
COURSES

PDF PUBLIC HEALTH

PBH101 Foundations of Public Health 3 Credits

Introduces the basic tenets of community health, including concepts of health, health promotion and disease prevention, risk factors affecting community health, health information and research, ethics and health programs.

PBH120 Foundations of Personal Health & Wellness 3 Credits

Covers the components and wellness and of lifelong tools that will help enhance wellness. health values, attitudes and behaviors of self and others. Students will be active in design and execution of personal fitness and wellness plans.