

# Social and Behavioral Sciences (SBS)

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## Courses

### **SBS 1104. Nutrition and Health. 3 Credit Hours.**

This course is an introduction to nutrition science and its role in health and society. We will examine dietary guidelines and meal planning; nutrient characteristics, requirements, and food sources; energy balance and weight management; and social and economic factors that affect food production and consumption. We will also consider nutrition marketing, faddism, and diet assessment. Public Health majors and minors must complete this course with a C or better.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

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

### **SBS 1105. Society, Drug, and Alcohol Perspectives. 3 Credit Hours.**

This introductory lecture and discussion-based course explores the use of alcohol and other drugs in the United States. It will cover motivations behind drug use; policies and laws that relate to drug use and prevention; a range of drug categories and their physiological, psychological and social effects; and drug education, prevention, and treatment. Students are encouraged to apply their own knowledge to the class. All students will be expected to participate actively in class discussions. Understanding that course topics may generate a variety of viewpoints, students are encouraged to respect opposing opinions of fellow students - indeed, many of our topical debates and discussions are not expected to generate explicitly right or wrong answers, but will invariably be interesting and informative. Public Health majors and minors must complete this course with a C or better.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

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

### **SBS 1114. Cultural Nutrition. 3 Credit Hours.**

This course explores the central role of food in defining, unifying, and sustaining culture and religious expression around the world. It will also survey the traditional health beliefs and practices, especially as they relate to diet, of cultural groups before and after immigration to the United States. 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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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 and technology. 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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

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

**Pre-requisites:**

SBS 1104|Minimum Grade of C|May be taken concurrently.

**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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

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

**Pre-requisites:**

SBS 1104|Minimum Grade of C|May not be taken concurrently  
OR PBHL 1104|Minimum Grade of C|May not be taken concurrently  
OR PBH2 Y|May not be taken concurrently.

**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. NOTE: Lab fee required.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

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

**SBS 2211. Communication in Health Care Settings. 3 Credit Hours.**

Communication processes, issues and problems in health care settings, particularly in the context of changes in health care organizations are covered. Topics include communication between health care consumers and providers, in interdisciplinary health care teams, in self-help and support groups, and across ethnic groups. Public Health majors, minors or students studying in the Public Health concentration must complete this course with a C or better.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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.

**Field of Study Restrictions:** Must be enrolled in one of the following Fields of study: Public Health.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

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

**SBS 2301. Contemporary Slavery and Public Health. 3 Credit Hours.**

Modern-day slavery exists in the margins of western consciousness, somehow removed from the cell phones, cars, jewelry, and foods we covet and consume. However, the forced free labor used to produce the materials for these and other commodities around the world perpetuates a devastating legacy that destroys individuals, families, communities, and the Earth itself. This 3 credit hour course will engage undergraduate students in an exploration and analysis of contemporary forms of slavery and human trafficking in order to understand the systems and behaviors driving the issue, the public health implications of trafficking on individual and community health, evidence of the environmental degradation associated with modern slavery, and possibilities for advocacy and intervention. This course aims to enhance critical thinking regarding the intersectionality of global citizenship, consumerism, public health, environmental sustainability, ethics, disparities, power and privilege, and the role of the field of public health in advocating for systematic change on all ecological levels.

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

**SBS 2302. Maternal, Child, and Adolescent Health. 3 Credit Hours.**

Reproduction, childbirth, infancy, and development throughout childhood and adolescence 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, adolescent, and family health, including biological, psychological, social, economic, and environmental factors. Specific topics will include family planning, pregnancy and birth, infant health, healthcare needs of children, and adolescent health. 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.

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

**SBS 2304. HEART Peer Educator Training. 3 Credit Hours.**

HEART Peer Educators are Temple University students who focus on promoting campus social and educational environments consisting of lower-risk choices, which reflect the attitudes, behaviors and values of healthy lifestyles. They are dynamic students who are ready to make a significant contribution to the campus community. Peer educators believe in their ability to stimulate personal growth in others as well as in themselves. HEART peer educators have the passion and skills to create programs, find an audience and facilitate discussions. They are trained to facilitate on-campus workshops and programs that focus on sexual health, mental well-being, stress management, sexual assault, alcohol and other drug use, and other general wellness issues. Public Health majors, minors or students studying in the Public Health concentration must complete this course with a C or better. NOTE: This course is for HEART Peer Educators only.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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.

**Field of Study Restrictions:** Must be enrolled in one of the following Majors: Public Health.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

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

**Pre-requisites:**

((KINS 1223|Minimum Grade of C-|May not be taken concurrently  
AND KINS 1224|Minimum Grade of C-|May not be taken concurrently)  
OR (KINS 1221|Minimum Grade of C-|May not be taken concurrently  
AND KINS 1222|Minimum Grade of C-|May not be taken concurrently))  
AND (SBS 3496|Minimum Grade of C|May be taken concurrently)

**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.

**Field of Study Restrictions:** Must be enrolled in one of the following Fields of study: Public Health.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**Co-requisites:** SBS 3104.

