



### Program Information

#### Degree description

The applied health degree from BYU-Idaho provides students with the knowledge and skills needed to promote and protect the health of individuals and families in their communities. This field works to prevent injuries and sickness and encourages wellness by promoting healthy behaviors. This field offers a wide range of job opportunities and is recognized by governments, companies, and other organizations for its importance in improving quality of life and saving money through prevention. Students will develop a variety of employable skills in health promotion planning, implementation, evaluation, research methods, health behavior change, communication, computer applications (Excel), and others applicable to a number of entry-level jobs with health departments, non-governmental organizations (NGOs), or other organizations dealing with health promotion, community health, health care, child welfare, family, or occupational safety.

#### Program outcomes

1. Serve as a disciple leader by improving health outcomes for individuals and communities.
2. Evaluate factors that impact health.
3. Utilize data to justify sound decisions.
4. Communicate health issues to various populations.
5. Plan health programs.

#### Potential employment

- Successful students will be prepared to work in a variety of careers related to the area of their advanced certificate.
- Health coordinator
- Ministry of health/NGO worker
- Evaluator
- Safety and health technician
- Environmental health technician
- Child and adult services
- Case worker

#### Required certificates (details on next page)

- 1st Certificate: Community and Environmental Health
- 2nd Certificate: Health Program Strategies
- 3rd Certificate: Health Program Evaluation

### Required Course List

#### PathwayConnect Certificate\*

- PC 101      Life Skills
- PC 102      Professional Skills
- PC 103      University Skills



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## *Applied Health Bachelor's Degree (BYU-Idaho)*

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### **Community and Environmental Health Certificate**

PUBH 240	Introduction to Public Health
NURS 105	Introduction to Nursing
NUTR 110	Human Nutrition and Food Safety
PUBH 480	Global Health
OSH 310	Environmental Health
OSH 450	Environmental Sanitation and Water Quality Management

### **Health Program Strategies Certificate**

PUBH 440	Emergency Management
PUBH 420	Health Behavior Theories and Models
PUBH 390	Program Planning and Implementation
PUBH 401	Community Health Methods
PUBH 472	Health Communications

### **Health Program Evaluation Certificate**

BUS 115	Business Applications
MATH 221B	Biostatistics
PUBH 370	Epidemiology
PUBH 381	Program Evaluation
PUBH 391	Research Methods
PUBH 399	Applied Health Capstone

### **Additional Required Courses**

GS 170	Career Development
BUS 321	Organizational Leadership

### **General Education Courses**

WRIT 101	Writing in Professional Contexts
MATH 108X	Math for the Real World
BUS 301	Advanced Writing in Professional Contexts
REL 250C	Jesus Christ and His Everlasting Gospel
REL 275	Teachings and Doctrine of the Book of Mormon
REL 200	The Eternal Family
REL 225	Foundations of the Restoration
REL 333	Teachings of the Living Prophets (or other religion elective course)
REL 324	The Doctrine and Covenants — Part One (or other religion elective course)
REL 325	The Doctrine and Covenants — Part Two (or other religion elective course)
FCS 160	Family Leadership and Resource Management



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GESCI 110	Sustaining Human Life
HUM 110	Discovery and Discernment Through the Arts
PUBH 132	Personal Health and Wellness
PEACE 101	Conflict and Peace

\*Direct admit students complete alternative courses instead of PathwayConnect (GE 103: Online University Skills, COMM 150: Interpersonal Theory and Practice, and FCS 340: Money Management).

### Course Details

#### PathwayConnect Certificate

##### 1. PC 101: Life Skills (3 credits)

- Develop essential life skills, such as goal setting and problem solving.
- Develop writing ability in organization, clarity, and audience awareness.
- Learn and apply basic math skills to everyday situations.

##### 2. PC 102: Professional Skills (3 credits)

- Develop necessary skills to advance career.
- Produce clear and professional writing.
- Learn to use data and math to make decisions.

##### 3. PC 103: University Skills (1 credit)

- Create and follow an academic plan to a bachelor's degree.
- Demonstrate an understanding of local and online resources for online student success.

