Through the field of public health and wellness, you can care for the well-being of communities and individuals around you. The pre-public health degree program at Wayne State College is set up for you to receive dual degrees. The program provides the unique opportunity to integrate your exercise science training with a population-based public health degree. The goal of the dual-degree public health program is to prepare professionals to assess, understand, and address health-related concerns that impact the well-being of individuals, populations, and communities. The public health degree program consists of three years at Wayne State, followed by two years at University of Nebraska Medical Center (UNMC), with 23 of your credit hours transferring back to WSC for your bachelor's degree. At the end of the five years, you’ll receive a master's degree in public health from UNMC.

Skills Learned
- Knowledge of body structure and function
- Health status and risk factor identification
- Fitness appraisal and exercise prescription
- Body composition testing/measurement
- Exercise physiology, strength and conditioning
- Cardiac rehabilitation, exercise prescription
- Research and data analysis
- Kinesiology / biomechanics
- Biological and social determinants of health and disease

Possible Careers
- Public health project manager
- Community health worker
- Health communications specialist
- Population health manager
- Environmental health director
- Epidemiologist
- Occupational health specialist
- Biosecurity specialist
- Chief medical officer
- Corporate medical director
- Disaster preparedness coordinator

Types of Employers
- Hospitals and medical clinics
- Businesses and corporations
- City, county, and state governments
- Schools, colleges, and universities
- Federal agencies
- Non-profit organizations
- Labs and research facilities
- Public relations and marketing agencies
- Public health departments

Activities / Opportunities
- Service-Learning
- Study Abroad
- Regional and national professional organizations — membership and meetings

Clubs / Organizations
- Exercise Is Medicine Club
- Pre-Physical Therapy / Pre-Occupational Therapy Club

Outside the Classroom
Visit www.wsc.edu/clubs to learn more about clubs and organizations on campus.
SAMPLE PROGRAM OF STUDY

Every effort is made to ensure this information is current, but please be aware that some content may have changed. There is no substitute for developing a careful course registration plan in consultation with your advisor. For questions about this content, please see your advisor.

FRESHMAN - 1st semester
ENG 102 Composition Skills (General Studies CAT 1) .................. 3
PED 105 Anatomy and Physiology I ........................................... 3
PGH 200 Intro to Personal, Public, and Global Health (General
Studies CAT 9) ............................................................................ 3
General Studies CAT 2 ............................................................... 3
General Studies CAT 4 ............................................................... 3

FRESHMAN - 2nd semester
MAT 180 Applied Probability and Statistics (General Studies
CAT 3) ......................................................................................... 3
PED 205 Anatomy and Physiology II ............................................ 3
PED 207 Athletic Performance and Nutrition .................................. 3
General Studies CAT 5 ............................................................... 3
General Studies CAT 8 ............................................................... 3

SOPHOMORE - 1st semester
PED 287 Computer Applications in HHPS .................................. 3
PED 305 Exercise Physiology ..................................................... 3
PED 411 Sport Marketing and Promotion .................................... 3
General Studies CAT 6 ............................................................... 3
General Studies CAT 10 ............................................................ 3

SOPHOMORE - 2nd semester
PED 310 Professional and Leadership Development in Exercise
Science ......................................................................................... 3
PED 351 Biomechanics .............................................................. 3
PED 470 Fitness Evaluation and Assessment ................................. 3
PED 471 Tests and Measurements ............................................. 3
General Studies CAT 7 ............................................................... 3

JUNIOR - 1st semester
PED 400 Cardiac Rehabilitation .................................................. 3
PED 472 Wellness Practicum I .................................................... 3
SSC 300 Social Science Research Methods .................................. 3
*Electives ................................................................................. 6

JUNIOR - 2nd semester
PED 241 First Aid and CPR ....................................................... 0-2
PED 357 Principles of Strength and Conditioning ........................ 3
PED 473 Wellness Practicum II ................................................. 2
*Electives ................................................................................. 6-8

SUMMER INTERNSHIP (REQUIRED)
PED 483 Fieldwork .................................................................... 12

After the third year at WSC, the student will spend two years at
UNMC, with 23 credit hours transferring back to WSC to complete
the bachelor’s degree. An internship is required after the junior year
and before entering UNMC.

*A minor in public and global health is recommended to
accompany this degree. These courses may be taken in place of
electives.

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