



# PHOENICIA UNIVERSITY

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## College of Public Health

Suggested Public Health Degree Plan

2023-2024

# College of Public Health

## BS in Public Health

### Program Description

The BS program at Phoenicia University requires students to complete 128 credit hours at the freshman level and 98 credit hours for those joining as sophomores. Of the total credit hours required, 68 credit hours must be completed in major courses, with the remainder allocated to general education courses.

### Graduation Requirements

- Students obtain a minimum “Program GPA” of 2.0; no rounding (e.g., a GPA of 1.99)—whatsoever—will be applied.
- Students obtain a minimum “Cumulative GPA” of 2.0; no rounding (e.g., a GPA of 1.99)—whatsoever—will be applied.
- Students obtain “Graduation Clearance” as detailed in the following section.

### University Graduation Requirements (30 credits hours)

To graduate with a Bachelor of Science in Public Health, students will need 30 credit hours in university general requirements, in addition to the college graduation requirements. The 30 credit hours in general educational requirements for degree programs include the following:

- 3 credits in Biology
- 3 credits in Social Science (Psychology, Sociology, Education, Communication)
- 6 credits in English (English I and English II)
- 6 credits in Civilization (World Civilization and World Civilization)
- 3 credits in Arabic
- 3 credits in Communication (Public Speaking)
- 3 credits in Computing
- 3 credits in Globalization & World Cultures

### Public Health Graduation Requirements (68 credit hours)

The College of Public Health requirements for the BS degree program includes the following additional requirements:

- 65 credits of mandatory core public health courses (including 2 credits for professional internship programs)
- 3 credits of free elective

## Graduation Clearance

Upon reaching senior-level status, students must fill out the graduation clearance form after completing all their degree requirements. The graduation clearance form should be signed by the following personnel: Departmental Coordinator, Dean of College, IT Director, Library Coordinator, Finance Director, Registrar Director, Career Center Director, Head of the Exit Interview Committee, President, and Chancellor. Failure to do so will delay graduation.

## Course Descriptions

### **PBHL 201. Introduction to Public Health - 3cr**

This course provides an overview of the principles and practice of public health in a global and local context by examining the philosophy, purpose, history, organization, functions, tools, activities and results of public health practice. Case studies and a variety of practice-related exercises serve as a basis for student participation in real world public health problem-solving simulations on important problems and issues facing public health. The last part is dedicated to the Lebanese Public Health System and the obstacles it faces.

### **PBHL 202. Population Health - 3cr**

This course examines the key reasons why population health is important to consider, not just by healthcare professionals but by local, national and international policy makers. It explores some of the major health issues in the world and considers some of their causes and consequences, in addition to ways of improving the health at a population level, including different approaches to the design of specific interventions. **Prerequisite or Corequisite: PBHL 201**

### **PBHL 203. Population Health Assessment - 3cr**

This course provides students with the competencies needed to enhance the health of the community. It sheds the light on the role of empowerment in community health, and the central role of community residents in the identification of local issues, goals, and priorities affecting their lives and neighborhoods. **Prerequisite: PBHL 202**

### **PBHL 204. Theories in Health Behavior and Education - 3cr**

This course provides a deep understanding of individual health behavior. It explores the application of cognitive, psychosocial and environmental theories of health behavior, in addition to the behavioral dimensions of major acute and chronic diseases and conditions. It also helps students apply relevant psychological, social and behavioral theories to predict health behavior. **Prerequisites: PBHL 201 and a social science course.**

### **PBHL 205. Economy in Healthcare - 3cr**

This course examines the field of health economics that is used to promote health through the study of health care providers, hospitals and clinics, managed care and public health promotion activities. By

applying economic theories of consumer, producer and social choice, health economics aims to understand the behavior of individuals, health care providers, public and private organizations, and governments in decision-making. **Prerequisite: PBHL 201**

### **PBHL 206. Policy & Politics in Public Health - 3cr**

This course helps students identify the dynamics of political and economic forces on health. It explores the strategies that drive an effective global public health response and develop knowledge of how the interplay of good science, policy, and politics at the local, national, and international level shapes global public health responses. This course also discusses the causes of underdevelopment and the reasons for the growth in social inequalities, both worldwide and within nations. **Prerequisite: PBHL 201**

### **PBHL 207. Health Promotion Programs - 3cr**

This course covers the principles of health promotion planning models applicable to school, community, and worksite programs. Students will learn how to plan and implement health promotion projects in addition to the application of evaluation protocols of those projects through examining the process, impact and outcome measures. This course undertakes an inquiry into existing programs and current literature in Lebanon and globally. **Prerequisite: Junior standing**

### **PBHL 208. Counselling Communication Skills - 3cr**

This course teaches students skills' enhancement in effective communication for health care professionals. Theoretical content for this course involves principles of effective counseling, theories of individual and group counseling approaches and theories of group dynamics in addition to some marketing concepts in health care. Skill enhancement involves engaging students in simulated experiential learning opportunities with colleagues using real life examples from clinical settings and interchanging case studies. **Prerequisite: ENGL201 and Concurrent Prerequisite: COMM214**

