Overview of the Focus Area
For students who entered the major fall 2015 and later

**WHAT IS THE FOCUS AREA COURSE REQUIREMENT?**
The focus area allows students to explore areas of particular interest and relevance to public health, drawing connections between disciplines. Think of the requirement as your focus area within public health. The classes that you choose will enhance your understanding of the field and better prepare you for a career as a public health professional. At least **12 credits** are required in this area, at the 300 level or higher. The course material must be relevant to the study of public health.

**OPTIONS TO FULFILL THE FOCUS AREA REQUIREMENT**
The courses must be relevant to Public Health and form a coherent set of courses. Courses can be taken in public health, another department, abroad or at one of the 5 Colleges. The course material must be relevant to the study of public health and pre-approved by the Program Advisor.

**HOW TO GET APPROVAL FOR THE FOCUS AREA**
You must submit a “Focus Area Proposal Form,” which demonstrates how you plan to fulfill the focus area courses requirement. This form is required! The Undergraduate Program Advisor must accept the form before courses are able to count toward the requirement. On this form, you will include the course number, Spire description, semester taken/taking, number of credits, and rationale for your choices. If you want to make any changes after approval, you will have to fill out a “Course Exception Form.” Return form to Peer Advising Office, 330 Arnold. For your records, you should also keep a copy of the form.

**ADDING THE APPROVED COURSES TO SPIRE**
Once you enroll in the last proposed course, please email the Program Advisor and ask her to update your Academic Requirement Report (ARR).
FREQUENTLY ASKED QUESTIONS

DOES SPIRE TRULY REFLECT WHETHER YOU FULFILLED YOUR FOCUS AREA REQUIREMENT?

• NO! SPIRE does not always sort the focus area correctly. Even if you got approval for your focus area, the courses will not always go directly into the appropriate section. Thus, it is important that you keep track of what you listed on your Focus Area Proposal Form.

• Once you are enrolled in the last proposed focus area course, contact the Program Advisor to have her enter the correct courses on your ARR.

HOW DO I MAKE A CHANGE ONCE MY FOCUS AREA IS APPROVED?

• The Form is a type of contract. If you want to take another course than what is listed on your Proposal Form then you will have to fill out a Course Exception Form. For your records, you should keep a copy of the form.

WHAT WILL HAPPEN IF I DON’T FILL OUT A FOCUS AREA PROPOSAL FORM?

• There is a chance that a class that you took will not be counted towards the Focus Area requirement. If this happens, it may prevent you from graduating on time.

WHAT IF I WANT TO STUDY ABROAD?

• Studying abroad is the perfect opportunity to complete Focus Area requirements. Make sure to get your courses approved by Gloria DiFulvio before going abroad.

CAN I USE A LANGUAGE COURSE FOR MY FOCUS AREA?

• You may only count one 3 credit 300+ level language course toward your Focus Area. You may, however, use cultural studies for your Focus Area as long as the classes are relevant to Public Health.

CAN I USE COURSES TOWARD BOTH MY FOUNDATIONS REQUIREMENTS AND MY FOCUS AREA?

• No, you are not allowed to count any course toward two different Public Health requirements. For example, you may not count a Foundation course toward your Focus Area Course Requirement.
DEPARTMENTS THAT MAY HAVE PUBLIC HEALTH RELATED COURSES

Afro-American Studies
Anthropology
Biochemistry & Molecular Biology
Biology
Chemistry
Communication Disorders
Communications
Computer Science
Economics
Education
Environmental Sciences
Food Science
Geology
Information Technology
Kinesiology
Latin American Studies
Mathematics & Statistics
Microbiology
Natural Resources Conservation
Nutrition
Political Science
Psychology
Science (interdisciplinary)
School of Management
Social Thought & Political Economy
Sociology
Women, Gender, & Sexuality Studies

FIVE COLLEGE (5C) AND UMass CERTIFICATE PROGRAMS THAT MAY HAVE PUBLIC HEALTH RELATED COURSES

African Studies (5C)
Asian & Asian American Studies
Asian/Pacific/American Studies (5C)
Criminal Justice
Culture, Health and Science (5C)
International Agriculture Studies
International Relations (5C)
Latin America, Caribbean & Latino Studies
Latin American Studies (5C)
Middle Eastern Studies (5C)
Native American Indian Studies
Native American Indian Studies (5C)
Population Studies
Public Policy & Administration
Civic Engagement Certificate

SEVERAL SUGGESTED FOCUS EXPLAINED

Here are a few popular certificates and programs that may help you fulfill your Focus Area requirements. When considering these programs it is important to remember that they have different requirements than the Public Health requirements. Make sure you still meet the 12 credits at the 300 level or higher requirement.

CITIZEN SCHOLAR’S PROGRAM

About: One remarkable program offered through CESL is the Citizen Scholars Program, is a two-year, academic service-learning program that links real-life experience to academic coursework. This course sequence is a great way to fulfill some public health requirements.

