
Greek (Modern)

See Center for Language Studies.

Guarani

See Center for Language Studies.

Haitian Creole

See Center for Language Studies.

Hawaiian

See Center for Language Studies.

Health Science

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221 RB, (801) 422-3313

College of Health and Human Performance Advisement Center
203 RB, (801) 422-3638

Admission to Degree Program

All degree programs in the Department of Health Science are open enrollment. In addition, special limitations apply for teaching majors.

Graduation Requirements

To receive a BYU bachelor's degree a student must complete, in addition to all requirements for a specific major, the following university requirements:

- The university core, consisting of requirements in general and religious education (See the University Core section of this catalog for details. For a complete listing of courses that meet university core requirements, see the current class schedule.)
- A minimum of 30 credit hours in residence
- A minimum of 120 credit hours
- A cumulative GPA of at least 2.0

Undergraduate Programs and Degrees

BS Public Health Education
BS School Health Education
Minors Health Education
 Driver Safety Education

Students should see their college advisement center for help or information concerning the undergraduate programs.

Graduate Programs and Degrees

MPH Public Health

For more information see the BYU 2007–2008 Graduate Catalog.

BS Public Health Education (55 hours*)

The Discipline

Public health educators are trained to plan, implement, and evaluate community health interventions. Courses provide students with an overview of chronic and infectious disease, injury prevention, substance abuse, environmental health, reproductive health, first aid, consumer health, fitness, nutrition, and spiritual/mental health. Using the tools of education, behavior change, social marketing, health communication, community mobilization, coalitions, policy, and advocacy, health educators are employed under a range of job titles: community health specialists, patient educators, health promotion specialists, community organizers, and health program managers.

Career Opportunities

Typical daily activities include working with media, meeting with various coalitions, developing educational materials, planning needs assessments, evaluating interventions, and making presentations. Public health educators are trained to mobilize citizens to develop population-based solutions to important health issues and to improve the health of families and communities.

Public health graduates are qualified to work in governmental health agencies on the local, state, federal, and international levels. Private-sector employment can be found in managed care organizations (MCOs), hospitals, clinics, voluntary health agencies and non-governmental organizations. Opportunities for employment in public health are competitive. Students can

increase the likelihood of obtaining a position by balancing classroom activities with voluntary or paid service to health agencies. Obtaining skill-based certifications and careful development of a professional portfolio enhance employment opportunities. Entry-level salaries generally begin at \$30,000 or higher. However, salaries will vary based on the specific organization and geographic location.

During the last two semesters, students will complete a 6-credit-hour, 300-hour internship that will give them an opportunity to apply the concepts they have learned in class to the real world. It is also an opportunity to begin networking with professionals and gain experience to include on their resumé. Internships can be completed at a variety of locations throughout Utah, the nation, and internationally.

Major Requirements

1. Complete the following courses:
Hlth 200, 302, 365, 375, 394, 395, 396, 461, 462, 498.
PDBio 205.
Stat 221.
2. Complete 6 hours of the following:
Hlth 496R.
3. Complete 8 hours of the following:
Hlth 320, 370, 383, 403R, 420, 436, 450, 452, 460, 466, 480, 490, 491R.
4. Complete 6 hours from the following:
Bus M 340.
Comms 211, 235.
Econ 230.
IAS 220.
MMBio 221, 222.
NDFS 100, 201.
PDBio 220.
Psych 361.
Soc 113.
Stat 334.
TMA 150.

*Hours include courses that may fulfill university core requirements.

BS School Health Education (74–79 hours, including licensure hours)

The Discipline

The health teaching major prepares students to become health educators in secondary schools. Curriculum development, instructional methods, acquisition and evaluation of resources, and assessment are among the skills required. Health educators teach decision making and effective communication, addressing such areas of concern as substance abuse and addictive behaviors, human sexuality, chronic disease, nutrition, consumer advocacy, emergency care, and injury prevention.

Adolescence is a time where habits are being established and attitudes are being formed that will influence people the rest of their lives. The health educator plays an important role in teaching knowledge and skills that will enable young people to cope and to flourish in healthy ways in an ever-changing society.