#### Community and Environmental Health Certificate

##### 4. PUBH 240: Introduction to Public Health (2 credits)

- Identify public health employment opportunities.
- Explain the recent history of public health.
- Compare the five core areas of public health.
- Differentiate the eight areas of responsibility for the health education profession.
- Examine community resources to improve health and well-being.
- Formulate a plan to improve health and wellness in the general population.

### **5. NURS 105: Introduction to Nursing (1 credit)**

- Identify the components of a basic patient assessment.
- Identify the steps to provide selected basic clinical skills, including obtaining vital signs, patient verification, basic medication administration, and first response.
- Describe the importance of hand hygiene and aseptic technique when providing patient care.
- Apply the nursing process in hypothetical, simple patient situations.
- Demonstrate appropriate communication in the healthcare setting.
- Apply legal and ethical standards to patient situations.
- Explore career options in health care.

### **6. NUTR 110: Human Nutrition and Food Safety (3 credits)**

- Explain the role of food in society.
- Describe the principles that improve the availability of healthy, safe food to create a sustainable dietary intake.
- Apply basic nutrition principles in healthy meal planning.
- Perform a basic nutrition assessment.
- Identify the key nutrition considerations for an expecting mother and an infant.

### **7. PUBH 480: Global Health (3 credits)**

- Describe global health priorities and health metrics.
- Identify the determinants of health, causes of disparities, and effective ways to address those.
- Differentiate the burden of disease among countries in the world, contributing factors, and potential solutions.
- Explain elements of successful, evidence-based, and culturally appropriate behavior change strategies; interventions; and policies that promote optimal health.
- Describe the major functions of health systems and organizations.
- Design a solution to a health issue in a specific location according to successful, evidence-based practices.

### **8. OSH 310: Environmental Health (3 credits)**

- List a variety of environmental health hazards.
- Identify the key characteristics of environmental hazards.
- Recommend controls for environmental hazards.

### **9. OSH 450: Environmental Sanitation and Water Quality Management (3 credits)**

- List a variety of environmental health hazards.
- Identify the key characteristics of environmental hazards.
- Recommend controls for environmental hazards.

## Health Program Strategies Certificate

### 10. PUBH 440: Emergency Management (3 credits)

- Analyze the structure of incident command, coordination, and collaboration among emergency responders.
- Describe the application of the Incident Command System (ICS) in disaster situations.
- Identify the administrative, institutional, and organizational framework of disaster and emergency management.
- Recognize how acts of terrorism have impacted and changed the field of emergency management.
- Explain the fundamental elements of community and personal preparedness.

### 11. PUBH 420: Health Behavior Theories and Models (2 credits)

- Differentiate research, theory, and practice in relation to behavior change.
- Apply the ecological perspective to assess target populations.
- Examine existing information related to health to understand target populations.
- Apply health behavior theories and models to develop interventions to change behavior.
- Identify different issues that relate to human behavior.
- Identify specific population issues relating to health and wellness.
- Understand and apply specific constructs from behavior change models and theories to address specific health issues as a health educator.
- Present in class the application of specific model/theory constructs relating to health issues.

### 12. PUBH 390: Program Planning and Implementation (3 credits)

- Define health education/promotion terms.
- Assess a need with a priority population in a specific setting.
- Develop goals and SMART objectives.
- Plan health programs using evidence-based practices.
- Implement health programs.
- Evaluate health programs.

### 13. PUBH 401: Community Health Methods (2 credits)

- Develop community partnerships to impact health.
- Illustrate effective leadership skills in public health practice.
- Describe the role a health education specialist plays in the community.
- Demonstrate various community health assessments.
- Explain how health policy impacts health outcomes.

### 14. PUBH 472: Health Communications (3 credits)

- Determine factors that affect communication with the target audiences.
- Determine communication objectives for audiences.
- Develop health messages using communication theories and/or models.
- Select methods and technologies used to deliver health messages.
- Present effective health messages using identified media and strategies.
- Design a health communication evaluation plan.



### Health Program Evaluation Certificate

#### 15. BUS 115: Business Applications (3 credits)

- Use spreadsheets to support informed decision-making in a variety of circumstances and scenarios.
- Use spreadsheets to intelligently organize, analyze, interpret, summarize, and communicate relevant data.

