gospel: 1 class, 2.0 hours, REL A 250
- Foundations of the Restoration: 1 class, 2.0 hours, REL C 225
- The Eternal Family: 1 class, 2.0 hours, REL C 200

### The Individual and Society
- American Heritage: 1-2 classes, 3-6.0 hours, from approved list
- Global and Cultural Awareness: 1 class, 3.0 hours, from approved list

### Skills
- First Year Writing: 1 class, 3.0 hours, from approved list
- Advanced Written and Oral Communications: 1 class, 3.0-3.0 hours, ENGL 315 or 316 recomm.
- Quantitative Reasoning: 0-1 classes, 0-3.0 hours, from approved list
- Languages of Learning (Math or Language): 1 class, 3.0 hours, STAT 121*

### Arts, Letters, and Sciences
- Civilization 1: 1 class, 3.0 hours, from approved list
- Civilization 2: 1 class, 3.0 hours, from approved list
- Arts: 1 class, 3.0 hours, from approved list
- Letters: 1 class, 3.0 hours, from approved list
- Biological Science: 1 class, 3.0-4.0 hours, MMBIO 221*
- Physical Science: 1-2 classes, 4-7.0 hours, from approved list
- Social Science: 1 class, 3.0 hours, from approved list

### Core Enrichment: Electives
- Religion Electives: 3-4 classes, 6.0 hours, from approved list
- Open Electives: Variable hours, personal choice

*These courses fill both University Core and Program Requirements (6 hours overlap)

## Graduation Requirements:
- Minimum residence hours required: 30.0
- Minimum hours needed to graduate: 120.0

# Suggested Sequence of Courses

## Freshman Year
### 1st Semester
- 1st Year Writing OR A HTG 100: 1 class, 3.0 hours
- Religion Cornerstone course: 1 class, 3.0 hours
- HLTH 210: 3.0 hours
- Arts or Letters elective: 3.0 hours
- Global & Cultural Awareness elective: 3.0 hours
- General elective: 3.0 hours

### Total Hours: 17.0

## Sophomore Year
### 3rd Semester
- HLTH 312: 3.0 hours
- HLTH 313: 3.0 hours
- Religion Cornerstone course: 1 class, 3.0 hours
- STAT 121 (Languages of Learning): 3.0 hours
- General elective: 3.0 hours

### Total Hours: 15.0

### 4th Semester
- HLTH 314: 3.0 hours
- HLTH 345*: 3.0 hours
- Civilization 2 elective: 3.0 hours
- Social Science elective: 3.0 hours
- General elective: 1.0 hours
- Religion Cornerstone course: 2.0 hours

### Total Hours: 15.0

## Junior Year
### 5th Semester
- HLTH 315: 3.0 hours
- HLTH 316: 3.0 hours
- Major elective: 6.0 hours
- Religion Cornerstone elective: 2.0 hours
- General elective: 1.0 hours

### Total Hours: 15.0

### 6th Semester
- HLTH 440**: 3.0 hours
- Major elective: 6.0 hours
- Religion elective: 2.0 hours
- General elective: 1.0 hours

### Total Hours: 15.0

## Senior Year
### 7th Semester
- HLTH 447**: 3.0 hours
- Major elective: 6.0 hours
- Religion elective: 2.0 hours
- General elective: 2.0 hours

### Total Hours: 15.0

### 8th Semester
- HLTH 493***: 3.0 hours
- Major elective: 3.0 hours
- General electives: 6.0 hours

### Total Hours: 12.0

* Prior to taking HLTH 493, the student must complete HLTH 210, 313, 314, 315, 345, 440, 447, 449 with a C- grade or higher.

Please check with departments for current availability of all courses.

We encourage students to take HLTH 440 and HLTH 447 as early as possible in the epidemiology major so they have more time to contribute usefully to research opportunities and/or secure internship opportunities. HLTH 440, 447 and 449 should be taken in sequence; they should not be taken concurrently in the same semester.

* Offered FALL only
** Offered FALL/WINTER only (not Spring/Summer)
*** Offered WINTER only

Note: Students are encouraged to complete an average of 15 credit hours each semester or 30 credit hours each year, which could include spring and/or summer terms. Taking fewer credits substantially increases the cost and the number of semesters to graduate.
**REQUIREMENT 1** Complete 1 course
- HLTH 100 - (Not currently offered) 3.0
- HLTH 210 - Foundations of Public Health 3.0

**REQUIREMENT 2** Complete 1 course
- HLTH 310 - (Not currently offered) 3.0
- HLTH 314 - Health, Disease and Their Determinants, Part 1 3.0

**REQUIREMENT 3** Complete 1 course
- HLTH 311 - (Not currently offered) 3.0
- HLTH 315 - Health, Disease and Their Determinants, Part 2 3.0