Career Opportunities

Graduates seek careers teaching health in the secondary schools in combination with a chosen minor. With an advanced degree, career teaching positions at institutions of higher learning become accessible.

Major Requirements

1. An approved teaching minor must be completed (approximately 16–21 hours).
2. Complete the following:
Hlth 200, 320, 370, 420, 436, 460, 461.
NDFS 100.
3. Complete 6 hours from the following:
Hlth 365, 383, 450, 452, 462, 466, 480.
PDBio 205.
4. Complete the Professional Education Component:
 - a. Complete the following:
CPSE 402.
Hlth 276R, 381, 421.
IP&T 286.
Sc Ed 350, 353, 379.
Note: Hlth 200 is prerequisite to Hlth 381, 421.
Note: Fingerprinting and FBI clearance must be completed prior to enrolling in Hlth 381 and 421.
 - b. Complete 12 hours of one of the following:
Sc Ed 476R, 496R.

Minor Health Education (23 hours)

Minor Requirements

1. Complete the following:
Hlth 200, 320, 381, 421, 436, 460.
Note: Hlth 200 is prerequisite to Hlth 381, 421.
2. Complete 5 hours from the following:
Hlth 365, 370, 383, 420, 450, 452, 461, 462, 466, 480.

Minor Driver Safety Education (16 hours)

Minor Requirements

1. Complete the following:
Hlth 444, 445, 446, 460.
2. Complete 5 hours from the following:
Hlth 320, 402R, 420.
3. Students majoring in health sciences may not double-count hours in the driver education minor.

Health/Physical Education (HEPE)

Undergraduate Courses

105. Healthy Living. (0.5:1:0)

Scientific evidence supporting the importance of a healthy lifestyle. Students will engage in healthy nutritional and exercise practices.

129. Fitness and Lifestyle Management. (2:2:1)

Why a healthy lifestyle is needed and how to write individualized programs to meet these needs.

Health Science (Hlth)

Undergraduate Courses

10. Beginning Driver Education. (0:0:2)

Satisfies the prerequisite necessary to apply for the Utah driver's license. No driving experience necessary. Fee.

200. Foundations of Health Education. (3:3:0) F, W

Introduction to health education, emphasizing the history, philosophy, and foundations of professional practice in school and public health settings.

201. Contemporary Issues for Student Athletes (2:2:0) F, W

Eligibility issues for intercollegiate student athletes. Skills relating to academic performance and career selection.

276R. Exploration of Teaching. (3:Arr.:Arr. ea.) F, W Prerequisite: major area preadmission requirements.

Field-based initial teaching experience directed at helping prospective teachers experience demands and opportunities associated with teaching secondary students.

302. Computer Applications in Health Education. (3:1:0) F, W, Sp

Exploring computer applications in health sciences: health assessments, risk approvals, health program planning and database access, computer-assisted instruction, biostatistical health applications, medical-legal issues. Should be taken sophomore year.

320. Advanced First Aid and Safety. (3:3:0) F, W, Su

In-depth coverage of first aid procedures for injuries and sudden illness. Leads to first aid and CPR certifications.

361. School Health for Elementary Teachers. (2:2:0) F, W, Sp

Preparing for role as a health educator, emphasizing skill-based teaching methods and acquisition of teaching resources.

365. Health Behavior Theories. (3:3:0) F, W, Sp Prerequisite: Hlth 200.

Understanding health behavior change theories for individuals and populations. Practical application of related models and theories.

370. Consumer Health. (2:2:0) Independent Study also.

Current consumer health issues; selecting proper health products, services, and information; sources of consumer health protection.

375. Principles of Epidemiology. (3:3:0) F, W, Sp Prerequisite: Hlth 200, 302, Stat 221.

Applying analytical tools to study acute and chronic disease to facilitate investigation and control of epidemics.

381. Health Education Teaching Methods. (3:3:0) F, W, Sp

Prerequisite: Hlth 200, 276R; fingerprinting and FBI clearance.

Teacher and student activities required for conceptual learning in health science.

383. Mind/Body Health. (2:2:0) F, W, Sp

Theories and research on the effect of emotions and attitudes on health: how negative emotions increase disease susceptibility and positive emotions encourage immune strength, health, and healing.

