

Social and Behavioral Sciences (SBS)

Course information contained within the Bulletin is accurate at the time of publication in June 2025 but is subject to change. For the most up-to-date course information, please refer to the Course Catalog.

SBS 1003. Public Health Careers. 1 Credit Hour.

What can I do with an undergraduate degree in public health? There is a growing demand for public health professionals in various sectors in the United States and across the globe. However, because of the wide range of career options, it can be difficult for students to answer this question concisely. Public Health Careers will take you on a journey where you explore a diverse range of career opportunities in public health. You will reflect on your skills and experiences thus far and compare these to the competencies and transferable skills needed as an entry level public health professional. You will also participate in a series of professional development activities specifically targeted towards your areas of growth and development. A professional development plan will be created to use and adapt for your remaining time in the program. This course should be taken during your first year in the public health major.

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

SBS 1104. Nutrition and Health. 3 Credit Hours.

This course is an introduction to nutrition and its impact on health. We will explore the various classes of nutrients and their food sources, dietary guidelines and meal planning considerations across the lifespan, the impact of energy (calorie) balance on health and weight management, and the basics of digestion. We will examine the importance of sustainable food systems, the dangers of hunger, and the social and economic factors that affect food production and consumption. We will also consider nutrition marketing, diet or other nutrition fads, and dietary assessment. Nursing, Health Professions, and Public Health majors and Public Health and Nutrition minors must complete this course with a C or better.

Course Attributes: SI

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

SBS 1105. Substance Use and Society. 3 Credit Hours.

This introductory, discussion-based course explores the use of psychoactive substances in the United States. It will cover motivations behind substance use; policies and laws that relate to substance use, harm reduction, prevention and treatment; a range of substance categories and their physiological, psychological and social effects; and the general concepts of substance use stigma, education, prevention, harm reduction and treatment. Public Health majors and minors must complete this course with a C or better.

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

SBS 1106. Human Sexuality. 3 Credit Hours.

This introductory course explores the biological, psychological, and socio-cultural aspects of human sexuality. Students will have the opportunity to explore human sexuality as it relates to relationships, identities, and lifespan development. Students are encouraged to apply their own knowledge and experiences to this class to facilitate discussion. Public Health majors and minors must complete this course with a C or better.

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

SBS 1114. Global Food Culture and Nutrition. 3 Credit Hours.

This course explores the central role of food in defining, unifying, and sustaining culture and religious expression around the world. Students will investigate health concerns and counseling strategies associated with nutritional intake of the various cultural groups. Students will examine the role of preserving traditional cultural cuisines and related practices as a way of maintaining overall health. Note: Prior to Fall 2025, this course was titled "Cultural Nutrition."

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

SBS 1124. Cooking and Presenting Food Fundamentals. 4 Credit Hours.

This course covers the basic concepts of cooking food successfully. It includes the chemistry, biology, sensory qualities, and nutritional aspects of food preparation and delivery. The majority of lab will be spent applying what we learn in the textbook to actual food preparation. Labs that are spent cooking will end in eating and critiquing the recipes prepared. All students are required to adhere to proper sanitation and food safety guidelines, which will be discussed throughout the semester. If you have a food allergy, you are responsible to inform the instructor and strictly abide by your related medical care plan (such as avoidance of the food item). In addition, the course will cover the importance of incorporating aesthetic principles in the presentation of food to the public for wellness and customer satisfaction. These principles will include various themes from the selection of proper garnishes to event-appropriate tableware and plate selection. Each lab will practice aesthetics in the presentation of the day's cooked item.

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

SBS 1201. Contemporary Health Issues. 3 Credit Hours.

This undergraduate-level lecture oriented course introduces students to a variety of contemporary health issues. These topics can change from semester to semester but typically will include: understanding stress and change, mental illness and psychosomatic disease, human sexuality, sexually related diseases, infections and HIV, and health eating and exercise. Public Health majors and minors must complete this course with a C or better.

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

SBS 2001. Biological Foundations of Population Health. 3 Credit Hours.

Biological Foundations for Population Health will focus on the human body in health and disease. This course will provide an overview of the biological mechanisms of disease at the cellular and individual level through human anatomy and physiology terminology and processes. Students will also apply pathophysiology concepts to population health issues including pertinent chronic and infectious diseases.

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

SBS 2003. Introduction to Public Health Writing. 1 Credit Hour.