#### 16. MATH 221B: Biostatistics (3 credits)

- Summarize data numerically and graphically using spreadsheets.
- Make decisions regarding situations with inherent randomness.
- Apply probability distributions to investigate questions.
- Employ confidence intervals in various situations.
- Implement tests of diverse hypotheses.
- Communicate the results of statistical analyses to relevant audiences.

#### 17. PUBH 370: Epidemiology (3 credits)

- Describe the basic principles of epidemiology.
- Conduct epidemiological analyses based on numerator and denominator data extracted from secondary sources.
- Determine outbreak occurrence based on incidence, prevalence, and attack rates.
- Select appropriate study designs for various epidemiological investigations.
- Quantify risk reduction using risk ratio calculations.

#### 18. PUBH 381: Program Evaluation (2 credits)

- Develop an evaluation plan for health education/promotion.
- Develop an appropriate data collection plan.
- Develop, select, and evaluate data collection instruments.
- Apply evaluation findings, and make recommendations for program adjustment.

#### 19. PUBH 391: Research Methods (3 credits)

- Design a research project on a health-related topic.
- Analyze data for a research project.
- Construct a scientific research paper using APA format.
- Create a scientific poster displaying research findings.
- Present research findings in a written and oral format.

#### 20. PUBH 399: Applied Health Capstone (1 credit)

- Create a portfolio of evidence showing how applied health degree program outcomes have been achieved.
- Update resume to include skills obtained in the applied health degree program.



### **Additional Required Courses**

#### **21. GS 170: Career Development (1 credits)**

- Communicate personal and essential employable skills matched to a target job.
- Create a list of employers, contacts, and opportunities to obtain or improve employment.
- Prepare effective professional documents and digital profiles that incorporate essential employability skills.
- Identify and practice effective networking and job-search strategies.
- Connect and network with professionals, mentors, and potential employers in student's target industry.
- Apply for jobs and/or improved position in current organization.
- Demonstrate effective interviewing and post-interviewing skills.

#### **22. BUS 321: Organizational Leadership (3 credits)**

- Demonstrate proficient application of individual effectiveness principles and skills.
- Use organizational and team leadership principles to analyze and propose solutions to real-world problems.
- Practice and apply principles and skills of effective interpersonal and team communication.
- Apply each principle and skill in the contexts of work, home, church, and community.

### **General Education Courses**

#### **23. WRIT 101: Writing in Professional Contexts**

- Produce personal writing, and accurately and honestly cite the contributions of others.
- Practice the writing process, including research, drafting, peer review, and revision.
- Apply language conventions required for effective reading and writing, including word choice, sentence structure, paragraph structure, and overall organization.
- Adapt writing to a variety of rhetorical situations.

#### **24. MATH 108X: Math for the Real World**

- Identify real-world situations (e.g. financial, family, social, or community issues) where quantitative reasoning skills are needed to inform a decision.
- List key assumptions and key variables necessary to apply mathematical models of real-world situations.
- Demonstrate the quantitative skills necessary to use mathematical models.
- Use mathematical models to make an informed decision.
- Evaluate decisions made with the Quantitative Reasoning Process.

#### **25. BUS 301: Advanced Writing in Professional Contexts**

- Understand how to craft writing to fit the needs of various audiences.
- Apply critical thinking skills to the writing process.
- Gain fundamental skills in composition, editing, and rhetoric.
- Demonstrate coherent, clear, and cogent business writing in a variety of genres.
- Produce quality writing, and explain what makes it effective.

**26. REL 250C: Jesus Christ and His Everlasting Gospel**

- Demonstrate the ability to follow Jesus Christ along Heavenly Father's covenant path to eternal life.
- Describe the divine roles of Jesus Christ in the everlasting gospel.
- Define the new and everlasting covenant.

**27. REL 275: Teachings and Doctrine of the Book of Mormon**

- Identify several "great things" the Lord has done for His children.
- Explain how the covenants of the Lord with the House of Israel make it so "they are not cast off forever."
- Teach why Jesus is the Christ, the Eternal God.
- Understand how to apply the doctrine of Christ to "be found spotless at the judgment seat of Christ."