### **PBHL 211. Nutrition in Public Health & Disease Prevention (Therapeutics) - 3cr**

This course covers the basics of normal nutrition for optimal health outcomes and evidence-based diets for a variety of diseases (Heart Diseases, Kidneys, Diabetes, Cancer, Liver...etc.). Participants will review the fundamentals of nutrition science and build upon these to explore emerging diet therapies, to analyze nutrition research and to plan well-balanced meals and dietary interventions for individuals with a number of diseases and health conditions. **Prerequisite: PBHL 201**

### **PBHL 212. Food Security and Safety Regulations - 3cr**

This course provides an understanding of the legal and regulatory complexities of food production, labeling, and distribution. The program will provide students with the knowledge required for companies and organizations that grow, process, distribute, or sell foods and beverages while complying with regulatory statutes for the production, distribution, and commercialization of food products.

**Prerequisite: Junior standing**

### **PBHL 213. Nutrition Therapy in Public Health - 3cr**

This course provides students with nutritional concepts for specific disease states, including gastrointestinal disorders, metabolic concerns, cardiovascular disease and hypertension, anemia, renal disease and bone health. Students will synthesize medical literature and nutrition literature to determine which diets to implement for each patient type. **Prerequisite: PBHL 211.**

### **PBHL 220. Fundamentals in Environmental Health - 3cr**

This course examines the impact of environmental health issues and the role of environmental factors in health with an emphasis on characterization, assessment, and control of environmental hazards. The specific topics covered during this course include safe drinking water, air quality, hazardous waste disposal and environmental disease clusters. The course concludes by examining the impact of human activity, such as energy use and pollution, on the environment and how human-induced environmental change, in turn, impacts public health and that of the planet as a whole. **Prerequisite: PBHL 201**

### **PBHL 280. Tutorial in Public Health - 2cr**

This tutorial consists of independent research, or directed reading and includes the presentation of a report, or a thesis on the work. **Prerequisite: Senior standing**

### **PBHL 281. Public Health Seminar - 1cr**

The seminar is centered on a public health-related theme and provides students with an opportunity to use appropriate methods to present an evidence-based review of a related topic. **Prerequisite: Senior standing**

### **PBHL 282. Professional Internship - 2cr**

A period of guided work experience, supervised by faculty member, and designed to acquaint students with the public health profession and help them acquire skills necessary for finding future work.

**Prerequisites:** PBHL 201, PBHL 202, PBHL 203, STAT 201, PBHL 212, and BCOM 300 (Workplace Etiquette)

### **CHEM 201. General Principles of Chemistry - 3cr**

This course introduces students to the general principles and theories of chemistry. It covers atomic structure, chemical bonding, stoichiometry, mass spectrum, properties of gases, basic thermodynamics, kinetic theory, solids and liquids, solutions, acids and bases, and chemical equilibrium.

### **CHEM 202. Introduction to Chemical Laboratory Techniques- 2cr**

This is a laboratory course that introduces students to chemical analysis in a series of laboratory experiments covering principles and experimental techniques in thermochemistry, kinetic and electrochemistry. Students learn to handle basic tools and equipment and conduct wet chemistry experiments. **Prerequisite or Corequisite: CHEM 201**

### **CHEM 209. Basic Organic Chemistry - 3cr**

This course emphasizes on the relationship between the structure and properties of Carbon containing molecules; it also covers stereochemistry and reactions of important functional organic groups.

### **CHEM 210. Basic Organic Chemistry Lab - 1cr**

This course covers basic experiments in organic chemistry; students will develop skills in conducting several organic reactions through hand-on laboratory techniques of extraction, distillation, chromatography, and many others. **Prerequisite or Corequisite: CHEM 209**

### **STAT 201. Statistics - 3cr**

This course promotes students' statistical literacy and reasoning as it draws on the four main areas of statistics: descriptive statistics, associative statistics, inferential statistics, and probability and statistics. The course offers a general introduction to the role, importance, and significance of statistics in real-life situations and scenarios with practical emphasis on major-related settings. The course stresses a critical read and analysis of qualitative and quantitative data: graphical and numerical descriptive analysis. Additionally, the course deals with probability, discrete random variables and their probability distributions, binomial distribution, normal distribution, simple linear regression, sampling, and hypothesis testing.

