



## Public Health Science

**Degree**

Public Health Science, Associate in Science for Transfer

## Public Health Science

### Associate of Science Degree for Transfer

The Associate Science in Public Health Science for Transfer Degree (AS-T) focuses on disease and injury prevention strategies for community and individual wellness. The AS-T in Public Health Science is designed to provide students a clear transfer pathway to the California State University (CSU) within the health science field major and the completion of baccalaureate degree, with guaranteed admission to a CSU to a similar major with junior standing (but not to a particular campus or specific major), and the ability to complete their remaining requirements within 60 semester or 90 quarter units. This degree may not be the best option for students intending to transfer to a particular CSU campus or to university or college that is not part of the CSU system. Students should consult with a counselor when planning to complete the degree for more information on university admission and transfer requirements. This degree eliminates the additional Bakersfield College graduation requirements.

#### Program Learning Outcomes

Upon successful completion, the student will:

- demonstrate the ability to comprehend, apply the multi-dimensional approach of public health sciences.

- identify proactive factors for disease prevention and risk factors for disease and disability.
- demonstrate and apply behavior-changing techniques to maximize health and wellness.
- demonstrate the concepts of research, program planning and evaluation strategies.

#### Requirements for AA-T or AS-T degrees:

The completion of 60 semester units that are eligible for transfer to the California State University, including the following:

- The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University – Breadth Requirements.
- A minimum of 18 semester units in a major area of emphasis, as determined by the district.
- The obtainment of a minimum grade point average of 2.0.
- The completion of all courses required for the major with a ‘C’ or better. A ‘P’ (Pass) grade is not acceptable for courses in the major.

#### Total Units: 32-33

##### Required Courses

Course #	Name	Units
PBHS B21	Contemporary Health Issues	3.0
PBHS B20	Introduction to Public Health	3.0
MATH B22	Elementary Probability and Statistics	4.0
	<i>or</i>	
PSYC B5	Elementary Statistics for the Behavioral and Social Sciences	4.0
BIOL B11	Concepts of Biology	4.0
CHEM B2A	Introduction to General Chemistry	4.0
	<i>or</i>	
CHEM B1A	General Chemistry I	5.0
PSYC B1A	General Psychology	3.0
BIOL B32	Human Anatomy and Physiology I	4.0
BIOL B33	Human Anatomy and Physiology II	4.0

##### List A: Select 3 units from the following:

Course #	Name	Units
ECON B1	Principles of Microeconomics - Micro	3.0
ECON B2	Principles of Macroeconomics - Macro	3.0
PSYC B30	Human Sexuality	3.0
PBHS B23	Health and Social Justice	3.0
PBHS B22	Drugs, Health and Society	3.0
SOCI B1	Introduction to Sociology	3.0

##### Recommended Sequence

##### Semester 1 (14 units— suggested GE listed)

Course #	Name	Units
PBHS B20	Introduction to Public Health	3.0
MATH B22	Elementary Probability and Statistics	4.0
	<i>or</i>	
PSYC B5	Elementary Statistics for the Behavioral and Social Sciences	4.0
BIOL B11	Concepts of Biology	4.0
PSYC B1A	General Psychology	3.0

##### Semester 2 (14-15 units— suggested GE listed)

Course #	Name	Units
BIOL B32	Human Anatomy and Physiology I	4.0
CHEM B2A	Introductory General Chemistry	4.0
	<i>or</i>	
CHEM B1A	General Chemistry I	5.0
COMM B1	Public Speaking	3.0
PBHS B21	Contemporary Health Issues	3.0

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#### Semester 3 (13 units— suggested GE listed)

Course #	Name	Units
BIOL B33	Human Anatomy and Physiology II	4.0
ENGL B1A	Expository Composition	3.0
PHIL B12	Ethics of Living and Dying	3.0
PBHS B22	Drugs, Health and Society	3.0

#### Semester 4 (15 units— suggested GE listed)

Course #	Name	Units
POLS B1	American Government: National, State and Local	3.0
HIST B17B	History of the United States Since 1870	3.0
PHIL B7	Introduction to Logic	3.0
	<i>or</i>	
PHIL B9	Critical Thinking and Advanced Composition	3.0
	<i>or</i>	
ENGL B1B	Introduction to Types of Literature	3.0
	<i>or</i>	
ENGL B2	Advanced Composition and Critical Thinking	4.0
	<i>or</i>	
COMM B5	Rhetoric and Argumentation	3.0
CSU GE	Area C.1 (any CSU Transfer C.1 course)	3.0
PBHS B23	Health and Social Justice	3.0

#### Semester 5 Summer (6 units— suggested GE listed)

Course #	Name	Units
CSU GE	Area C.2 (any CSU Transfer C.2 course)	3.0
NUTR B10	Elementary Nutrition	3.0

\*It is recommended that students complete additional GE units prior to entering the program if they choose not to take more than 15 units per semester.

Category	CSU	IGETC
Units in Major	32-33	32-33
General Education	39	37
Possible double counting of GE's	12-15	13-16
Elective Units (CSU Transferrable)	1-4	4-7
Degree Total	60	60

# Health Navigator Certificate of Achievement

**H**ealth Navigator is a health care professional who works as part of a team or health care system to reduce barriers to accessing health care and promoting prevention services. This includes linking patients with a primary health care provider, providing information and resources, helping providers communicate with patients, and providing health education and promoting health behaviors. The Patient Navigator Certificate is a two semester, 24 credit certificate of achievement, which includes a directed learning internship. Coursework is specific to public health field.

There are no prerequisite skills needed prior to enrollment. Embedded in the course work of the certificate of achievement is a directed experience internship. This internship will provide a capstone experience and placement in a public health worksite. The public health field is competitive and requires that participants have a track record of success and can demonstrate knowledge and skills. Positions include but are not limited to patient navigator, community health outreach worker, and non-profit work to working in a school health environment. Salary is often based on years of experience and college units completed.

As a member of the healthcare team, navigators act as a bridge between the team, patients, family and community to improve health outcomes. There are many different roles that a navigator can become the following are examples:

- Assisting with enrolling individuals into health care
- Helping people access health care and services
- Under supervision of a health care team, increase health education and understanding on how to stay healthy

- Acting as a Patient Advocate to ensure they are receiving services
- Promoting the importance of preventive health care and when to use urgent and emergency care
- Provide case management to ensure individuals are following up with care and receiving services.
- Provide home visits to access social determinants of health
- Teach and empower individuals to use the primary health care system and when to use the emergency care system

### Program Learning Outcomes

Upon successful completion, the student will:

- practice within the code of ethics required with the health education field.
- use communication strategies that are responsive to the social determinants of health for an individual and/or community. Social determinants include conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.
- implement health education plans to promote healthy behaviors, address health risks and reduce harm.
- work with clients to facilitate access to resources and increase the clients' ability to navigate the health care system

### To Achieve the Certificate of Achievement

Upon successful completion of the core requirements with a 'C' grade or better in each course, the student will be awarded a Certificate of Achievement.

### Total Units: 24

#### Required Courses

Course #	Name	Units
PBHS 20	Introduction to Public Health	3.0
PBHS 21	Contemporary Health Concerns	3.0
MEDS 35	Lifespan Development**	3.0
COMM B9	Health Communication	3.0
PBHS 22	Drugs Health and Society	3.0
PBHS 23	Health and Social Justice	3.0
HEIT 25	Healthcare Reimbursement	3.0
PBHS	Occupational Work Experience Education/	3.0
B48WE	Internship	