

COMMUNITY HEALTH, BS

Banner Code: PH-BS-COMH

Academic Advising

Website: <https://publichealth.gmu.edu/students/academic-advising>
(<https://publichealth.gmu.edu/students/academic-advising/>)

The public health field is one of the fastest growing, most exciting, and versatile areas of study on college campuses across the United States today. The Community Health BS Program, accredited by the Council on Education for Public Health (CEPH), prepares students for the exciting field of public health with the knowledge, understanding and application of evidence-based approaches to public health. The program explores community health, health promotion, health education, and disease prevention policies and practices. Graduates work with a variety of health-related organizations and are expected to confront complex behavioral, cultural, and social challenges affecting populations at the local, national, regional, and global levels.

Community Health students develop the competencies and skills necessary for entry-level positions in a variety of professional settings, including local, state, and federal health and social service agencies and non-governmental and voluntary health organizations, health care delivery, and private industry. Students completing this degree are eligible for and strongly encouraged to take the Certified Health Education Specialist (CHES) exam.

The BS in Community Health is unique in that it provides a solid foundation for students interested in pursuing graduate degrees in public health or advanced training in a health profession (see the Clinical Science concentration).

Optional Concentrations

Students may wish to complete an optional concentration in Global Health, Clinical Science, Nutrition, or Physical Activity and Public Health. Selection of a concentration is not required.

Global Health Concentration

The Global Health concentration is designed to increase students' awareness of the major health problems and issues that transcend national boundaries, including understanding diseases and other health security threats reflecting the new global landscape, such as tobacco use and obesity, and emerging infectious diseases such as the COVID-19 pandemic, avian influenza, and Ebola. Students complete the required coursework for the BS in Community Health and specialized coursework in global health in addition to interdisciplinary coursework. This concentration is designed for students interested in public health with a global perspective.

Clinical Science Concentration

The Clinical Science concentration prepares students for graduate clinical training in a health profession such as medicine, dentistry, nursing, optometry, occupational and physical therapy, and pharmacy. This concentration provides students the flexibility to design their curriculum to satisfy prerequisites for these programs. Students choosing this option are encouraged to check coursework requirements for their desired health profession as these requirements vary.

Nutrition Concentration

The Nutrition concentration provides students interested in nutritional health with a strong foundation of the factors affecting individual, community, and global nutrition, as well as the tools to plan effective interventions.

Physical Activity and Public Health Concentration

Numerous public health burdens such as cardiovascular disease, diabetes, cancer, and depression can be prevented, delayed, or managed with proper physical activity. The Physical Activity and Public Health concentration prepares students to effectively advocate for policies, programs, and legislation that enables equitable opportunities for physical activity across all levels of society. The completion of this concentration prepares students to take the Physical Activity and Public Health Specialist certification.

Admissions & Policies

Policies

- For all policies governing bachelor's degrees, see A.5.3.2 Requirements for Bachelor's Degrees (<http://catalog.gmu.edu/policies/academic/undergraduate-policies/#ap-5-3-2>).
- A criminal background check and proof of vaccination status may be required of students prior to beginning the internship if required by the internship organization.
- A minimum grade of C must be earned in all major courses.
- Students must check with their advisor to ensure that all requirements have been met prior to graduation and should assess their own degree evaluation in Patriot Web each semester.

Requirements

Degree Requirements

Total credits: 120

Students must fulfill all requirements for bachelor's degrees, including the Mason Core (<http://catalog.gmu.edu/mason-core/>) requirements.

Mason Core

Code	Title	Credits
Foundation Requirements		
Written Communication ¹		
ENGH 101	Composition (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
Oral Communication		
COMM 100	Public Speaking (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
	or COMM 101	Fundamentals of Communication (Mason Core) (http://catalog.gmu.edu/mason-core/)
Quantitative Reasoning		

Any Mason Core Quantitative Reasoning course (http://catalog.gmu.edu/mason-core/#quantitative)	3-4
Information Technology	
Any Mason Core Information Technology course (http://catalog.gmu.edu/mason-core/#information-technology)	3-6
Exploratory Requirements	
Literature	
Any Mason Core Literature course (http://catalog.gmu.edu/mason-core/#literature)	3
Arts	
Any Mason Core Arts course (http://catalog.gmu.edu/mason-core/#arts)	3
Natural Science ²	
Any Mason Core non-lab science course (http://catalog.gmu.edu/mason-core/#natural-science) ³	3
Any Mason Core lab science course (http://catalog.gmu.edu/mason-core/#natural-science)	4
Global History	
Any Mason Core Global History course (http://catalog.gmu.edu/mason-core/#global-history)	3
Global Understanding	
GCH 205 Global Health (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
Social and Behavioral Sciences	
Any Mason Core Social and Behavioral Sciences course (http://catalog.gmu.edu/mason-core/#social-behavioral-science)	3
Integration Requirements	
ENGH 302 Advanced Composition (Mason Core) (http://catalog.gmu.edu/mason-core/) (social science section recommended)	3
Writing Intensive ⁴	
Capstone ⁵	
Total Credits	30-41

