

PUBLIC HEALTH SCIENCE

missioncollege.edu/depts/nutrition

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Public Health Science: Associate in Science for Transfer (AS-T)

Public health is the science of protecting and improving the health of people and their communities. This work is achieved by promoting healthy lifestyles, researching disease and injury prevention, and detecting, preventing, and responding to infectious diseases. Overall, public health is concerned with protecting the health of entire populations. These populations can be as small as a local neighborhood, or as big as an entire country or region of the world. Public health professionals try to prevent problems from happening or recurring by implementing educational programs, recommending policies, administering services, and conducting research—in contrast to clinical professionals like doctors and nurses, who focus primarily on treating individuals after they become sick or injured. Public health also works to limit health disparities. A large part of public health is promoting healthcare equity, quality, and accessibility.

Program Learning Outcomes:

- Describe social, political, and economic issues that impact public health and healthcare delivery systems in the United States.
- Explain how functional anatomy and physiological regulations affect health and wellness.
- Apply basic epidemiological principles used to study patterns of disease and injury among diverse populations.
- Explain how social, behavioral, cultural, and environmental factors impact the health status of individuals and populations.
- Demonstrate effective communication and problem-solving skills necessary for addressing contemporary public health issues.

Career/Transfer Opportunities:

Students with degrees in nutrition and dietetics find employment within a wide range of organizations, such as medical facilities, research labs, government agencies, universities, pharmaceutical companies, and the food industry. This degree is also an excellent preparation for students planning to continue training in medicine, public health and/or other allied health sciences.

To earn this degree, students must meet the following requirements:

1. Completion of the following major courses with grades of C or better.
2. Completion of a maximum of 60 CSU-transferable semester units with a grade point average of at least 2.0; and
3. Certified completion of either the California State University General Education Breadth pattern (CSU GE-B) or the Intersegmental General Education Transfer Curriculum (IGETC).

Core Requirement Courses (34-38 units):

		Units
NTR 001	Introduction to Public Health	3.0
NTR 006	Personal Health and Wellness	3.0
BIO 010	Introduction to Biology -AND-	3.0
BIO 010L	Introduction to Biology - LAB -OR-	1.0
BIO 011	Human Biology	3.0
CHM 001A	General Chemistry -OR-	5.0
CHM 002	Introductory Chemistry -AND-	3.0
CHM 002L	Introductory Chemistry - LAB	1.0
BIO 047	Human Anatomy	5.0
BIO 048	Human Physiology -OR-	5.0
BIO 048H	Human Physiology Honors	5.0
PSY 001	General Psychology -OR-	3.0
PSY 001H	General Psychology	3.0
MAT 010H	Elementary Statistics -OR-	4.0
MAT 010H	Elementary Statistics Honors -OR-	4.0
MAT 010X	Elementary Statistics with Additional Support	6.0

List A: Select One (1) Course

		Units
ECN 001A	Principles of Macroeconomics	4.0
ECN 001B	Principles of Microeconomics	3.0
NTR 015	Human Nutrition -OR-	3.0
NTR 015H	Human Nutrition Honors	3.0
PSY 045	Introduction to Human Sexuality	3.0
SOC 001	Introduction to Sociology -OR-	3.0
SOC 001H	Introduction to Sociology Honors	3.0

Required Units for the Major

34-38

Completion of General Education Requirements and electives as needed to reach 60 units.

Total Required Units:

60.0