This course will build on concepts developed in your Analytical Reading and Writing GenEd requirement and introduce discipline specific writing skills. This course will review the stages of the writing process which will provide a framework upon which to build the skills needed to become an effective writer in public health. In this course you will learn basic research and academic writing skills including identifying and evaluating sources, paraphrasing, and APA style. The course will also reinforce general writing skills such as paper and paragraph structure, grammar, and mechanics. This course is designed to help you assess the writing skills that you possess and identify areas of improvement/growth to be successful in upper level and writing intensive coursework.

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

SBS 2101. Disease Prevention and Control. 3 Credit Hours.

This course will focus on the public health study of the nature, prevention, treatment and control of common communicable and non-communicable human diseases, with an examination of the cultural, social, behavioral, biological, and environmental factors involved in promoting health and preventing disease. Public Health majors and minors must complete this course with a C or better.

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

SBS 2103. Health Psychology and Human Behavior. 3 Credit Hours.

This course provides a comprehensive introduction to the field of health psychology. The intent is to familiarize students with a breadth of information linking biological, psychological, and social factors with overall health and illness, health risks and health behaviors. Emphasis will be on theoretical and evidence-based behavioral and social science approaches to health and wellness. Applications to individual, family, social, and wider societal situations will be explored.

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

SBS 2104. Nutrition in the Lifecycle. 3 Credit Hours.

This course explores the specific common health conditions and appropriate corresponding nutrition interventions for each stage of the lifecycle, from preconception to older adults. The course will begin with a brief overview of basic nutrition concepts. It will end with group presentations of an assigned case study involving an individual at one stage of the lifecycle, in which students will provide their nutrition assessment and a proper nutrition intervention plan.

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

SBS 2105. Nutrition and the Community. 3 Credit Hours.

This course discusses the importance of translating evidence-based nutrition research into effective programs that support health and prevent chronic disease at the population level. Students will investigate the framework of community based nutrition programs in the context of, and in relation with, other sectors of public health. Students will also gain insight in the challenges involved with designing, implementing, and evaluating nutrition programs, especially those targeting vulnerable subgroups. This course will contain a community service component, such as assisting with local community garden or food pantry activities, which will be the primary pedagogical vehicle to solidify the principles discussed in the course.

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

SBS 2106. Perspectives on Lifecycle Nutrition. 2 Credit Hours.

This course is designed to teach students how nutrition principles are adapted to meet the needs and health conditions that occur during each phase in the life course. The course will cover 1) nutrition during preconception, pregnancy and lactation; 2) infant, child, and adolescent nutrition; and 3) nutrition assessment and intervention for adults and older adults (65+). By participating in this class, students will develop the skills to 1) recognize what nutrition-related challenges might occur during each phase in the life cycle, and 2) make age-appropriate recommendations to meet requirements, improve health, and reduce disease risk. This course uniquely encourages students to solve case studies with "patients".

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

SBS 2201. Health Communication. 3 Credit Hours.

This course will provide a broad overview and exploration of health communication theory and practice, examining the powerful influences of communication on the promotion of health. Health Communication includes the study of efforts to change personal and social behaviors through community interventions and interpersonal means. These interventions can occur through the use of media (including advertising, news, social media, and entertainment content), community based education and communication, provider-patient communication, social support, media and health policy, patient disclosure and compliance, and health information-seeking, among others. The course will thus cover multiple levels, channels, media, and communication technologies, but will focus on the nature of persuasive communications and how communication can be used effectively to persuade people to adopt and maintain health behavior. As the course evolves, students will apply and extend the course concepts to situations observed in their own lives, and in public health contexts, and review past health communication efforts to learn how best to apply lessons learned to future communication efforts. Public Health majors and minors must complete this course with a C or better.

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

SBS 2203. AIDS and Society. 3 Credit Hours.

This course offers the student the opportunity for an in-depth study of one of the most critical public health issues facing society today. Topics include: current HIV/AIDS information as well as exploration of related issues including sexuality, homophobia, and discrimination, research, international/political implications, and worldwide economic effects. Public Health majors, minors or students studying in the Public Health concentration must complete this course with a C or better.

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

SBS 2204. Diet and Weight Management. 3 Credit Hours.

Fundamentals of weight management, including a basic understanding of the role of behavior changes, exercise, and food choices in attaining and maintaining a healthy weight. Emphasis is on a healthy lifestyle; diets don't work. The student should be able, at the conclusion of the course, to recognize what constitutes a healthy diet and lifestyle and have the tools to make the changes needed to attain it. Public Health majors and minors must complete this course with a C or better.

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

SBS 2205. Coping with Life Stress Workshop. 3 Credit Hours.