1

Nonnative speakers of English with limited proficiency in the language may substitute ENGH 100 for ENGH 101. Students must attain a minimum grade of C in ENGH 100 or ENGH 101 to fulfill degree requirements.

2

Only for students who choose the Global Health concentration, Nutrition concentration, or no concentration. Students in the Clinical Science concentration complete the Mason Core Natural Science requirement within their concentration courses.

3

The recommended course for students in the Nutrition and Physical Activity and Public Health concentrations is NUTR 295 Introduction to Nutrition (Mason Core) (<http://catalog.gmu.edu/mason-core/>). This is a prerequisite for required courses in these concentrations.

4

This program includes the writing intensive course as a part of the major requirements; this course is therefore not counted towards the total required for Mason Core.

5

This program includes a capstone course as a part of the major requirements; this course is therefore not counted towards the total required for the Mason Core.

Required Courses

Code	Title	Credits
Select one of the following sequences:		8
GCH 270 & GCH 271	Applied Human Anatomy and Physiology I and Applied Human Anatomy and Physiology II	
BIOL 124 & BIOL 125	Human Anatomy and Physiology and Human Anatomy and Physiology	

Community Health Major Core

Completion of this curriculum also prepares students to sit for the Certified Health Education Specialist (CHES) exam.

Code	Title	Credits
GCH 300	Introduction to Public Health	3
GCH 310	Health Behavior Theories	3
GCH 332	Health and Disease	3
GCH 335	Applied Health Statistics	3
GCH 350	Health Promotion and Education	3
GCH 360	Health and Environment	3
GCH 376	Health Ethics, Leadership, and Advocacy	3
GCH 380	Public Health Research Methods	3
GCH 411	Health Program Planning and Evaluation (fulfills writing intensive requirement)	3
GCH 412	Fundamentals of Epidemiology	3
GCH 445	Social Determinants of Health	3
GCH 465	Community Health Capstone (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
or GCH 466	Physical Activity in Public Health Capstone (Mason Core) (http://catalog.gmu.edu/mason-core/)	
Total Credits		36

Completing the Degree without a Concentration

Students completing the BS without a concentration follow the coursework outlined below.

Code	Title	Credits
Additional Courses		
Select nine credits of 300- or 400-level courses from the following		9
GCH (http://catalog.gmu.edu/courses/gch/)		
HAP (http://catalog.gmu.edu/courses/hap/)		
HEAL (http://catalog.gmu.edu/courses/heal/)		
NUTR (http://catalog.gmu.edu/courses/nutr/)		
PH (http://catalog.gmu.edu/courses/ph/)		
Other 300- or 400-level course approved by advisor		
General Electives		
Select 30 credits of General Electives		30
Total Credits		39

Global Health Concentration (GLOH)

The optional global health concentration enables students to look at public health issues through a global lens and increases understanding of the differences in health, well-being, disease, and interventions that exist within an international context.

Code	Title	Credits
Concentration Courses		
GG5 101	Major World Regions (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
or GGS 103	Human Geography (Mason Core) (http://catalog.gmu.edu/mason-core/)	
or GGS 340	Health Geography	
GCH 305	Introduction to OneHealth	3
GCH 405	Global Health Interventions: History and Systems	3
GCH 406	Global Health Interventions: Emerging Issues	3
GCH 426	Global Emerging Infectious Diseases	3
One 3-credit 300- or 400-level GCH course (http://catalog.gmu.edu/courses/gch/)		3
General Electives		
Select 21 credits of General Electives		21
Total Credits		39

Clinical Science Concentration (CLNS)

The optional clinical science concentration prepares students to apply for graduate programs in fields such as medicine, physical therapy, occupational therapy, dentistry, pharmacy, and optometry. This concentration does not guarantee entrance into a graduate health professional program. It is important to note that, depending on the type of graduate program in which a student is interested, additional coursework may be required. It is the student's responsibility to determine the essential criteria for admission to their target schools in consultation with the health professions advising office.

