

# WILLIAM PATERSON UNIVERSITY

## MINOR IN HEALTH STUDIES

**H**ealth studies is a broad term used to describe the study of health issues and behaviors with a particular emphasis on health at the level of the individual.

### Why Minor in Health Studies?

The minor in Health Studies is a good choice for students who:

- Want broad exposure to personal health information for self-improvement and general knowledge.
- Want to explore individual wellness issues as they relate to their major area of study.
- Want to develop the skills to become a more engaged and informed consumer of health-related information.

### Program Overview

As our collective understanding of human health is continually evolving, the minor in Health Studies provides students with broad exposure to current and evidence-based content through a variety of personal health courses. Students who minor in Health Studies will explore content in several foundational areas of personal health and well-being, and may select elective courses based on personal interests and needs.

The minor in Health Studies is well suited for students interested in exploring their own health, as well as those students who are interested in careers in the field of health and human services.

### Minor in Health Studies

#### Core Course: 3 Credits

(select one of the following courses)

	CR	UCC
PBHL 1100 Healthy U	3	Area 1
PBHL 1200 Current Health Issues	3	Area 1
PBHL 1300 Healthy Living After 30	3	Area 1

#### Elective Courses: 15 Credits

(select five of the following courses)

	CR	UCC
PBHL 2100 Women's Health	3	-
PBHL 2150 Drugs and Health	3	-
PBHL 2200 Stress Management	3	-
PBHL 2210 Nutrition	3	-
PBHL 2700 Concepts and Issues of Aging	3	-
PBHL 2900 Human Sexuality	3	-
PBHL 3140 Reproductive Rights	3	Area 5
PBHL 3210 Lifespan Nutrition	3	-

### More Information

**Admissions requirements:** To be admitted to the minor in Health Studies, students must take and pass with the grade of C or better PBHL 1100: Healthy U or PBHL 1200: Current Health Issues or PBHL 1300: Healthy Living after 30.

**How to declare the minor:** To declare the minor in Health Studies, students must make a request using WPCONNECT → Students tab → Academic Services → Request to Add / Declare or Change Minor.

**Additional questions:** If you have questions about the Health Studies minor, please contact the Department of Public Health at 973-720-2394.

# WILLIAM PATERSON UNIVERSITY

## MINOR IN PUBLIC HEALTH

**P**ublic health as a field of study is highly varied and encompasses many academic disciplines – therefore careers in public health have something to offer to everyone. The Association of Schools of Public Health says that “public health improves the shared conditions and behaviors that affect the health of each and every one of us.” The combined efforts of public health professionals make our world a safer place in which individuals live, work, and thrive.

### Why Minor in Public Health?

The minor in Public Health is a good choice for students who:

- Want broad exposure to an exciting and growing field of study relevant to a wide array of work settings and careers.
- Want to explore population-based health issues related to of their major area of study.
- Are considering graduate studies in a health-related or human services-related field.

### Program Overview

The minor in Public Health introduces students to the core content and functions of the field of Public Health. Students may select from a variety of elective courses to build a program that enhances the student’s major area of study and matches the student’s personal interests in the health field.

Students selecting the minor in Public Health may choose courses that fulfill University Core Curriculum (UCC) requirements in the following areas:

- Diversity and Social Justice (Area 4)
- Community and Civic Engagement (Area 5)
- Global Awareness (Area 6)

As Public Health is multidisciplinary by nature, the minor in Public Health is well-suited for students from a wide variety of majors.

### Minor in Public Health

#### Core Courses: 9 Credits

(all of the following courses)

	CR	UCC
PBHL 3000 Introduction to Public Health	3	-
PBHL 3400 Environmental Health	3	-
PBHL 4000 Epidemiology	3	-

#### Elective Courses: 9 Credits

(select three of the following courses)

	CR	UCC
PBHL 2550 Health Care and Health Policy	3	Area 5
PBHL 2700 Concepts and Issues of Aging	3	-
PBHL 2950 Disparities in Health	3	Area 4
PBHL 3020 Health Care in the US	3	-
PBHL 3110 Global Health Issues	3	Area 6
PBHL 3140 Reproductive Rights	3	Area 5
PBHL 3150 Food and Community	3	Area 5
PBHL 3220 Food and Social Issues	3	-
PBHL 4950 Cultural Dimensions of Health	3	WI

### More Information

**Admissions requirements:** To be admitted to the minor in Public Health, students must take and pass with the grade of C or better PBHL 3000: Introduction to Public Health.

**How to declare the minor:** To declare the minor in Public Health, students must make a request using WConnect → Students tab → Academic Services → Request to Add / Declare or Change Minor.

**Additional questions:** If you have questions about the Public Health minor, please contact the Department of Public Health at 973-720-2394.