**28. REL 200: The Eternal Family**

- Learn doctrines and principles taught within "The Family: A Proclamation to the World," such as the eternal nature of marriage and family; the doctrine of gender; the divine roles of men and women; the laws governing chastity and physical intimacy in marriage; and principles governing happiness in family life.
- Demonstrate understanding of and apply the doctrines and principles taught in "The Family: A Proclamation to the World."
- Demonstrate the ability to teach and share with others across a range of topics associated with the doctrines and principles found in "The Family: A Proclamation to the World."
- Show the ability to problem-solve challenges that result from violations of doctrines and principles found in "The Family: A Proclamation to the World."

**29. REL 225: Foundations of the Restoration**

- Identify and understand foundational revelations and doctrine relating to the ongoing Restoration, and know key people and historical events related to each.
- Develop greater faith in Jesus Christ, a testimony of the prophetic calling of Joseph Smith, the ongoing Restoration of the gospel of Jesus Christ, and the continuation of prophetic authority.
- Evaluate the reliability and validity of doctrinal and historical source material, and constructively manage ambiguity. Students will practice critical thinking skills useful in resolving contemporary challenges to faith.
- Become more confident in explaining, defending, and applying the foundational doctrines of the ongoing Restoration and in maintaining lifelong spiritual growth within The Church of Jesus Christ of Latter-day Saints.

**30. REL 333: Teachings of the Living Prophets (or other religion elective course)**

- Identify, describe, and apply the doctrines and principles taught by latter-day prophets, emphasizing those found in the most recent general conference.
- Discover and share key aspects of the workings of God in the lives and backgrounds of the current First Presidency and Quorum of the Twelve Apostles.
- Describe the order of succession in the Presidency and Apostolic seniority, what it means to preside, and the principle of revelation as it relates to jurisdiction.
- Define priesthood, priesthood keys, and delegated authority.
- Exemplify faith in Jesus Christ by applying the teachings (both word and deed) of the latter-day prophets, and esteem them above personal, philosophical, and political ideologies.



### **31. REL 324: The Doctrine and Covenants — Part One (or other religion elective course)**

- Develop greater faith and testimony in Jesus Christ, and deepen personal conversion.
- Read and understand the context and content of the text for the course.
- Develop an ability to learn and teach by the Spirit.
- Develop a habit of regular scripture study.
- Identify, understand, and apply doctrines and principles from the scriptures and the words of the prophets.
- Develop the ability to explain, share, and testify of true doctrines and principles.
- Master key scriptural passages by being able to understand, explain, and apply them to everyday life.

### **32. REL 325: The Doctrine and Covenants — Part Two (or other religion elective course)**

- Develop greater faith and testimony in Jesus Christ, and deepen personal conversion.
- Read and understand the context and content of the text for the course.
- Develop an ability to learn and teach by the Spirit.
- Develop a habit of regular scripture study
- Identify, understand, and apply doctrines and principles from the scriptures and the words of the prophets.
- Develop the ability to explain, share, and testify of true doctrines and principles.
- Master key scriptural passages by being able to understand, explain, and apply them to everyday life.

### **33. FCS 160: Family Leadership and Resource Management**

- Develop a personal mission statement for life.
- Analyze priorities to managing time.
- Examine personal finances.
- Apply communication and trust to improve relationships.

### **34. GESCI 110: Sustaining Human Life**

- Explain the strengths and limitations of the scientific process as a source of knowledge.
- Identify engaging fields of study with good career potential.
- Analyze compelling and important questions using scientific evidence.
- Discuss challenging issues in a respectful and productive manner.

### **35. HUM 110: Discovery and Discernment Through the Arts**

- Examine literature and theater at a college level.
- Evaluate art works according to aesthetic principles.
- Analyze elements of music to find personal meaning.
- Analyze film composition to gauge artistic value.
- Recognize truth, goodness, and beauty as expressed through the arts.



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## *Applied Health Bachelor's Degree (BYU-Idaho)*

### **36. PUBH 132: Personal Health and Wellness**

- Identify personal wellness, skills, behaviors, and routines.
- Examine current lifestyle as it relates to personal wellness.
- Explore physical, mental, emotional, spiritual, social, and environmental wellness practices.
- Apply personal behaviors, habits, or patterns that promote optimal wellness.

### **PEACE 101: Conflict and Peace**

- Analyze basic dynamics of conflict.
- Approach different conflicts with clarity, charity, and respect.
- Propose viable solutions to real-world conflicts.
- Develop strategies for collaborative problem-solving.