Code	Title	Credits
Concentration Courses		
Select a minimum of 20 credits of the following:		20
BIOL 103 & BIOL 105	Introductory Biology II-Survey of Cell and Molecular Biology (Mason Core) (http://catalog.gmu.edu/mason-core/) and Introductory Biology II Laboratory (Mason Core) (http://catalog.gmu.edu/mason-core/) ¹	
BIOL 213	Cell Structure and Function (Mason Core) (http://catalog.gmu.edu/mason-core/) ¹	
BIOL 246 & BIOL 306	Introductory Microbiology and Biology of Microorganisms Laboratory	
BIOL 305 & BIOL 306	Biology of Microorganisms and Biology of Microorganisms Laboratory	
BIOL 311	General Genetics	
BIOL 483	General Biochemistry	

CHEM 211 & CHEM 213 General Chemistry I (Mason Core) (<http://catalog.gmu.edu/mason-core/>) and General Chemistry Laboratory I (Mason Core) (<http://catalog.gmu.edu/mason-core/>)¹

CHEM 212 & CHEM 214 General Chemistry II (Mason Core) (<http://catalog.gmu.edu/mason-core/>) and General Chemistry Laboratory II (Mason Core) (<http://catalog.gmu.edu/mason-core/>)¹

CHEM 313 & CHEM 315 Organic Chemistry I and Organic Chemistry Lab I

CHEM 314 & CHEM 318 Organic Chemistry II and Organic Chemistry Lab II

PHYS 243 & PHYS 244 College Physics I (Mason Core) (<http://catalog.gmu.edu/mason-core/>) and College Physics I Lab (Mason Core) (<http://catalog.gmu.edu/mason-core/>)¹

PHYS 245 & PHYS 246 College Physics II (Mason Core) (<http://catalog.gmu.edu/mason-core/>) and College Physics II Lab (Mason Core) (<http://catalog.gmu.edu/mason-core/>)¹

General Electives		
Select 26 credits of General Electives		26
Total Credits		46

¹

At least 8 of these credits must be selected from these courses to fulfill the Mason Core Natural Science requirement.

Nutrition Concentration (NUTR)

The optional nutrition concentration provides students interested in nutritional health with a strong knowledge base in factors affecting individual, community, and global nutrition, as well as the tools to plan effective interventions.

Code	Title	Credits
Concentration Courses		
NUTR 315	Fundamentals of Cooking	3
NUTR 410	Introduction to Food Safety and Defense	3
NUTR 420	Strategies for Nutrition Education	3
NUTR 421	Community Nutrition	3
NUTR 422	Nutrition throughout the Life Cycle	3
NUTR 423	Nutrition and Chronic Illnesses	3
NUTR 451	Nutrition Assessment	3
Nutrition Electives		
Students should select from the following list or get advisor approval:		3
ANTH 366	Food and Human Evolution	
GCH 497	Pre-Internship Seminar	
GCH 498	Global and Community Health Internship	
NUTR 383	Taste and Place	
NUTR 414	Food, Culture, Nutrition and the Mediterranean Diet	
NUTR 435	Urban Agriculture	
NUTR 466	Nutrition and Weight Management: Obesity, Anorexia, and Bulimia	

NUTR 494	Special Topics in Nutrition and Food Studies	
General Electives		
Select 15 credits of General Electives		15
Total Credits		39

Physical Activity and Public Health (PAPH)

Numerous public health burdens such as cardiovascular disease, diabetes, cancer, and depression can be prevented, delayed, or managed with proper physical activity. The optional physical activity and public health concentration prepares students to effectively advocate for policies, programs, and legislation that enables equitable opportunities for physical activity across all levels of society. Students in this concentration should take GCH 466 Physical Activity and Public Health Capstone. The completion of this concentration prepares students to take the Physical Activity and Public Health Specialist certification.

Code	Title	Credits
Concentration Courses		
KINE 200	Methods of Exercise Instruction	3
KINE 310	Exercise Physiology I	3
KINE 320 or NUTR 295	Principles of Human Nutrition Introduction to Nutrition (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
KINE 350	Exercise Prescription and Programming	3
KINE 370	Exercise Testing and Evaluation	3
KINE 380	Exercise Prescription and Programming for Special Populations	3
ATEP 300	Functional Anatomy	3
GCH 410	Physical Activity and Public Health	3
General Electives		
Select 18 hours of general electives		18
Total Credits		42

4-Year Plan

Bachelor of Science in Community Health Sample Plan of Study

Detailed four year plans can be found on <https://publichealth.gmu.edu/students/academic-advising> (<https://publichealth.gmu.edu/students/academic-advising/>)

Related Programs

- Global Health Minor
- Physical Activity in Public Health Minor
- Public Health Minor