394. Public Health Education Methods. (3:2:1) Prerequisite: Hlth 200, 302, Stat 221.

Health promotion interventions and strategies that influence behaviors and advance public health practices within communities.

395. Social Marketing in Public Health Education. (3:3:0)

Prerequisite: Hlth 200, 302, Stat 221.

Social marketing, including formative research, audience analysis, segmentation, marketing mix, strategies, pretesting; application to public health education.

396. Program Planning and Evaluation. (3:3:0) Prerequisite: Hlth 200, 302, 394, 395, Stat 221.

Introduction to needs assessment, program development, implementation, and program evaluation in public health education.

402R. Driver and Safety Education Workshop. (1–7:0:2 ea.)

Independent Study also.

Current safety education problems.

403R. Health Problems Workshop. (1–5:Arr:Arr. ea.)

420. Injury Prevention. (2:2:0) F, W Independent Study also.

Concepts and interventions for injury prevention; safety instruction.

421. Secondary Health Education Curriculum and Practicum. (4:3:Arr.) F, W Prerequisite: Hlth 200, 276R, 381.

Implementing meaningful, engaging instruction for secondary students in health education; program planning and evaluation; developing critical thinking, problem solving, literacy, and democratic character; assessing learner performance. Practicum required.

436. Sexuality Education in the Curriculum. (3:3:0) F, W, Sp

Preparing prospective teachers to teach sexuality education related to health curricula. Maturation, family health issues, parenthood, interpersonal skills, and related pedagogy issues.

444. Organization and Administration of Driver and Traffic Safety Education. (2:2:0) F Independent Study also.

Organization, administration, and supervision of high school driver education programs.

445. Driver and Traffic Safety Education. (4:2:4) W, Su

Prerequisite: Hlth 444.

Prepares teachers to instruct classroom and behind-the-wheel phases of driver education.

446. Driver Simulators and Driving Ranges. (2:2:1) W, Su

Simulator and multiple-car driving range methodology, emphasizing operation and maintenance.

450. Women's Health Issues. (3:3:0) F, W, Sp

Overview of selected health topics affecting women's health status. Primary emphasis on steps to enhance personal health and fulfill divine roles from childhood through adulthood.

452. Environmental Health. (3:3:0) F, W, Su

Environmental factors as determinants of human health: ecosystem and population dynamics; biological, chemical, and physical hazards; risk assessment; economic, political, cultural, and genetic factors.

460. Substance Abuse and Addictive Behavior. (3:3:0) F, W, Su

Physiological, psychological, sociological, and legal implications of drug use and addictive behaviors, emphasizing nature, cause, treatment, and prevention.

461. Chronic Diseases: Prevention and Control. (3:3:0)

Prerequisite: Hlth 200, PDBio 205.

Pathogenesis, epidemiology of major chronic diseases, health costs to society, at-risk populations, population-based prevention, and related best-practice interventions.

462. Infectious Disease. (3:3:0) Prerequisite: Hlth 200, PDBio 205.

Human infectious disease risk factors; bacterial, viral, and parasitic agents; pathology, diagnosis, treatment, prevention, and control; communicable, vector-borne, zoonotic, and bioterror diseases of public health.

466. Health and the Aging Process. (2:2:1) Independent Study also.

Theories of aging as a normal process, as a pathological process; health promotion and extension of life.

480. International Health. (3:3:0)

Identifying disease patterns in "developing" countries, exploring the social and cultural context of health, and reviewing behavior change strategies for improving well-being.

490. Current Issues in Public Health Education. (2:2:0)

Prerequisite: health science major; junior or senior status.

Contemporary research, literature, and views as applied to public and international health.

491R. Mentored Research. (1–3:Arr.:0 ea.)

Collaboration with professors on mentoring grants or other public health-related research and initiatives.

496R. Academic Internship. (1–9:Arr.:Arr. ea.) F, W, Sp, Su

Prerequisite: Hlth 302, 375, 394, 395, 396.

On-the-job experience.

498. Public Health Education Career Preparation. (2:2:0)

Prerequisite: Hlth 200, 302, 375, 394, 395, 396, 496R, Stat 221.

