

## MPH/MCRP Program Quick Reference Guide

The Department of Health Behavior (HB) and the Department of City and Regional Planning (DCRP) offer the dual-degree program in public health and planning. The program seeks to train future leaders in the planning, management, and evaluation of health education programs. Students will learn about the public health impacts of planning and how public health professionals can be allies in achieving shared goals. Students seeking careers in public health will learn how to shape the physical and social urban community in health-enhancing ways. This combination of skills will help forge broader and more powerful alliances that promote public health, safety, and livability in American communities.

Students must apply to both programs separately. While it is recommended to apply to both programs simultaneously, it is possible to begin one of the two programs and apply for the dual degree during your first year.

### MPH/MCRP Requirements

- Complete the required 33 credit hours of MCRP coursework (51 including electives)
- Complete the required 41 credits of MPH coursework (54 credits including electives)
- Complete 15 elective credits; 6-9 credits must be within DCRP

### Health Behavior MPH Program Requirements

**Required Coursework:** Students complete 54 credit total of coursework overall, which includes: 29 hours of required coursework within the HBHE Department; 12 hours of SPH core requirements; and a minimum of 13 hours of elective credits.

**Practicum:** (HBHE 742, 743). During the summer between the first and second years of the MPH program, students complete a practicum, which is a planned, mentored, experiential learning opportunity. The practicum serves as a bridge between a student's academic training and applied public health practice. Students are mentored on-site by department-approved preceptors. Learning objectives are designed to specify the unique knowledge, skills, and deliverables that the field training will achieve.

**Comprehensive Exam:** At the end of the first year of coursework, students must pass a written comprehensive exam that covers content from the first year of required classes. The written exam will be completed before classes start in the fall.

### Health Behavior Required Courses

**HBHE 700** - Introduction to Public Health (2 credits; Fall, Year 1): This course offers a survey of several topics relevant to the field of public health and health education including population and individual perspectives on health, health disparities, social determinants of health and equity, and population level solutions to public health problems.

**HBHE 703, 704** - Professional Development Series (1 credit each; Fall and Spring, Year 2): This series will focus on knowledge and skills to manage programs. Specific topics will include leadership, followership, emotional intelligence, communication, conflict management, negotiation, participatory decision making, strategic planning, supervision, interviewing, budgeting, and proposal development. A key focus will be on self-assessment and identification of a self-develop plan.

**HBHE 730** - Theoretical Foundations of Social and Behavioral Science (3 credits; Fall, Year 1): This course covers selected social and behavioral science theories and concepts that apply to the development and analysis of health-related behaviors and interventions.

**HBHE 750** - Applied Research Methods (3 credits; Fall, Year 1): This overview of behavioral research methods is designed to help practitioners and scientists be savvy consumers of scientific research on health behavior. The course also addresses how to formulate research questions and testable hypotheses that apply to behavior change interventions and program evaluation, and how to select a research design appropriate for examining a particular research question or program goal.

**HBHE 753** - Qualitative Research Methods (3 credits; Spring, Year 1): This course is an introduction to qualitative research methodology. The course is intended to develop students' skills in designing qualitative research studies, developing qualitative research questions, collecting, managing and analyzing qualitative data, and presenting findings from a qualitative study. Students will collect their own qualitative data that they will analyze in groups.

**HBHE 772** – Planning Health Promotion in Community, Worksite, School, and Medical Settings (3 credits; Spring, Year 1): In this course, students use a comprehensive planning model to plan, implement, and evaluate interventions that address a public health issue for a defined population.

**HBHE 740, 741** - HBHE Practice I & II (3 credits each; Fall and Spring, Year 2): This year-long course covers key principles of health education practice. The course will be conducted in modules: HBHE Practice I will cover community engagement/assessment and, intervention/development/adaptation/implementation. HBHE Practice II will cover evaluation and sustainability/dissemination/translation. The course will draw from the expertise of a wide range of faculty and practitioners.

**HBHE 799-066, 992** - Capstone (2 credits, Fall, 3 credits Spring, Year 2): Capstone is the culminating field experience for MPH students in the HBHE department. Student teams develop a work plan with a community partner and produce a set of mutually agreed upon deliverables. The products (Capstone project deliverables & summary report) produced for this class are a substitute for the required Master's thesis. The classroom sessions are opportunities for students to prepare for, reflect upon, synthesize, and generalize from their Capstone experiences and continue to develop their thinking and skills in order to successfully complete the Capstone deliverables.

## SPH Required Courses

**HBHE 601 - Principles of Statistical Inference** (3 credits; Fall, Year 1): This course reviews the use of basic descriptive statistics and equips students with a conceptual understanding of the calculation and interpretation of inferential statistics in public health research.

**ENVR 600 - Environmental Health** (3 credits): Survey course: relationship between environmental quality, human health and welfare. Contamination in human environment; physical, biological, and social factors; trade-offs regarding prevention and remediation measures. Lectures, group discussions, and projects. Emphasizes critical thinking.

**EPID 600 - Principles of Epidemiology** (3 credits): An introductory course that considers the meaning, scope, and applications of epidemiology to public health practice and the uses of vital statistics data in the scientific appraisal of community health.

**HPM 600 - Introduction to Health Policy and Administration** (3 credits): A course that provides an overview of the U.S. health system, emphasizing role of policy development and administrative decision making through case examples.

