Courses

SBS 5001. Fundamentals of Public Health. 3 Credit Hours.
This course encompasses historical and sociocultural approaches to understanding public health and bioethics. Emphasis is on understanding public health systems from the dawn of history to the 21st century and the evolution of bioethical issues including the application of bioethical principles, regulations, and strategies in research and health practice. This seminar emphasizes the integration of conceptual and experiential learning. This is reflected in the course design and in teaching and learning processes.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.
College Restrictions: Must be enrolled in one of the following Colleges: College of Public Health, Social Work.
Repeatability: This course may not be repeated for additional credits.

SBS 5004. Understanding Stress and Change. 3 Credit Hours.
This course focuses on the impact of stress on physical and emotional health and quality of life. It focuses on the causes, types, and physiology of stress and stress reduction methods, including relaxation, biofeedback, fear control, cognitive restructuring, and social psychological interventions in community settings.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.
Repeatability: This course may not be repeated for additional credits.

SBS 5005. International Health Studies Abroad. 6 Credit Hours.
Students learn to articulate a historical and cultural understanding of the Costa Rican approach to health and medical care, to identify the major health concerns of the Costa Rican population in rural and urban settings and the major strides taken to improve health, to conduct limited fieldwork with rural communities in teams of 3 to 4 persons or conduct community health field research among the graduate students, and to write a professional paper and presentation on one of the health issues in Costa Rica based on their experience there. While previous Spanish language proficiency is not required, some Spanish language ability is essential for students to gain the maximum understanding during the program. Therefore, students during the first two weeks of the program take intensive Spanish language training in Costa Rica at the Institute for Central American Development Studies (ICADS). The third week involves travel to other regions within Costa Rica to examine different health conditions depending on the year's topics. During the fourth and fifth weeks, students live and work in rural communities and help to facilitate health education workshops on different activities such as: diabetes, nutrition, HIV/AIDS prevention education, women's health, child health care issues, first aid education, fitness and exercise, and backyard gardening.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.
Repeatability: This course may not be repeated for additional credits.

SBS 5009. Risk Communication and Public Health. 3 Credit Hours.
The goal of this course is to demonstrate how health communication professionals can create and implement risk communication plans related to either possible or actual public health hazards (anything that can cause morbidity or mortality). This course focuses on risk communication within the context of terrorism, infectious disease outbreaks, and health problems that occur because of natural disasters. It will include core principles of risk communication, examine special challenges of risk communication with diverse audiences, and prepare students to create a crisis and emergency risk communication plan.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.
Repeatability: This course may not be repeated for additional credits.

SBS 5015. Public Health Nutrition. 3 Credit Hours.
This seminar course explores nutrition as a science and platform for public health promotion and disease prevention. The fundamental contribution of nutrition to public health as well as the potential of food and nutrition policy, programs, and interventions to reduce risk and promote health are examined.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.
Repeatability: This course may not be repeated for additional credits.
SBS 5102. Theoretical Foundations of Health Behavior. 3 Credit Hours.
Theories of decision-making related to health behavior. Emphasis on the dynamic interaction of attitudes, values, situational factors and other factors
that influence health promoting and health damaging behavior.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.
College Restrictions: Must be enrolled in one of the following Colleges: College of Public Health, Social Work.

Repeatability: This course may not be repeated for additional credits.

SBS 5104. Models for Teaching Health and Patient Education. 3 Credit Hours.
This course deals with the description and application of teaching models used in health and patient education in communities, health care systems, and
schools. There is an emphasis on creating learning environments, communication skills, tailoring for diverse populations, and teaching techniques.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.
Repeatability: This course may not be repeated for additional credits.

SBS 5500. Seminar in Current Issues in Public Health. 3 Credit Hours.
Seminar topics rotate to address current issues in public health research, policy and practice.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.
College Restrictions: Must be enrolled in one of the following Colleges: College of Public Health, Social Work.

Repeatability: This course may be repeated for additional credit.

SBS 8001. Research Methods in Public Health. 1 to 3 Credit Hour.
This course examines how to develop and test models, formulate research problem statements and hypotheses, and implement and evaluate research
designs and methods of data collection in public health research. It concentrates on fundamental concepts in research design and measurement that
help prepare the student to plan and implement theoretically informed and methodologically sound scientific studies in public health and to critically
evaluate and discuss public health research. The course emphasizes ethical and practical methods of studying and evaluating causal relations (efficacy
and internal validity); determining generalizability of observations (effectiveness, external and ecological validity); and accurate and reliable measuring
and conceptualizing of variables (construct validity). In addition, it covers systematic literature searches and randomized controlled trials, which are both
increasingly important methods for conducting research in public health.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.
College Restrictions: Must be enrolled in one of the following Colleges: College of Public Health, Social Work.

