Course Title: Public Health Foundations for MS-HOPE

Course Number: PHCO 0514 (1 credit)

Course Prerequisite(s): None

Course Location: Online

Course Date & Time: Online

Course Instructor: Laura E. Liang, DrPH, CHES, CPH
Associate Dean for Academic Affairs
Assistant Professor, Department of Social and Behavioral Health Sciences, Rutgers School of Public Health (Room 115)
(732) 235-9752 laura.liang@rutgers.edu

Office Hours: By Appointment Only

Course Assistant: None

Course Website: canvas.rutgers.edu


Additional/Supplemental Readings/Resources: See Course Schedule

Course Description: This course will introduce MS-HOPE students to the general principles, theories, and practices of public health. Students will be introduced to history and functions of public health, strategies and methods used in public health research and the determinants of health.

Competencies Addressed: The competencies addressed in this course include:

- Explain public health history, philosophy and values;
- Identify the core functions of public health and the 10 Essential Services;
- List major causes and trends of morbidity and mortality in the US;
- Discuss the science of primary, secondary and tertiary prevention in population health, including health promotion, screening, etc.;
- Explain effects of environmental factors on a population’s health;
- Explain biological and genetic factors that affect a population’s health;
- Explain behavioral and psychological factors that affect a population’s health;
- Explain how globalization affects global burdens of disease; and
- Explain an ecological perspective on the connections among human health, animal health and ecosystem health (eg, One Health).
Course Requirements and Grading:

<table>
<thead>
<tr>
<th>DUE</th>
<th>GRADE VALUE</th>
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<tbody>
<tr>
<td>Weekly Discussion Post and Response. Our greatest class resource is you! Your thoughts, ideas, questions and comments will enrich everyone’s learning experience, so please be actively involved in the online discussion forum! Be prepared by reading the course text and articles and participate in the discussion forum.</td>
<td>Each Week 28 points</td>
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<tr>
<td>Online Weekly Quiz. Students will complete an online quiz based on that week’s readings each week.</td>
<td>Each Week 31 points</td>
</tr>
<tr>
<td>Assignment: Public Health Elevator Pitch. Each student will upload a short video recording describing public health in his/her own words. The video recording should be no longer than 30 seconds.</td>
<td>Due Feb 25 11 points</td>
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<tr>
<td>Assignment: Op-Ed. Each student will prepare one Op-Ed (on environmental –or- genetic and biological factors) explaining why your chosen area deserves additional funding for research.</td>
<td>Due Mar 18 15 points</td>
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<tr>
<td>Assignment: Letter to Congressional Representative. Each student will prepare a letter to his/her congressional representative on a behavioral or psychological factors explaining why your chosen area can improve health.</td>
<td>Due Apr 1 15 points</td>
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TOTAL 100 points

• **Grading Policy**:  
  94 – 100 A  
  90 – <94 A-  
  87 – <90 B+  
  84 – <87 B  
  80 – <84 B-  
  77 – <80 C+  
  70 – <77 C  
  <70 F

*Grades will not be rounded.*
## Course Schedule:

<table>
<thead>
<tr>
<th>WEEK</th>
<th>TOPIC AND REQUIRED READINGS</th>
<th>LINK TO COMPETENCIES</th>
<th>ASSIGNMENTS/ASSESSMENTS</th>
</tr>
</thead>
</table>
| Week 1  Feb 12-18 | Overview of Course and Public Health History, Philosophy and Values -and- Core Functions of Public Health and the 10 Essential Services  
- Schneider, Chapter 1: Public Health: Science, Politics, and Prevention, pp. 3-14 (Review)  
- Schneider, Chapter 3: Powers and Responsibilities of Government, pp. 25-38  
- Chapter 1, A vision of public health in America, pp. 35-55  
- The 10 Essential Public Health Services. https://www.cdc.gov/nphpsp/essentialservices.html | • Explain public health history, philosophy and values  
• Identify the core functions of public health and the 10 Essential Services | Discussion post and replies Online weekly quiz |
- Schneider, Chapter 13: Do People Choose Their Own Health?, pp 193-204.  
- CDC’s Prevention: Picture of America factsheet: https://www.cdc.gov/pictureofamerica/pdfs/picture_of_america_prevention.pdf | • List major causes and trends of morbidity and mortality in the US or other community relevant to the school or program  
• Discuss the science of primary, secondary and tertiary prevention in population health, including health promotion, screening, etc. | Discussion post and replies  
**DUE:** Public Health Elevator Pitch  
Online weekly quiz |
| Week 3  Feb 26-Mar 4 | Environmental Factors that Affect a Population’s Health  
- Schneider, Chapter 21: Clean Air: Is It Safe to Breathe?, pp333-347.  
- Schneider, Chapter 23: Solid and Hazardous Wastes: What to Do with the Garbage, pp. 369-379. | • Explain effects of environmental factors on a population’s health | Discussion post and replies Online weekly quiz |
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</table>
| Week 4 Mar 5-11 | **Biological and Genetic Factors that Affect a Population’s Health**  
  - Schneider, Chapter 9: The “Conquest” of Infectious Diseases, pp.117-133.  
  - Schneider, Chapter 10: The Resurgence of Infectious Diseases, pp. 135-162.  
  - Schneider, Chapter 11: The Biomedical Basis of Chronic Diseases, pp. 163-174.  
  - Schneider, Chapter 12: Genetic Diseases and Other inborn Errors, pp. 175-190. | • Explain biological and genetic factors that affect a population’s health          | Discussion post and replies Online weekly quiz                    |
| Week 5 Mar 12-18 | **Behavioral and Psychological Factors that Affect a Population’s Health**  
  - Schneider, Chapter 14: How Psychosocial Factors Affect Health Behavior, pp. 205-218.  
  - Schneider, Chapter 15: Public Health Enemy Number Once: Tobacco, pp. 219-236 (Review)  
  - Chapter 16: Public Health Enemy Number Two and Growing: Poor Diet and Physical Inactivity, pp. 237-258.  
  - Chapter 19: Mental Health: Public Health Includes Healthy Minds, pp. 301-312. | • Explain behavioral and psychological factors that affect a population’s health    | Discussion post and replies Online weekly quiz DUE: Op-Ed          |
| Week 6 Mar 19-25 | **How Globalization Affects Global Burdens of Disease**  
  - Schneider, Chapter 25: Population: The Ultimate Environmental Health Issue, pp. 399-41.  
  http://www.who.int/docstore/bulletin/tableofcontents/2001/vol.79no.9.html | • Explain how globalization affects global burdens of disease                      | Discussion post and replies Online weekly quiz                    |
| Week 7 Mar 26-Apr 1 | **Ecological Perspective On The Connections Among Human Health, Animal Health And Ecosystem Health (Eg, One Health)**  
  - CDC’s One Health factsheet (4 pages)  
  https://www.cdc.gov/onehealth/multimedia/factsheet.html  
  - CDC’s Blog Post: One Health – A Comprehensive Approach to Preventing Diseases, Saving Lives  
  https://blogs.cdc.gov/global/2016/11/01/one-health/  
  - USDA’s One Health website:  
  https://www.usda.gov/topics/animals/one-health  
  - USFDA’s One Health: It’s for All of Us  
  https://www.fda.gov/AnimalVeterinary/ResourcesforYou/AnimalHealthLiteracy/ucm278139.htm | • Explain an ecological perspective on the connections among human health, animal health and ecosystem health (eg, One Health) | Discussion post and replies Online weekly quiz DUE: Letter to Congressional Representative |
Learning Management System: Canvas will be used extensively throughout the semester for course syllabus, assignments, announcements, communication and/or other course-related activities. It is the student’s responsibility to familiarize themselves with Canvas and check it regularly. If you have difficulties accessing Canvas, please inform the instructor and Canvas Support (help@canvas.rutgers.edu). Canvas is accessible at canvas.rutgers.edu.

School of Public Health Honor Code: The School of Public Health Honor Code is found in the School Catalog (sph.rutgers.edu/academics/catalog.html). Each student bears a fundamental responsibility for maintaining academic integrity and intellectual honesty in his or her graduate work. For example, all students are expected to observe the generally accepted principles of scholarly work, to submit their own rather than another’s work, to refrain from falsifying data, and to refrain from receiving and/or giving aid on examinations or other assigned work requiring independent effort. In submitting written material, the writer takes full responsibility for the work as a whole and implies that, except as properly noted by use of quotation marks, footnotes, etc., both the ideas and the works used are his or her own. In addition to maintaining personal academic integrity, each student is expected to contribute to the academic integrity of the School community by not facilitating inappropriate use of her/his own work by others and by reporting acts of academic dishonesty by others to an appropriate school authority. It should be clearly understood that plagiarism, cheating, or other forms of academic dishonesty will not be tolerated and can lead to sanctions up to and including separation from the Rutgers School of Public Health.

Students with Disabilities: Rutgers University welcomes students with disabilities into all of the University’s educational programs. In order to receive consideration for reasonable accommodations, a student must Apply for Services by first completing a Registration Form with the Rutgers Office of Disability Services (ODS) at ods.rutgers.edu. The student will also be required to participate in an ODS intake interview and provide documentation. If reasonable accommodations are granted, ODS will provide you with a Letter of Accommodations which should be shared with your instructors as early in your courses as possible.

Graduate Student Computer Policy: Students are required to possess a personal laptop, no older than approximately two years, that must meet minimum requirements which may be found online at sph.rutgers.edu/student-life/computer-support.html.

Policy Concerning Use of Recording Devices and Other Electronic Communications Systems: When personally owned communication/recording devices are used by students to record lectures and/or classroom lessons, such use must be authorized by the faculty member or instructor who must give either oral or written permission prior to the start of the semester and identify restrictions, if any, on the use of mobile communications or recording devices.

Policy Concerning Use of Turnitin: Students agree that by taking this course all required papers may be subject to submission for textual similarity review to Turnitin.com (directly or via learning management system, i.e. Canvas) for the detection of plagiarism. All submitted papers will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site. Students who do not agree should contact the course instructor immediately.

Withdrawal/Refund Schedule: Students who stop attending their course(s) without submitting a completed Add/Drop Course form will receive a failing grade. Furthermore, students dropping to zero credits for the semester are considered withdrawn and must submit a completed Leave of Absence form from the School of Public Health’s Office of Student Affairs. The School of Public Health refunds tuition only. Administrative and technology fees are non-refundable. You may find the Withdrawal/Refund Schedule on the School of Public Health website at: sph.rutgers.edu/academics/school-calendar.html