

Health Behavior Curriculum for Students who started Fall 2025 or earlier

Health Behavior Competencies

In addition to the standard MPH Program competencies, students in the Health Behavior concentration will meet the following competencies:

1. Explain the similarities and differences, strengths and weaknesses of predominant behavioral and social science theories for public health. (PHP2340)
2. Apply the component principles of behavioral and social science theories to health behaviors. (PHP2340)
3. Examine how behavioral and social science theories can be used to facilitate change in health-related behaviors. (PHP2340)
4. Apply principles of health literacy and communication best practices to develop a brief health communication. (PHP2380)
5. Design health communications to promote behavior change that results in decreased risks for disease and/or promote wellness. (PHP2380)
6. Develop a plan to monitor and assess the reach, fidelity, and outcome of health communications. (PHP2380)
7. Examine the causes and consequences of health disparities from the perspective of multiple behavioral and social science perspectives. (PHP1650, PHP1680U, PHP1810, PHP1821, PHP1920, PHP2365, PHP2428)

Health Behavior Courses

Complete the following course:

- **PHP2340:** Theories of Behavioral and Social Sciences in Public Health (Fall)

Complete the following course:

- **PHP2380: Health Communications (Spring)**

Complete one of the following courses focused on issues of social determinants of health and diversity:

- **PHP1650:** Race, Racism and Health (Spring)
- **PHP1680U:** Intersectionality and Health Inequities (Spring)
- **PHP1810:** Community- Engaged Research in Public Health (Spring)

- **PHP1821:** Incarceration, Disparities, and Health (Fall)
- **PHP1920:** Social Determinants of Health (Fall)
- **PHP2365:** Public Health Issues in LGBT Populations (Spring)
- **PHP2428:** Health Justice (Spring)

Complete one of the following health behavior content-focused courses:

- **PHP1300:** Parenting Behaviors and Child Health (Spring)
- **PHP1540:** Alcohol Use and Misuse (Fall)
- **PHP1550:** Substance Use and Vulnerability to Addictions (Fall)
- **PHP1551:** Substance Use Prevention, Treatment & Policy (Spring)
- **PHP1600:** Obesity in the 21st Century: Causes, Consequences and Countermeasures (Spring)
- **PHP1610:** Tobacco, Disease and the Industry: cigs, e-cigs and more (Spring)
- **PHP1690:** Technology and Behavior Change (Fall)
- **PHP1822:** Effective Health Communication with Medically Underserved Populations in Applied Learning Setting (Spring)
- **PHP1880:** Meditation, Mindfulness, and Health (Fall)
- **PHP1885:** Measuring Mindfulness (Spring)
- **PHP1890:** The Craving Mind (Fall)
- **PHP1998:** Public Health Nutrition (Fall)
- **PHP2310:** Physical Activity & PH (Fall)