

Undergraduate Public Health Courses

PBHL 1305. Health and Wellness for Modern Living. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course introduces students to the core principles of personal health and wellness within the context of modern living. Emphasizing a practical, holistic approach, students will explore key dimensions of well-being, including nutrition, physical activity, sleep, stress management, emotional health, mindfulness, and social connection. The course guides students in building sustainable health habits, enhancing resilience, and developing a personalized wellness plan. Designed to support both academic success and lifelong well-being, this course prepares students to apply wellness strategies in their personal lives, professional paths, and communities.

PBHL 1310. Health and Society: An Introduction to Public Health. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course provides an overview of public health, focusing on the factors that influence health and well-being at the population level. Students will examine how individual behaviors, societal factors, and health policies interact to shape health outcomes and the delivery of quality healthcare. Key topics include the causes and prevention of disease, population health strategies, epidemiology, environmental health, health behavior, and the organization and roles of public health agencies and healthcare systems. By the end of the course, students gain a foundational understanding of how public health initiatives and healthcare systems work together to protect and improve the health of communities.

PBHL 2310. Introduction to Epidemiology. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course is designed to introduce the public health student to the methodology used to study incidence, prevalence and risk factors associated with human disease. Students will develop practical skills used in public health to design and interpret epidemiologic studies and an understanding of the application of evidence-based medicine to increase quality of medical care.

PBHL 2320. Medical Ethics. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course provides a foundation of ethical issues in both medical practice and public health administration. A foundation consisting of concepts from philosophy and political science will be provided in the context of both historical and current events.

PBHL 2360. Non-Medical Drivers of Health. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course explores the social, economic, environmental, and behavioral factors, commonly referred to as non-medical or social determinants, that significantly influence individual and population health outcomes. Students will examine how conditions such as income, education, housing, food security, transportation, social support, and systemic inequities contribute to health disparities and overall well-being. Evidence-based strategies to address these determinants and promote health across diverse populations will be evaluated. Emphasis will be placed on cross-sector collaboration, systems thinking, and upstream interventions in public health practice.

PBHL 3310. Principles of Health Promotion and Education. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

An overview of the types of programs in the field of health education and health promotion and techniques utilized in a variety of community settings. Discussion includes social behavior in individual health decisions and the role of the educator to provide motivational tools that lead to healthy lifestyles. Ethical issues and measures of success in health interventions are also considered.

PBHL 3320. Statistics for Health Care. 3 Credit Hours (Lecture: 2 Hours, Lab: 3 Hours).

Practical applications of general principles of descriptive and inferential statistics used in health care research. Topics include statistical principles, descriptive statistics, regression analysis, study design, vital statistics and reportable diseases or conditions. Mastery of basic methods in statistical analysis will be enhanced by the utilization of statistical software. Prerequisite: PBHL 2310.

PBHL 3337. Global Health and Development. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course examines the interconnection between health and development in a global context, emphasizing how geographical, socio-cultural, political, biological, and economic factors influence population health outcomes and disparities. Students will analyze disease burden, health care systems, health policies, and the roles of key stakeholders, including governments, international organizations, multinational corporations, and NGOs, in shaping health and development agendas worldwide. The course explores pressing global health challenges such as infectious diseases, maternal and child health, non-communicable diseases, migration, climate change, and humanitarian crises within the framework of sustainable development. Special attention is given to global governance, cross-sector partnerships, and evidence-based strategies to improve health among diverse population segments, while considering cultural, environmental, and systemic factors that contribute to variations in health and well-being. Prerequisite: PBHL 1310.

PBHL 3350. Public Health Communication in the Digital Age. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course introduces students to the theory, strategies, and practical skills required to communicate public health information effectively in the modern digital environment. The course explores traditional and emerging media platforms, including social media, websites, podcasts, and mobile health applications, for disseminating health information to diverse populations. Students will examine health literacy, cultural competence, risk communication, digital engagement, and evaluation of communication campaigns. Real-world case studies and projects emphasize evidence-based strategies for designing, implementing, and assessing health communication initiatives to improve public health outcomes in the U.S. and globally will be applied.

PBHL 3382. Public Health Interventions: Strategies and Programs. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course explores the organized efforts, principles, methods, policies, programs, and applications of public health intervention strategies aimed at preventing disease and promoting health across diverse populations. Students will examine the theory and practice of public health interventions implemented at various levels: individual, community, and systemic across diverse settings. Emphasis is placed on distinguishing public health approaches from clinical interventions, focusing instead on strategies that influence groups and populations. The course covers a wide range of intervention types, including preventive (e.g., vaccination, screening), therapeutic (e.g., chronic disease management), and promotive (e.g., health education, policy advocacy, environmental changes) strategies. Students will also analyze the levels of prevention: primary, secondary, and tertiary; to understand how interventions are designed to prevent disease, detect conditions early, or manage long-term health outcomes.