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

**Pre-requisites:**

(HRPR 2103|Minimum Grade of C|May be taken concurrently)  
 AND ((KINS 1223|Minimum Grade of C|May not be taken concurrently  
 AND KINS 1224|Minimum Grade of C|May not be taken concurrently)  
 OR (KINS 1221|Minimum Grade of C|May not be taken concurrently  
 AND KINS 1222|Minimum Grade of C|May not be taken concurrently))  
 AND (SBS 1104|Minimum Grade of C|May not be taken concurrently)  
 AND (SBS 1105|Minimum Grade of C|May not be taken concurrently)  
 AND (SBS 1106|Minimum Grade of C|May not be taken concurrently)  
 AND (SBS 2101|Minimum Grade of C|May be taken concurrently)  
 AND (ENVH 2102|Minimum Grade of C|May be taken concurrently)  
 AND (EPBI 2219|Minimum Grade of C|May not be taken concurrently)  
 AND (EPBI 3101|Minimum Grade of C|May be taken concurrently)

**SBS 3185. Internship I. 4 Credit Hours.**

The Public Health internship placements are designed to be practical experiences that provide an opportunity for students to apply the concepts, techniques, and theories learned in the classroom. SBS 3185: Internship I is among one of the most crucial components of the Public Health curriculum. Internship I is designed to be a valuable and rewarding experience for both the intern and the agency involved. Internship I 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 in the Delaware Valley. 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. During Internship I, students are expected to complete 200 hours at their fieldwork site over the course of at least 14 weeks. Public Health majors must complete this course with a C or better.

**Field of Study Restrictions:** Must be enrolled in one of the following Fields of study: Public Health.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

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

**Pre-requisites:**

(SBS 3496|Minimum Grade of C|May not be taken concurrently)  
 AND (SBS 3104|Minimum Grade of C|May not be taken concurrently)  
 AND (SBS 3105|Minimum Grade of C|May not be taken concurrently)  
 AND ((KINS 1223|Minimum Grade of C|May not be taken concurrently  
 AND KINS 1224|Minimum Grade of C|May not be taken concurrently)  
 OR (KINS 1221|Minimum Grade of C|May not be taken concurrently  
 AND KINS 1222|Minimum Grade of C|May not be taken concurrently))  
 AND (SBS 1104|Minimum Grade of C|May not be taken concurrently)  
 AND (SBS 1105|Minimum Grade of C|May not be taken concurrently)  
 AND (SBS 1106|Minimum Grade of C|May not be taken concurrently)  
 AND (EPBI 2219|Minimum Grade of C|May not be taken concurrently)  
 AND (EPBI 3101|Minimum Grade of C|May be taken concurrently)

**SBS 3208. International Health Study Abroad. 6 Credit Hours.**

This course involves study abroad in Costa Rica 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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**Co-requisites:** SBS 4391.

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

**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.

**Field of Study Restrictions:** Must be enrolled in one of the following Fields of study: Public Health.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**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.

**Field of Study Restrictions:** Must be enrolled in one of the following Fields of study: Public Health.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**Course Attributes:** WI

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

**Pre-requisites:**

((KINS 1223|Minimum Grade of C-|May not be taken concurrently  
AND KINS 1224|Minimum Grade of C-|May not be taken concurrently)  
OR (KINS 1221|Minimum Grade of C-|May not be taken concurrently  
AND KINS 1222|Minimum Grade of C-|May not be taken concurrently))  
AND (SBS 1104|Minimum Grade of C|May not be taken concurrently)  
AND (SBS 1105|Minimum Grade of C|May not be taken concurrently)  
AND (SBS 1106|Minimum Grade of C|May not be taken concurrently)  
AND (EPBI 2219|Minimum Grade of C|May not be taken concurrently)

**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.

**Field of Study Restrictions:** Must be enrolled in one of the following Fields of study: Public Health.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**Course Attributes:** WI

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

**Pre-requisites:**

SBS 3496|Minimum Grade of C|May not be taken concurrently  
OR PBHL 3496|Minimum Grade of C|May not be taken concurrently.

**SBS 4185. Internship II. 8 Credit Hours.**

Internship II is designed to be a practical experience that provides an opportunity for students to use the concepts, techniques and theories learned in the classroom in a variety of settings. Internship II is 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. It is meant to help 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 in the Delaware Valley. 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. All interns will be held to the highest standards so that agency supervisors as well as agency clientele can have confidence in them and benefit from their hard work and expertise. What interns take away from this experience will depend primarily on what they put into it. A positive attitude and dedication will lead to a positive experience that will be invaluable. For Internship II, interns are required to complete 400 hours at their fieldwork site over a minimum of twelve (12) weeks. On average, interns should plan to spend 30 hours per week at their internship site this semester. Public Health majors and minors must complete this course with a C or better.

**Field of Study Restrictions:** Must be enrolled in one of the following Fields of study: Public Health.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

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

**Pre-requisites:**

(SBS 3185|Minimum Grade of C|May not be taken concurrently  
OR PBHL 3185|Minimum Grade of C|May not be taken concurrently)  
AND (SBS 3596|Minimum Grade of C|May not be taken concurrently  
OR PBHL 3596|Minimum Grade of C|May not be taken concurrently)

**SBS 4391. Directed Research in Public Health. 3 Credit Hours.**

This course involves study abroad in Costa Rica 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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**Co-requisites:** SBS 3208.

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

**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.

**Level Registration Restrictions:** May not be enrolled in one of the following Levels: Graduate.

**Cohort Restrictions:** Must be enrolled in one of the following Cohorts: SCHONORS, UHONORS, UHONORSTR.

**Course Attributes:** HO

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