Repeatability: This course may not be repeated for additional credits.

SBS 8002. Research Seminar in Public Health. 3 Credit Hours.
This is a research seminar on linkages between theory and research in social and behavioral health studies. It is required for Ph.D. students prior to
taking the preliminary examinations.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.
Repeatability: This course may not be repeated for additional credits.

SBS 8004. Understanding Stress and Change. 3 Credit Hours.
The course involves becoming aware of situations, people, and words that trigger alarm reactions. Students complete a profile for the course to help
them understand the causes of stress, how the body reacts to excessive stress, and symptoms that exist because of stress levels. Students gain
awareness of areas that affect control of life situations and how they affect overall energy efficiency. They also become aware of how they manage
time and social situations. They learn about the influence of exercise, sleep, nutrition, and relaxation training on health status and quality of life. They
learn about their level of job or occupational stress and variables that affect job-related stressors. They become aware of how thoughts and perceptions
affect the body's response to the stressors faced each day. They become more competent in managing all aspects of life as it relates to stress reactivity.
They may gain confidence and have more energy, greater control and fewer symptoms following the implementation of the many ideas, concepts and
recommendations that are offered. They learn to put energy into areas that are controllable and to let go of situations that are now "history" and in the
past. They learn how to have a more balanced and logical view of stress and its relationship to health status and quality of life.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.
Repeatability: This course may not be repeated for additional credits.
SBS 8005. Health Promotion in Vulnerable Populations. 3 Credit Hours.
This course is designed to help students develop a deep understanding of the potential causes of and solutions to health disparities. Health disparities are defined as unequal, unfair, and preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health. Health disparities experienced by vulnerable populations are well documented in the United States. This course will review, critically appraise and discuss social and behavioral sciences theory and research on the physical, mental, and social vulnerabilities contributing to the poor health of subgroups of the American populace. Readings and discussions will also focus on challenges as well as approaches to engaging vulnerable and hard-to-reach populations in social and behavioral intervention research aimed at improving health outcomes. Specifically, this course will cover social and behavioral science theories; methodological and recruitment challenges and strategies; approaches to intervening at the individual, community, and system levels; and approaches to developing and adapting interventions.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.

Repeatability: This course may not be repeated for additional credits.

SBS 8006. Addictions and Dependencies. 3 Credit Hours.
Social, psychological, cultural, clinical, and biological factors associated with addictions and dependencies, including the use of psychoactive drugs and lifestyle behaviors, are covered. Reviewed are prevention and treatment approaches based on the causes and correlates of addictions and dependencies.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.

Level Registration Restrictions: Must be enrolled in one of the following Colleges: College of Public Health, Social Work.

Repeatability: This course may not be repeated for additional credits.

SBS 8009. Health Psychology. 3 Credit Hours.
Through class lecture, readings, and discussions, students will learn how characteristics of persons (e.g., personality, behavior, coping, and biological reactivity) and their environments (e.g., stress and social support) influence health outcomes at the individual and population level. In addition, the course examines the potential of health psychology to explain population-level health problems and to ameliorate public health problems through behavioral and community-based interventions.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.

Level Registration Restrictions: Must be enrolled in one of the following Colleges: College of Public Health, Social Work.

Repeatability: This course may not be repeated for additional credits.

SBS 8018. Obesity: From Genes to Junk Food. 3 Credit Hours.
The course will broadly explore the etiology, treatment, and prevention of obesity from a multilevel systems perspective. Genetic, epigenetic, physiological, and psycho-social influences will be considered at the level of the individual. These influences will also be considered within family, school, and work-site contexts. Macro-level influences include government policies and programs, media, food industry influences, and community resources. Critical thinking skills and scholarly exchange will be emphasized through classroom discussion and weekly presentations/critiques of emerging science in each topic area.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.

Repeatability: This course may not be repeated for additional credits.

Pre-requisites:
EPBI 5101 Minimum Grade of B- May not be taken concurrently
OR PBHL 5101 Minimum Grade of B- May not be taken concurrently
OR EPBI 5201 Minimum Grade of B- May not be taken concurrently
OR PBHL 5201 Minimum Grade of B- May not be taken concurrently.