PBHL 4085. Seminar and Internship in Public Health. 1-4 Credit Hours (Lecture: 1-4 Hours, Lab: 0 Hours).

Comprehensive and integrated application of knowledge and skills acquired in the Public Health program in a practical setting. Success will depend upon the ability to demonstrate professional competence in public health practice. The 3 credit hour course is available for Public Health Concentrations I and III and the 4 credit hour course is available for Concentration II only. The 2 hour course is available for Concentration IV only. Prerequisite: Approval of Program Director or major in Public Health.

PBHL 4285. Seminar in Nutrition Science. 2 Credit Hours (Lecture: 2 Hours, Lab: 0 Hours).

Comprehensive and integrated application of knowledge and skills acquired in the food and nutrition program in a practical setting. Designed to provide students with skills of synthesizing and presenting the results of lower-division work.

PBHL 4305. Issues and Trends in Health Care. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course examines the current issues, challenges, and emerging trends shaping the healthcare system. Topics explored include healthcare delivery models, policy and regulatory changes, technology and innovation, health service reforms, cost and quality management, and workforce developments and dynamics. Emphasis is placed on how social, economic, and organizational factors are considered in influencing healthcare access, effectiveness, and outcomes. Contemporary healthcare challenges are analyzed, and strategies for improving the efficiency, quality, and sustainability of healthcare services are evaluated. Credit for both HPTC 4305 and PBHL 4305 will not be awarded.

PBHL 4310. Introduction to Health Management and Policy. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours). [WI (<https://catalog.tarleton.edu/academicaffairs/>)]

This course provides an overview of the principles and practices of managing health services, organizations, and systems within public health and healthcare. Key topics include healthcare leadership, management functions, organizational structure, financing, service delivery, regulatory frameworks, and strategic planning. The role of health policy in shaping access, quality, and efficiency is examined. Healthcare management challenges and policy issues are analyzed, and strategies for improving the performance and outcomes of healthcare services and organizations are evaluated.

PBHL 4315. U.S. and Global Healthcare Systems. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course examines the organizational structures, financing mechanisms, policy frameworks, and delivery models of healthcare systems around the world. Students will analyze similarities and differences across various national healthcare systems, including the U.S., and explore how these systems impact population health outcomes, access, cost, and quality of care. Emphasis is placed on understanding the roles of government agencies, private sectors, and community organizations within different health systems and assessing the influence of political, economic, cultural, and legal factors on healthcare delivery. The course prepares students to critically evaluate healthcare system performance and apply comparative insights to improve public health practice and policy.

PBHL 4320. Public Health Policy. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

Introduction to laws and regulations governing health care professionals and medical institutions. Class discussions examine the balance between individual rights and health care providers' activities with public health powers and community health needs. The course includes bioethical principles underlying public health and health care practice.

PBHL 4340. Research and Public Health Surveillance. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course introduces the principles and practices of research and public health surveillance, with a focus on understanding how data are collected, analyzed, and used to monitor outbreaks and improve population health. Emphasis is placed on surveillance systems used at local, state, and federal government level, including CDC, to track diseases, health behaviors, and environmental exposures, as well as their application in guiding evidence-based decision-making and policy development. Students will learn to critically interpret surveillance reports, distinguish between different research methodologies, and apply epidemiological and statistical reasoning to real-world public health problems. The course also emphasizes the role of communication and data visualization in translating surveillance and research findings into actionable public health strategies and policies.

PBHL 4350. Pathophysiology for the Health Professionals. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course will focus on presentation of interrelationships between normal body functioning and the physiologic changes that participate in disease production, and occur as a result of disease. Emphasis on major disorders and other selected disorders provides a concise, easy-to-understand introduction to the fundamentals.

PBHL 4355. Public Health Program Planning, Implementation, and Evaluation. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

This course introduces students to the essential principles, methods, and applications of public health program planning, implementation, and evaluation. Students will explore how organized public health efforts, at individual, community, and population levels, can be designed to improve health outcomes and reduce disparities. Emphasis is placed on evidence-based practices, behavioral and environmental interventions, and policy development. Students will gain practical skills in needs assessment, program design, logic models, stakeholder engagement, implementation strategies, and evaluation methods. The course also examines social, cultural, economic, political, and environmental influences on program effectiveness, guiding students to apply theory, research, and best practices to public health program planning and evaluation.

PBHL 4385. Seminar in Community Health Education. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

Comprehensive and integrated application of knowledge and skills acquired in the Public Health program in a practical setting. Success will depend upon the ability to demonstrate professional competence in public health practice. Prerequisite: Approval of Program Director or major in Public Health.

PBHL 4485. Seminar in Pre-Graduate Public Health. 4 Credit Hours (Lecture: 4 Hours, Lab: 0 Hours).

Comprehensive and integrated application of knowledge and skills acquired in the Public Health program in a practical setting. Success will depend upon the ability to demonstrate professional competence in public health practice. Prerequisite: Approval of Program Director or major in Public Health.