

PRE-PUBLIC HEALTH 3+2

Accelerated Master's Program with UNMC

The field of public health brings individuals from diverse academic interests and backgrounds together to study, analyze, understand, and address complex community health issues. The accelerated pre-public health degree track at Wayne State College is set up for you to receive dual degrees from WSC and the University of Nebraska Medical Center in five years. It is open to all majors, with the exercise science major as an example. As an exercise science major in this accelerated dual degree program, you can combine your interests in health and exercise physiology for promoting health and preventing diseases in public and global health professions. The public health degree track consists of three years at WSC, followed by two years at UNMC, with up to 23 credit hours transferring back to WSC for your bachelor's degree. At the end of five years, you'll receive a master's degree in public health from UNMC.

Fast facts

Hours:

52 hours in the major
30 hours in general education

120 hours are required for graduation from Wayne State College. You may choose to add electives or a minor to help meet these requirements.

Degrees offered: B.S. from WSC (exercise science); master's degree from UNMC

Department: Health, Human Performance, and Sport

School: Science, Health, and Criminal Justice

Internship: Required during summer between WSC and UNMC

Popular minors: Public and Global Health, Foods and Nutrition, Geography, Communication Studies, Sociology

focus on results

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

outside the classroom

Activities/Opportunities

- Membership and meetings in regional and national professional organizations
- Service-Learning
- Study Abroad

Clubs/Organizations

- Exercise is Medicine Club
- Pre-Physical Therapy / Pre-Occupational Therapy Club



Visit www.wsc.edu/clubs to learn more about clubs and organizations on campus.

Sample program of study

2020-21 Academic Year

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. The class sequence listed is suggested only. The final decision rests with the student and academic 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
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After the third year at WSC, the student will spend two years at UNMC, with up to 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.

pre-public health faculty

Visit www.wsc.edu/hhps to learn more about the Department of Health, Human Performance, and Sport

Chad Maas, Ph.D.
Department Chair
Rice Auditorium 013A
402-375-7302
chmaas1@wsc.edu

Barbara Engebretsen, Ph.D.
baengeb1@wsc.edu

Donovan Conley, Ed.D.
Kristi Fox, Ph.D., ATC, CSCS
Paul McCawley, MSE



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