SBS 8105. Health Communication. 3 Credit Hours.
This course examines levels of communication processes and effects in 1) intrapersonal health communication related to personality, attitudes, cognitive style, and quality of life; 2) interpersonal communication in the patient-caregiver relationships, including dynamics of stress, conflict, and social support; 3) organizational communication in health-care settings; 4) mass communication processes, including media campaigns to promote good health and disease prevention; and 5) risk communication across settings and strategies.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.

Repeatability: This course may not be repeated for additional credits.
SBS 8111. Public Health Program Planning. 3 Credit Hours.
This course covers program planning in public health practice. It analyzes national health objectives and their applications at the state and community levels. One emphasis is on program planning as a change strategy to alter knowledge, attitudes, and health behavior to achieve positive health outcomes.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.

Repeatability: This course may not be repeated for additional credits.

Pre-requisites: 
(EPBI 5101|Minimum Grade of B-|May be taken concurrently 
OR PBHL 5101|Minimum Grade of B-|May be taken concurrently 
OR EPBI 5201|Minimum Grade of B-|May be taken concurrently 
OR PBHL 5201|Minimum Grade of B-|May be taken concurrently 
AND (EPBI 5002|Minimum Grade of B-|May be taken concurrently 
OR PBHL 5002|Minimum Grade of B-|May be taken concurrently 
AND (SBS 5102|Minimum Grade of B-|May be taken concurrently 
OR PBHL 5102|Minimum Grade of B-|May be taken concurrently)

SBS 9083. Readings and Conference in Public Health. 1 to 3 Credit Hour.
This is an advanced tutorial in public health with an appropriate faculty member. Note: Registration requires a written contract with the supervising faculty member and approval of the student's advisor and of the Director of Graduate Programs.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.

Repeatability: This course may be repeated for additional credit.

SBS 9189. MPH Capstone Seminar. 3 Credit Hours.
This seminar is required of M.P.H. students during final year of study. The seminar includes integration of coursework and practice skills to develop a fieldwork project or internship in a public health agency.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.

Repeatability: This course may be repeated for additional credit.

SBS 9289. MPH Fieldwork I. 3 Credit Hours.
This course entails a fieldwork project or internship in a public health agency. It includes seminars, oral and written reports of progress, and joint supervision by a preceptor and faculty member.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.

Repeatability: This course may not be repeated for additional credits.

SBS 9389. MPH Fieldwork II. 3 Credit Hours.
This course is an evaluation of the fieldwork project or internship using a full range of research methodologies. Data are collected, analyzed, and reported in a comprehensive final report. Oral and/or poster presentations are presented to public health organizations. The course includes a final oral defense of the project or internship.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.

Repeatability: This course may not be repeated for additional credits.

SBS 9994. Preliminary Examinations. 1 Credit Hour.
This course supports preparation for taking the preliminary examinations in the Health Policy and Social and Behavioral Sciences Ph.D. programs. To enroll, students must have completed all required coursework for the Ph.D. and obtain the approval of the Ph.D. Program Director. Students must be enrolled to take the required preliminary examinations.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.

Repeatability: This course may be enrolled for additional credit.

SBS 9996. Masters Res in Pub Hlth. 3 Credit Hours.
This course is limited to students who have chosen to fulfill the master's degree by writing a thesis.

Level Registration Restrictions: Must be enrolled in one of the following Levels: Graduate.

Repeatability: This course may be repeated for additional credit.
SBS 9998. Dissertation Proposal Research. 2 Credit Hours.
This course supports preparation of the dissertation proposal. The course is required for students who have passed the preliminary examinations for their PhD program and who have not yet defended the dissertation proposal.

**Department Restrictions:** Must be enrolled in one of the following Departments: CPH: Social/Behavioral Sciences.
**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.
**Degree Restrictions:** Must be enrolled in one of the following Degrees: Doctor of Philosophy.

**Repeatability:** This course may be repeated for additional credit.

**Pre-requisites:**
SBS 9994 | Minimum Grade of P | May not be taken concurrently.

SBS 9999. Dissertation Research. 1 to 6 Credit Hour.
This course is limited to Ph.D. candidates who have completed and defended a dissertation proposal that is filed with the Graduate School by the last day to add a course in the semester. Continuous registration in 9999 fall and spring is required until the dissertation is successfully defended.

**Level Registration Restrictions:** Must be enrolled in one of the following Levels: Graduate.
**Student Attribute Restrictions:** Must be enrolled in one of the following Student Attributes: Dissertation Writing Student.

**Repeatability:** This course may be repeated for additional credit.