**REQUIREMENT 4** Complete 9 courses

**NOTE:** IF YOU HAVE COMPLETED EITHER HLTH 441 OR HLTH 443, DISCUSS SUBSTITUTION OPTIONS WITH AN ADVISOR.
- NDFS 380 - Applied International Health 3.0
- NDFS 201 - International Health 3.0
- HLTH 481 - Health and the Aging Process 3.0
- HLTH 480 - International Health 3.0
- HLTH 481 - Applied International Health 3.0
- NDFS 201 - Society, Nutrition, and Chronic Disease 3.0
- NDFS 380 - International Nutrition 3.0

**RECOMMENDED**
- HLTH 434 - Advanced Evaluation Methods 3.0
- HLTH 439 - Advanced Program Planning 3.0
- HLTH 482 - Medical Geography 3.0
- HLTH 491R - Mentored Research 3.0
- HLTH 492R - Directed Public Health Readings 3.0
- HLTH 112 - Calculus 1 4.0
- HLTH 113 - Calculus 2 4.0
- HLTH 116 - Essentials of Calculus 1.0
- STAT 124 - SAS Base Programming Skills 3.0
- STAT 230 - Analysis of Variance 3.0
- STAT 234 - Methods of Survey Sampling 3.0
- STAT 330 - Introduction to Regression 3.0

**THE DISCIPLINE:**

Public health professionals work to create conditions that ensure the health and safety of individuals, families, and communities. Public health students are trained to inform, educate, and empower people about health issues; mobilize communities to take ownership for their own health; monitor health status and diagnose and investigate health problems and health hazards; develop policies and laws to protect health and ensure safety; and link people to needed health services. The public health mission is carried out through organized, interdisciplinary efforts that address the physical, mental, and environmental health concerns of communities and populations at risk for disease and injury.

Four of several disciplines within public health are represented as emphases within the major:
1. The environmental/occupational health emphasis trains students to identify and control factors in the environment (air, water, food, toxins, etc.) or conditions at the workplace which affect health; (2) the epidemiology emphasis prepares students to investigate and discover what causes disease and disability and how diseases are spread or distributed across populations; (3) health promotion emphasis students are prepared to facilitate health behavior change among individuals and improves population health through policy, advocacy, education, and communication; and (4) the health science emphasis educates students on the relationship of public health with primary health care and other sectors, including the natural sciences, relevant to improving health. Health science students go on to pursue advanced degrees in medicine, dentistry, or other allied health area.

Epidemiologists are interested in understanding the distribution and determinants of disease, disability and other health related events. Epidemiologists may be involved in planning and carrying out investigations or research studies to understand how disease or disability are distributed by person, place, and time factors and to identify genetic, behavioral, social, and environmental factors that either contribute to or prevent disease or disability. Epidemiologic investigations use data from surveys, interviews, and/or examinations to help answer these questions. As such, epidemiologists will spend time preparing and analyzing data to answer questions about disease distribution and determinants and communicating those results verbally and in writing.

**CAREER OPPORTUNITIES:**

Public health is an exciting field of study and a diverse and dynamic profession. It is filled with rewards associated with the pursuit of serving others. The development and delivery of population-based prevention programs will be the key to major advances in health improvement in the 21st century. Public health will continue to be called upon to monitor and assess health problems, prevent and control diseases and injuries, and protect the health of communities and worksites from various environmental and occupational risks associated with man-made and natural disasters and emergencies.

With the appropriate practice experiences, public health graduates have increased qualifications to work in governmental health agencies on the local and state level. Those wishing to work specifically in epidemiology generally require a master’s degree. Likewise, jobs at the federal government and international levels often require work experience and a graduate degree. Private-sector employment can be found in a variety of businesses, community health agencies, managed care organizations, hospitals, clinics, research institutes, voluntary health agencies, and non-governmental organizations.
Opportunities for employment in public health are available, but recruiters will not typically come to campus to hire graduates. This means graduates must be organized and proactive in their career planning. Students can increase the likelihood of obtaining a position by balancing classroom activities with voluntary or paid service to public health agencies. For epidemiology students, gaining experience with statistical methods and software applications may be particularly beneficial for success in finding entry-level positions.

While there are many specialties or disciplines in public health, most career opportunities are found in the tracks associated with the major. The skills acquired in the epidemiology emphasis can be applied in general public health jobs with widely variable salaries ranging from approximately $35,000–$60,00. Compensation will vary significantly depending upon the specific discipline, type of organization, and geographic location. However, entry-level salaries with a master’s degree in epidemiology will range from approximately $45,000–$70,00 while those with more experience or a doctoral degree may earn more. More specific details about pay and careers in epidemiology can be found at [https://www.bls.gov/ooh/life-physical-and-social-science/epidemiologists.htm#tab-5](https://www.bls.gov/ooh/life-physical-and-social-science/epidemiologists.htm#tab-5).

For more information on careers in your major, please refer to From Major to Career, a publication which is located in all college advisement centers.

MAP DISCLAIMER

While every reasonable effort is made to ensure accuracy, there are some student populations that could have exceptions to listed requirements. Please refer to the university catalog and your college advisement center/department for complete guidelines.