



# Springfield College Sequencing Guide Public Health Major (PUBH) ▼ 2023-2024

*Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress with your advisor.*

## Core Curriculum Requirements, Electives, and College Requirements

In addition to the major requirements listed below, you will need to fill the following Core Curriculum categories:

- |  |                               |                                |
|--|-------------------------------|--------------------------------|
| • 100-level Wellness & Physical (1 cr) | • Literature (3 cr)           | • Historical and Social (3 cr) |
| • 200-level Wellness & Physical (1 cr) | • Aesthetic Expression (3 cr) | • Spiritual and Ethical (3 cr) |
| • 300-level Wellness & Physical (1 cr) |                               | • Themed Explorations (9 cr)   |
|  |                               | ➢ 3 prefixes                   |
|  |                               | ➢ 1 Global course              |

This major typically requires 55 to 56 credits to complete. In addition to the Core Curriculum and major requirements listed, you must complete:

- **33-36 elective credits or more** to total at least 120 credits.
- A **minimum cumulative GPA** of 2.000 or higher
- The **residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)

## Wellness Passport Stamps

All students must complete **24 stamps** upon successful completion of a WLPL 300-level course. Students must complete a minimum of 8 stamps in each of the following domains:

- Mental Wellness   
  Physical Wellness   
  Meaning and Purpose Wellness

## PUBH Major Requirements – Typical First-Year Schedule

<b>Fall:</b> SCSM 101, Springfield College Seminar (Core requirement – 3 cr) ENGL 113, College Writing I (Core requirement – 3 cr) PUBH 130, Introduction to Public Health (3 cr) Plus other Core and major requirements, or electives to total approximately 15 credits	<b>Spring:</b> ENGL 114, College Writing II (Core requirement – 3 cr)  Plus other Core and major requirements, or electives to total 30 credits for the year
<b>Fall or Spring:</b> CISC 115, Microcomputer Applications (3 cr) MATH 115, College Algebra (3 cr – also fills Quantitative Reasoning Core; or MATH 125, or 140) At least one <b>Social and Behavioral Science Selective</b> course	

## PUBH Major Requirements – Typical Second-Year Schedule

<b>Fall:</b> HSCI 225, Biostatistics (3 cr)  Plus other Core and major requirements, or electives to total approximately 15 credits	<b>Spring:</b> HSCI 240, Principles of Epidemiology (3 cr)  Plus other Core and major requirements, or electives to total 30 credits for the year
<b>Fall or Spring:</b> Two <b>Natural Science Selective</b> courses	

## PUBH Major Requirements – Typical Third-Year Schedule

<b>Fall:</b> HLTH 425, Human Disease and Health Promotion (3 cr)  Plus other Core and major requirements, or electives to total approximately 15 credits	<b>Spring:</b> HSCI 320, Health Assessment (3 cr) HLTH 343, Community Health Practices (3 cr)  Plus other Core and major requirements, or electives to total 30 credits for the year
<b>Fall or Spring:</b> One <b>Public Health Selective</b> course	

## PUBH Major Requirements – Typical Fourth-Year Schedule

**Fall:**

PUBH 410, Health and Health Care Disparities (3 cr)  
Plus other Core and major requirements, or electives to total approximately 15 credits

**Spring:**

PUBH 460, Health Law (3 cr)  
Plus other Core and major requirements, or electives to total 120 credits for your career

**Fall or Spring:**

One **Public Health Selective** course  
HLTH 487, Fieldwork in Health Promotion (6-12 cr)  
    **or** HSCI 384, Practicum in Health Science (3 cr)  
HSCI 482, Senior Capstone in Health Science (3 cr – also fills a WAC requirement)  
    **or** HSCI 494, Seminar in Health Science (3 cr – also fills a WAC requirement)

## Additional PUBH Major Requirements – Flexible Timing

Select **two courses for Social and Behavioral Science Selectives** (6 credits) from the following; it is recommended that students take one selective during their first year of study:

PSYC 101 - Introduction to Psychology (3 cr)  
PSYC 109 - Human Development (3 cr)  
PSYC 209 - Social Psychology (3 cr)  
PSYC 320 - Health Psychology (3 cr)  
RHDS 230 - Psychology of Disability and Illness (3 cr)  
SOC 101 - Introduction to Sociology (3 cr – also fills Historical and Social Literacy Core)  
SOC 210 - Social Problems (3 cr – also fills Historical and Social Literacy Core)  
SOC 240 - Global Social Issues (3 cr – also fills Historical and Social Literacy Core)  
SOC 314 - Environment and Society (3 cr)  
SOC 330 - Sociology of Health and Health Care (3 cr)  
SOC 410 - Poverty and Wealth: Class in Society (3 cr)

Select **two courses for Natural Science Selectives including the concurrent labs** (7-8 credits) from the following (one course with concurrent lab also fills Scientific Reasoning Core), it is recommended that students complete these courses by the end of their second year of study:

BIOL 101 - Basic Concepts of Modern Biology (3 cr)  
BIOL 102 - Basic Concepts Laboratory (1 cr)  
BIOL 121 - Bioscience I (3 cr)  
BIOL 123 - Bioscience I Laboratory (1 cr)  
BIOL 122 - Bioscience II (3 cr)  
BIOL 124 - Bioscience II Laboratory (1 cr)  
BIOL 130 - Anatomy and Physiology Concepts I (3 cr)  
BIOL 132 - Anatomy and Physiology Concepts I Lab (1 cr)  
BIOL 131 - Anatomy and Physiology Concepts II (3 cr)  
BIOL 133 - Anatomy and Physiology Concepts II Lab (1 cr)  
BIOL 260 - General Ecology (3 cr)  
BIOL 261 - General Ecology Laboratory (1 cr)  
CHEM 101 - Chemistry Survey (3 cr)  
CHEM 102 - Chemistry Survey Laboratory (1 cr)  
CHEM 121 - General Chemistry I (3 cr)  
CHEM 123 - General Chemistry I Laboratory (1 cr)  
CHEM 122 - General Chemistry II (3 cr)  
CHEM 124 - General Chemistry II Laboratory (1 cr)  
ENVS 120 - Foundations of Sustainability (3 cr)  
ENVS 215 - Environmental Geology (3 cr)  
ENVS 216 - Environmental Geology Laboratory (1 cr)  
PHYS 205 - Physics for Movement Science (3 cr)  
PHYS 207 - Physics for Movement Science Laboratory (1 cr)  
PHYS 210 - General Physics I (4 cr)  
PHYS 211 - General Physics II (4 cr)

Select **two courses for Public Health Selectives** (6 credits) from the following:

HSCI 315, Interdisciplinary Perspectives on Aging (3 cr)  
PUBH 470, Global Health (3 cr)  
PUBH 475, Maternal and Child Health (3 cr)