

Health Behavior Concentration Quick Guide¹ For Students Entering in Fall 2019

Program Requirements

Required Coursework: Students complete a minimum of **42** credit hours of coursework, which includes: **15** credits of Gillings MPH Core and practicum requirements; **18** hours of Health Behavior core requirements (including the culminating experience); and a minimum of **9** hours of elective credits.

Required Fieldwork: During the summer between the first and second years of the MPH program, students complete a 200-hour (minimum) individual practicum that provides students with an opportunity to integrate and apply knowledge, skills, and values from their Gillings MPH training into a practical, professional public health environment. During the second year of the program, students complete a year-long, community-led, group-based, mentored service-learning capstone project (HBEH746/992).

Gillings MPH Core & Practicum Required Courses

SPHG 701 - MPH Practicum Preparation: This course hones students' skills to identify, secure, and plan for practicum placements that will advance their career goals and trains students on how to professionally, ethically, and meaningfully engage with practicum organizations and their stakeholders to identify, describe, and prioritize public health issues and develop, implement, and communicate public health solutions.

SPHG 702 - MPH Practicum Reflection: This course awards credit to a series of activities designed to facilitate critical reflection on, and sharing of, practicum experiences. Completion of the required activities will help students translate their practicum work into their long-term career goals.

SPHG 711 - Data Analysis for Public Health: This introductory course is part of the MPH core curriculum and focuses on the biostatistics and analysis methods commonly found in public health. Students will learn to produce, interpret, and use straightforward data analyses. (2 credits, Fall Year 1)

SPHG 712 - Methods and Measures: This course is part of the MPH core curriculum, and introduces epidemiologic concepts and how to describe population patterns of health, inequities, and their determinants. (2 credits, Fall Year 1)

SPHG 713 - Understanding Public Health Issues: This course is part of the MPH core curriculum and provides students with the skills to identify and describe public health issues in specific contexts. (2 credits, Fall Year 1)

SPHG 721 - Conceptualizing Public Health Solutions: This course explores how public health practitioners establish priorities for action, with context and community as crucial factors. We examine strategies for addressing public health problems at each level of the social-ecological framework. Builds on first semester MPH core courses. (2 credits, Spring Year 1)

SPHG 722 - Developing, Implementing & Evaluating Public Health Solutions: Students will identify, analyze and prioritize potential public health solutions. In addition, students will learn to adapt evidence-based solutions, engage with stakeholders, and disseminate solutions. Builds on first semester MPH core courses. (4 credits, Spring Year 1)

Health Behavior Concentration Required Courses

HBEH 730 - Theoretical Foundations of Health Behavior: This course covers selected social and behavioral science theories and concepts that apply to the development and analysis of health-related behaviors and interventions. (3 credits, Fall)

HBEH 750 - Quantitative Methods in Health Behavior: This overview of behavioral research methods is designed to help practitioners and scientists be critical 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. (2 credits, Fall)

¹ Please refer to the MPH Program Handbook for detailed information about the HB MPH Program.

HBEH 753 - Qualitative Methods in Health Behavior: 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 teams. (3 credits, Spring Year 1)

HBEH 752 - Health Behavior Survey Methods: The purpose of this course is to provide students with a foundational knowledge of and skills in assessment for health behavior interventions and a skills-oriented understanding of common measurement issues. (2 credits, Spring Year 1)

HBEH 772 - Planning, Implementing and Evaluating Health Behavior Interventions: This course we will critically examine and discuss models and processes to systematically plan and evaluate public health interventions. Students will further develop skills in needs assessment, program planning, adaptation, implementation, and evaluation of Health Behavior interventions. (2 credits, Fall Year 2)

HBEH 746, 992 - Community-Led Capstone Project: This year-long, community-led, group-based, mentored, service-learning course is the culminating experience for the Health Behavior concentration. Class sessions are opportunities for students to prepare for, reflect upon, receive feedback about, and present their capstone project experiences. (3 credits, Fall Year 2 and 3 credits, Spring Year 2)

Health Behavior Concentration Course Sequencing

	Fall	Spring	Summer
Year 1 (2019-2020)	<p>Gillings Required: SPHG 711: Data Analysis for Public Health (2) SPHG 712: Methods and Measures (2) SPHG 713: Understanding Public Health Issues (2)</p> <p>HBEH Required: HBEH 730: Theoretical Foundations of Health Behavior (3) HBEH 750: Quantitative Methods in Health Behavior (2)</p> <p>Choose 0-5 credits from: Electives</p>	<p>Gillings Required: SPHG 721: Conceptualizing Public Health Solutions (2) SPHG 722: Developing, Implementing & Evaluating Public Health Solutions (4) SPHG 701: MPH Practicum Preparation (2)</p> <p>HBEH Required: HBEH 752: Health Behavior Survey Methods (2) HBEH 753: Qualitative Methods in Health Behavior (3)</p> <p>Choose 0-3 credits from: Electives</p>	200 (minimum) hour practicum
Year 2 (2020-2021)	<p>Gillings Required: SPHG 702: MPH Practicum Reflection (1)</p> <p>HBEH Required: HBEH 746: Community-Led Capstone Project, Part I (3) HBEH 772: Planning, Implementing and Evaluating Health Behavior Interventions (2)</p> <p>Choose 3-10 credits from: Electives</p>	<p>HBEH Required: HBEH 992: Community-Led Capstone Project, Part II (3)</p> <p>Choose 6-13 credits from: Electives</p>	

Advising & Mentoring

The HB Department is committed to providing quality advising and mentoring for all students. To ensure that students get the guidance they need, the department has an advising/mentoring program with several components: 1) an **orientation** program that includes resources to help students make connections with faculty and other academic and professional resources; 2) a **faculty advisor** matched to each student who meets at least once per semester with their advisee; and 3) **cohort advising** sessions led by the MPH program director and MPH program manager convened at least once per semester.