## MCRP Program Requirements

**Required Coursework:** Students complete 51 credit hours. Please see required courses below.

**Area of Specialization** The department offers specializations that represent coherent fields of planning practice. Each specialization addresses theory, methods, strategies, plans and policies relevant to professional practice. In addition, planning law, the application workshop and the Master's Project are usually related to the area of specialization. Electives are available to broaden knowledge or deepen knowledge in a specialization.

**Master's Project** Students must submit a final project of professional quality on a topic in their area of specialization. This Master's project serves to demonstrate the student's capabilities in his/her area and his/her readiness for professional practice.

## MCRP Required Courses

Students who have taken courses equivalent to core courses may request an exemption. The course instructor recommends whether an exemption should be granted. Exams are also used to determine exemptions from planning methods and economic theory.

**Planning Theory** (3 credits, Fall or Spring of Year 1 or 2). PLAN 704 satisfies this requirement. The course assumes no previous familiarity with planning literature. It is an introduction to planning theory, practice and history.

**Urban Spatial Structure** (3 credits, Fall of Year 2). This is satisfied by completing PLAN 714, Urban Spatial Structure.

**Economic Theory** (3 credits, Fall of Year 2). This is satisfied by completing PLAN 710, Microeconomics for Planning, in the fall of the first year. Students can take a test offered at the beginning of the fall semester if they believe they satisfy this requirement through prior work.

**Planning Methods** (3 credits). Students are required to take PLAN 720 in their first fall semester. PLAN 721 follows up on PLAN 720 to provide additional quantitative skills. Students specializing in the areas of economic development and transportation are required to take PLAN 721, which is a variable credit course, for at least 1.5 credits. Additional coursework in planning methods and techniques is offered in each specialization. Note: PLAN 720 is not required if you take HBHE 750-Research Methods.

**Problem-Solving Workshop** (3 credits, Year 2). Application workshops enable students to hone skills attained in other coursework and to generate useful analyses, plans and recommendations to public and non-profit clients, thereby providing community engagement and valuable service to the state. The workshop requirement is fulfilled in the second year by taking the section of Planning 823 that is most closely related to the student's areas of interest. A student may, with the instructor's approval and adviser's concurrence, take an additional workshop course as an elective.

### Requirements in Area of Specialization

The department offers five specializations associated with professional planning practice in economic development, housing and community development, land use and environmental planning, placemaking and real estate development, and transportation planning. Sustainable development is the overarching concept for all specializations. Each emphasizes equity, environmental quality, economic viability, and social participation and grapples with the interconnections among these dimensions of sustainability.

Each specialization consists of 15 credit hours (usually five courses for three credits each). When a law course meets a specialization requirement, it counts as a PLAN course regardless of the department in which it is taken.

- **Economic Development** focuses on planning for functional and sustainable regional economies and issues of income and jobs for central city areas.
- **Housing, & Community Development** is concerned with the supply of affordable housing, the revitalization of urban neighborhoods, project development, and central city redevelopment.
- **Land Use & Environmental Planning** addresses growth management at the urban and regional scales, environmental stewardship, and policy analysis with emphasis on water resources.
- **Placemaking and Real Estate Development** focuses on planning, design, preservation, and redevelopment of the city as a physical entity.
- **Transportation Planning** provides concepts and tools relevant to transportation policy and planning and in-depth knowledge of the reciprocal relationship between transportation decisions and land development.

**Master's Project** (3 credits): Usually taken in the Fall of your third year and submitted in the Spring. The Master's project is original work, involving a substantial degree of independent research and/or analysis. The product is expected to have considerably more substance than the typical term paper.

## Recommendations for "Dualers"

**Orientation:** Your first year of the dual degree program, we recommended attending the orientation for the program in which you will be focusing the majority of your efforts. For most dual degree students, this would be the HB Orientation your first year and the DCRP Orientation your second year.

**Course Exemptions:** Students who have taken course equivalents to core DCRP courses may request an exemption. The course instructor recommends whether an exemption should be granted. Exams are also used to determine exemptions from planning methods and economic theory. As most course exemptions are completed before the first semester of each year, former dual-degree students recommend considering taking course exemptions before your first year coursework since you will be taking the HB Comprehensive Exam before the first semester of your second year.

## Recommended Course Sequencing

	Fall	Spring	Summer Session 1 & 2
Year 1	HBHE 700: Intro to Public Health & Health Education (2)  HBHE 730: Theoretical Foundations of Social & Behavioral Science (3)  HBHE 750: Applied Research Methods (3)  HBHE 601: Principles of Statistical Inference (3)  PLAN 704: Planning Theory (3)	HBHE 753: Qualitative Research Methods (3)  HBHE 772: Planning Health Promotion (3)  DCRP Specialization Course (3)  SPH Core Requirement (3)  Electives	HBHE 742, 743: Practicum (2, 3, or 4)  HBHE Comprehensive Exam
Year 2	HBHE 703: Professional Development Series (1)  HBHE 740: HBHE Practice*(3)  HBHE 799-066: Capstone Project (2)  PLAN 710: Microeconomics for Planning (3)  PLAN 714: Urban Spatial Structures (3)  SPH Core Requirement (3)	HBHE 704: Professional Development Series (1)  HBHE 741: HBHE Practice II (3)  HBHE 992: Capstone Deliverable/Project (3)  SPH Core Requirement (3)  DRCP specialization Course (3)  Electives	PLAN internship
Year 3	DCRP Master's Project (3)  DRCP specialization Course (3)  PLAN 823 Problem-Solving Workshop (3)  Electives	DRCP specialization Course (3)  DCRP Specialization Course (3)  Electives	