Preparation for employment, graduate school, and the Certified Health Education Specialist Exam. For senior-level public health education majors within six-months of graduation.

500-Level Graduate Courses (available to advanced undergraduates)**550. Field Epidemiology.** (3:3:0) Prerequisite: instructor's consent.

Applying epidemiologic methods to unexpected health problems when a rapid on-site investigation is necessary for timely intervention.

599R. Academic Internship. (1-9:Arr.:Arr. ea.) Prerequisite: completion of a major in health sciences or graduate student status in health sciences.

On-the-job experience.

Graduate Courses

For 600- and 700-level courses, see the BYU 2007–2008 Graduate Catalog.

Health Science Faculty**Professors**

- Barnes, Michael D. (1997) BS, MS, Brigham Young U., 1989, 1990; PhD, Southern Illinois U., Carbondale, 1993.
- Cole, Eugene C. (2002) BA, Adelphi U., 1968; MSPH, DRPH, U. of North Carolina, 1979, 1983.
- Hawks, Steven R. (2000) BA, MA, MBA, EdD, Brigham Young U., 1982, 1985, 1985, 1990.
- Heiner, Steven W. (1969) BS, MS, EdD, U. of Utah, 1955, 1962, 1969.
- Karren, Keith J. (1971) BS, MS, Brigham Young U., 1969, 1970; PhD, Oregon State U., 1975.
- Lindsay, Gordon B. (1994) BS, Brigham Young U., 1978; MS, U. of Utah, 1980; PhD, Ohio State U., 1984.
- Merrill, Ray M. (1998) BA, MS, Brigham Young U., 1986, 1989; PhD, Arizona State U., 1994; MPH, Harvard U., 1995.
- Neiger, Brad L. (1997) BS, MS, Brigham Young U., 1983, 1984; PhD, U. of Utah, 1991.
- Page, Randy M. (2003) BS, MHE, Brigham Young U., 1979, 1980; PhD, Southern Illinois U., 1982.
- Thygerson, Alton L. (1967) BS, MHEd, EdD, Brigham Young U., 1962, 1965, 1969.

Associate Professors

- Dearden, Kirk Allen (2002) BA, Boston U., 1985; DPH, MPH, U. of Alabama, Birmingham, 1990, 1988.
- Hanson, Carl Lee (2005) BS, MS, Brigham Young U., 1990, 1991; PhD, Southern Illinois U., Carbondale, 1994.
- Novilla, M. Lelinneth L. B. (2003) BS, U. of the Philippines, 1985; MPH, U. of Utah, 1999; MD, U. of the City of Manila, Philippines, 1990.
- Thackeray, Rosemary (2000) BS, Utah State U., 1991; MPH, PhD, U. of Utah, 1996, 2000.

Assistant Professor

- Coon, Paul E. (1972) BS, MS, Brigham Young U., 1968, 1972.

Associate Lecturer, Community Health Advisor and Internship Specialist

- Cazier, Calvert F. (2004) BS, U. of Utah, 1973; MPH, U. of Tennessee, 1974.

Emeriti

- Burgener, O. Robert (1964) BS, Utah State U., 1953; MPH, U. of California, Berkeley, 1964; PhD, U. of Utah, 1972.
- Hirschi, Willard M. (1964) BS, Brigham Young U., 1956; MS, Arizona State U., 1960.
- Hurley, D. Richard (1971) BS, MS, Brigham Young U., 1963, 1964; PhD, Southern Illinois U., 1971.
- James, Sherald W. (1962) BS, MS, Brigham Young U., 1956, 1962.
- Petersen, Ray A. (1969) BS, MHEd, Brigham Young U., 1960, 1965.

Rhodes, Ronald L. (1962) BS, Elmhurst Coll., 1957; MS, Brigham Young U., 1962; PhD, Oregon State U., 1971.

Salazar, Richard D. (1963) BS, MS, Brigham Young U., 1958, 1962; PhD, Southern Illinois U., Carbondale, 1972.

Tuckett, Glen C. (1959) BS, U. of Utah, 1953; MS, EdD, Brigham Young U., 1962, 1975.

Hebrew

See Asian & Near Eastern Languages.

Hindi

See Center for Language Studies.