This course focuses on the impact of poorly managed stress on physical and emotional health. Coping skills and strategies for effective stress management are reviewed. Individual stress profiles are developed, emphasizing a holistic view of the individual in a rapidly changing society. Public Health majors, minors or students studying in the Public Health concentration must complete this course with a C or better.

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

SBS 2216. Ethnicity, Culture and Health. 3 Credit Hours.

One of the goals of Healthy People 2020, the nation's health agenda, is to "achieve health equity, eliminate disparities, and improve health of all groups." This course seeks to encourage students to critically examine how ethnicity and culture impacts health and explore the individual and structural factors that contribute to health disparities. Students will become familiar with the key concepts in the public health literature on race and ethnicity and health disparities. We will also examine how prejudice and discrimination, neighborhood and community context may contribute to health disparities. While global health disparities exist, this course deals with the health issues among urban minority populations in the USA. Students are encouraged to apply their own knowledge and experience to this class to facilitate discussion. Public Health majors and minors must complete this course with a C or better.

Course Attributes: SI

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

SBS 2302. Maternal and Child Health. 3 Credit Hours.

Reproduction, childbirth, infancy, and development throughout childhood involve specific health needs that many students will address throughout their careers as public health and healthcare professionals. This 3-credit course will apply a social-ecological approach that considers multiple factors that influence maternal, child, and family health, including biological, psychological, social, economic, and environmental factors. Specific topics will include family planning, pregnancy and birth, infant health, and healthcare needs of children. For each topic, the course will identify factors that impact risk, health disparities, and access to care, including disparities related to race/ethnicity and experiences of LGBTQIA+ families, and identify public health programs that address these factors. It aims to foster students' critical thinking about intersectionality and social justice as they relate to maternal and child health (MCH), as well as an examination of associated structural and individual factors.

Course Attributes: SI

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

SBS 2303. Adolescent Health. 3 Credit Hours.

Physical, social-emotional, and cognitive development throughout adolescence involves specific public health needs that many students will address throughout their careers as public health and healthcare professionals. This 3-credit course will apply a social-ecological approach to adolescent development and public health, which includes biological, psychological, social, economic, and environmental factors. Specific topics include sexual and reproductive health, family and peer relationships, nutrition, violence, substance use, and the role of schools and healthcare. For each topic, the course will identify factors that impact risk and access to equitable care, particularly as they impact populations of different races/ethnicities, LGBTQIA+ youth, and adolescents with special healthcare needs. It aims to foster students' critical thinking about intersectionality and social justice as they relate to adolescent health.

Course Attributes: SI

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

SBS 2903. Honors Health Psychology and Human Behavior. 3 Credit Hours.

This course provides a comprehensive introduction to the field of health psychology. The intent is to familiarize students with a breadth of information linking biological, psychological, and social factors with overall health and illness, health risks and health behaviors. Emphasis will be on theoretical and evidence-based behavioral and social science approaches to health and wellness. Applications to individual, family, social, and wider societal situations will be explored.

Course Attributes: HO

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

SBS 3001. Community-Based Participatory Research I. 3 Credit Hours.

This course introduces community-based participatory research (CBPR). CBPR is a collaborative approach that addresses social injustices and public health inequities, particularly at the intersections of class, racial ethnic, indigenous, gender, immigrant, religious, and ability identities. In this course, students will (1) utilize the principles and theoretical foundations of CBPR to discuss and reflect on central concepts, including citizen participation, community development, and collective power; (2) engage in interactive CBPR activities, including identifying community needs and assets, and taking systematic action to resolve community identified problems; and (3) conduct a small-scale project that will generate critical thinking about CBPR approaches and the shifting "locations of power" during various stages of the CBPR process.

Course Attributes: SI

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

SBS 3103. Counseling Techniques for Health Professionals. 3 Credit Hours.

This course introduces counseling techniques used by health professionals working with individuals and groups. Public Health majors, minors or students studying in the Public Health concentration must complete this course with a C or better.

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

SBS 3104. Professional Seminar. 2 Credit Hours.

This course is designed as a professional development course for Public Health majors. This course will help you prepare for your public health internships by developing new and strengthening existing professional skills necessary for entry into the workforce. You will develop and refine necessary marketing materials for your internship and job search including a resume, cover letter, LinkedIn profile and effective interview skills. We will explore and analyze pertinent topics related to population health and professionalism such as effective communication, emotional intelligence, health literacy, and unconscious bias in the workplace.