### **COMM 214. Interpersonal Communication - 3cr**

This course is an overview of interpersonal communication, which is the exchange of symbols used to achieve self-presentation, relational and instrumental goals. The course includes the study and practice of the basic elements of interpersonal communication with emphasis on perception, meanings, attention, listening, feedback, and communication barriers. Particular attention is given to improving interpersonal communication skills. **Concurrent Prerequisite: ENGL 201**

### **BCOM 300. Workplace Etiquette**

This is a mandatory workshop that all students should successfully complete prior to their internships. The course comprises a series of workshops that focus on workplace etiquette and communication in formal and professional settings. In this course, students develop their business etiquette and professional practice skills in addition to their presentation skills so that they are well-equipped for their internships. **Prerequisite: ENGL 201**

## Degree Plan

| (1) Public Health Courses          |                   |
|------------------------------------|-------------------|
| Core public health courses         | 63 credits        |
| Professional Internship            | 2 credits         |
| Free Elective Course               | 3 credits         |
| <b>Total public health courses</b> | <b>68 credits</b> |
| (2) General Education Courses      |                   |
| Civilization                       | 6 credits         |
| English                            | 6 credits         |
| Communication                      | 3 credits         |
| Arabic                             | 3 credits         |
| Biology                            | 3 credits         |
| Social Sciences                    | 3 credits         |
| Globalization & World Cultures     | 3 credits         |
| Computing                          | 3 credits         |
| <b>Total GE courses</b>            | <b>30 credits</b> |
| <b>Total</b>                       | <b>98 credits</b> |

## Suggested Public Health Degree Plan

| First Year           |                                 |           |                      |  |           |
|----------------------|---------------------------------|-----------|----------------------|--|-----------|
| Fall 1               |                                 |           | Spring 1             |  |           |
| Course               | Title                           | Wt.       | Course               | Title  | Wt.       |
| BIOL 201             | General Biology                 | 3         | ENGL 202             | English II                                     | 3         |
| ENGL 201             | English I                       | 3         | CIVL 201             | World Civilizations I                          | 3         |
| CHEM 201             | General Principles of Chemistry | 3         | CHEM 202             | Introduction to Chemical Laboratory Techniques | 2         |
| CHEM 209             | Basic Organic Chemistry         | 3         | COMM 201             | Communication Elective (Public Speaking)       | 3         |
| PBHL 201             | Introduction to Public Health   | 3         | XXXXXXXX             | Social Science Elective                        | 3         |
| CHEM 210             | Basic Organic Chemistry Lab     | 1         | PBHL 202             | Population Health                              | 3         |
| <b>Total Credits</b> |                                 | <b>16</b> | <b>Total Credits</b> |  | <b>17</b> |

| Summer 1             |                      |          |
|----------------------|----------------------|----------|
| Course               | Title                | Wt.      |
| XXXXXXXX             | Free Elective Course | 3        |
| <b>Total Credits</b> |                      | <b>3</b> |



| Second Year          |   |           |                      |   |           |
|----------------------|---|-----------|----------------------|---|-----------|
| Fall 2               |   |           | Spring 2             |   |           |
| Course               | Title   | Wt.       | Course               | Title                                   | Wt.       |
| CIVL 202             | World Civilizations II  | 3         | ARAB 201             | Arabic                                  | 3         |
| CMPS 202             | Computing Elective<br>(Introduction to Computing for<br>Arts) | 3         | STAT 201             | Statistics                              | 3         |
| PBHL 203             | Population Health Assessment                                  | 3         | ACCT 201             | Financial Accounting 1                  | 3         |
| PBHL 204             | Theories in Health Behavior<br>and Education                  | 3         | PBHL 220             | Fundamentals in Environmental<br>Health | 3         |
| PBHL 212             | Food Security and Safety<br>Regulations                       | 3         | COMM 214             | Interpersonal Communication             | 3         |
| BCOM 300             | Workplace Etiquette<br>(Mandatory Workshop)                   |           |                      |   |           |
| <b>Total Credits</b> |   | <b>15</b> | <b>Total Credits</b> |   | <b>15</b> |

| Summer 2             |                         |          |
|----------------------|-------------------------|----------|
| Course               | Title                   | Wt.      |
| PBHL 282             | Professional Internship | 2        |
| <b>Total Credits</b> |                         | <b>2</b> |

| Third Year           |   |           |                            |   |           |
|----------------------|---|-----------|----------------------------|---|-----------|
| Fall 3               |   |           | Spring 3                   |   |           |
| Course               | Title   | Wt.       | Course                     | Title   | Wt.       |
| MNGT 201             | Principles of Management &<br>Organizational Behavior | 3         | SOCL 210                   | Globalization & World Cultures                                  | 3         |
| PBHL 211             | Nutrition in Public Health &<br>Disease Prevention    | 3         | PBHL 205                   | Economy in Healthcare   | 3         |
| PBHL 206             | Policy & Politics in Public<br>Health                 | 3         | PBHL 213                   | Nutrition Therapy in Public Health                              | 3         |
| PBHL 207             | Health Promotion Programs                             | 3         | PBHL 280                   | Tutorial in Public Health                                       | 2         |
| PBHL 208             | Counseling Communication<br>Skills                    | 3         | PBHL 281                   | Public Health Seminar   | 1         |
|                      |   |           | MNGT 402<br>or<br>INFO 404 | Human Resource Management<br>or<br>Introduction to Data Science | 3         |
| <b>Total Credits</b> |   | <b>15</b> | <b>Total Credits</b>       |   | <b>15</b> |



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