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

Pre-requisites: Minimum grade of C in (SBS 3496 (may be taken concurrently) or 'Y' in CRSB07)

SBS 3105. Fundamentals of Health Education. 3 Credit Hours.

This course explores the science and art of teaching. Included in this course are the beginning skills of becoming an effective facilitator, teacher, and presenter of health education in a variety of settings. Formulating goals and objectives, planning, teaching, evaluating lessons and instructional materials are necessary skills for health education specialists. This course focuses on learning and applying various teaching methods and strategies and practicing these skills in a controlled environment.

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

Pre-requisites: Minimum grade of C in (SBS 2103 or 'Y' in CRSB05), (SBS 2101 or 'Y' in CRSB04), and Complete 2 of the following: (SBS 1104 or 'Y' in CRSB01), (SBS 1105 or 'Y' in CRSB02), and (SBS 1106 or 'Y' in CRSB03)

SBS 3382. Independent Study in Public Health. 1 to 6 Credit Hour.

Students in this course pursue supervised independent projects on issues related to public health. Public Health majors, minors or students studying in the Public Health concentration must complete this course with a C or better. NOTE: Registration must be preapproved by faculty before registration.

Repeatability: This course may be repeated for additional credit.

SBS 3496. Community-Based Health Program Planning I. 3 Credit Hours.

Community-Based Program Planning I will prepare students to begin to develop skills to create innovative and lasting public health education programs and interventions. Linked to SBS 3596, these two semesters will provide an opportunity to develop all materials needed to plan, implement and evaluate an intervention, including needs assessment, objective development, intervention development and evaluation. This will be done through the mechanism of writing a grant proposal to a fictitious foundation. Public Health majors and minors must complete this course with a C or better. NOTE: This course is the first part of a two-semester, writing intensive capstone. Precedes SBS 3596.

Course Attributes: SI, WI

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

Pre-requisites: Minimum grade of C in (EPBI 2219 or 'Y' in CREP01), (SBS 2101 or 'Y' in CRSB04), (SBS 2103 (may be taken concurrently) or 'Y' in CRSB05), and Completed 2 of the following: (SBS 1104 or 'Y' in CRSB01), (SBS 1105 or 'Y' in CRSB02), and (SBS 1106 or 'Y' in CRSB03)

SBS 3596. Community-Based Health Program Planning II. 3 Credit Hours.

Community-Based Health Program Planning II will prepare students to finalize the development of a public health education program through the mechanism of writing a grant proposal to a fictitious foundation. This semester will further define the student's public health intervention, developed in SBS 3496, including developing specific goals and objectives and intervention components, critiquing existing programs as well as developing thorough evaluation, marketing and promotion plans and a program budget and budget justification. Public Health majors and minors must complete this course with a C or better.

Course Attributes: SI, WI

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

Pre-requisites: Minimum grade of C in (SBS 3496 or 'Y' in CRSB07)

SBS 4185. Public Health Internship. 6 Credit Hours.

The Public Health Internship course is designed to be a practical experience that provides an opportunity for students to use the concepts, techniques and theories learned in the classroom. This course is among one of the most crucial components of the Public Health curriculum. It is designed to be a valuable and rewarding experience for both the intern and the agency involved. Public Health Internship helps prepare the intern for a career in Public Health and is intended to give the intern an opportunity to observe, learn, and participate in the various activities of health agencies. Interns are expected to be diligent, thorough, responsible and professional with all assigned tasks during their internships. As a result of their commitment, it is hoped that invaluable knowledge, insight, and professional growth will occur. What you will take away from this experience will depend primarily on what you put into it. A positive attitude and dedication will lead to a positive experience that will be invaluable. Interns are required to complete 300 hours at their fieldwork site over a minimum of twelve (12) weeks. On average, interns should plan to spend 20-25 hours per week at their internship site this semester.

Repeatability: This course may be repeated for additional credit.

Pre-requisites: Minimum grade of C in (SBS 3496 or 'Y' in CRSB07), SBS 3104, SBS 3105, and (SBS 3596 (may be taken concurrently) or 'Y' in CRSB06)

SBS 4991. Honors Directed Research: Prevention Research in Public Health. 3 Credit Hours.

This course is designed to provide students with an opportunity to participate in a project carried out by a research team as a research assistant. Students participate in a range of activities on the project, depending on their schedules, their aptitude with particular tasks, and the project needs at various times. Public Health majors, minors or students studying in the Public Health concentration must complete this course with a C or better. NOTE: Registration must be preapproved by faculty.

Course Attributes: HO

Repeatability: This course may be repeated for additional credit.