Who: This program is open to ANY sophomore and junior UMass students who have a cumulative GPA of 3.0 or higher. Students who might be interested in the program include those with a passion for social justice and community engagement, those who wish to strengthen their leadership skills and those interested in nonprofit or government work.

Requirements: For this program there is a requirement that students be on campus for four semesters.

For more information: http://cesl.umass.edu/citizenscholars/apply

CIVIC ENGAGEMENT AND PUBLIC SERVICE CERTIFICATE

About: This certificate provides students with hands on experience, promoting social change. It enhances student skills and knowledge of activism and citizenship.
Who: This certificate is a good option for those committed to social justice, community organizing, public policy, or political theory. If you’re in Citizen Scholar’s Program, you only need two additional classes to complete the certificate.

Requirements: Students must complete a minimum of six courses (each three credits or more) for a minimum of 18 credits that fulfill specific requirements.

For more information: http://cesl.umass.edu/certificaterequirements

POPULATION STUDIES CERTIFICATE
About: The Population Studies Certificate examines factors affecting Public Health, which include family dynamics, environmental impacts, labor markets, and population estimates.
Who: This could be a good option for those interested in economics, health policy, community health education, or urban planning. This certificate is straightforward in the guidelines and expected coursework.
Requirements: The certificate requires 15 credits, with five required courses.
For more information: http://www.umass.edu/ug_programguide/certificate_programs/populationsciencecertificate.html

PUBLIC POLICY & ADMINISTRATION CERTIFICATE
About: The Public Policy & Administration Certificate focuses on various Public Policy issues, including health care policy, education reform, environmental policy, international relations, etc.
Who: This certificate may benefit students who are interested in a career in health policy and management, hospital administration, health care reform or political science within the Public Health field.
Requirements: The Public Policy & Administration Certificate consists of three mandatory courses, in addition to five elective courses. The remaining five elective courses are chosen based on student interests and three of them must be at the three hundred level or higher. Students interested in this certificate must complete an application and a one page proposal for their course plan and explanation.
For more information: http://masspolicy.org/acad_undergrads_reqs.html

CULTURE, HEALTH, & SCIENCE CERTIFICATE
About: The Culture Health & Science Certificate is offered to all students within the Five College program. This interdisciplinary program focuses on areas including research strategies, disease outbreaks, social sciences, cultural experience, the environment, etc.
Who: Many of the courses offered overlap with the Public Health major requirements, making it a good choice for Public Health students. However, you are only allowed to use 3 major courses toward the certificate. Additionally, students have the opportunity to take courses at any of the Five Colleges, which enhances their academic experience.
Requirements: Students are required to complete seven courses, four of which may be counted toward the student’s major. Four semesters of a foreign language are encouraged, but not required. Students must take at least one course from each of the five listed categories. Students are required to pursue an independent research project, which provides students with hands on experience in a particular area of interest. Join the listserv and attend CHS events.
For more information: https://www.fivecolleges.edu/chs/

iCONS
About: The icons program (Integrated Concentration in Science) is an 18 credit academic program with a track in biomedicine and a track in renewable energy.
Who: This program is best suited for freshman, due to course plan, but sophomores are also encouraged to apply. This program is a good fit for freshman and sophomore students who are interested in focused in renewable energy or biomedicine. This rigorous curriculum prepares students for a career in Environmental Health, Epidemiology, or Biostatistics.
Requirements: Application is required. Students enroll in three courses, one each year, and then complete a senior thesis.
For more information: http://www.cns.umass.edu/icons-program/academics
Sample Focus Areas & Relevant Courses

**DISCLAIMER:** Please note that some of these courses have prerequisites and restrictions. The sample focuses listed below are simply suggestions and examples for some focus areas. These are NOT premade collateral fields/focus areas; not all of these examples completely fulfill the collateral/focus area requirements. **Even if you choose to pursue some of these courses, you still MUST submit a proposal form.**

**ENVIRONMENTAL HEALTH**
These courses encompass environmental policy, environmental health, biology and chemistry knowledge background as well as environmental science concepts. An EcoRep program and an independent study are examples of ways to get experience in your collateral field that can be used toward your courses.
- PUBHLTH 303: Introduction to Environmental Health Sciences (3)
- ENVIRSCI 315: Principles of Environmental Toxicology and Chemistry (3)
- ENVIRSCI 342: Pesticides, The Environment, and Public Policy (3)
- POLISCI 387: Energy Policy (4)
- ENVIRSCI 452: Hazardous Waste Operations and Emergency Response (3)

**WOMEN’S HEALTH**
These courses focus on the biology, politics and issues of women’s health.
- PSYCH 355: Adolescent Psych (3)
- PUBHLTH 390W: Fundamentals of Women’s Health (3)
- POLISCI 391K: Family and the State (3)
- SOCIOL 395K: Domestic Violence (3)

**Pre-Health Studies**
These courses focus on the multidisciplinary aspects of undergraduate education that medical/physician assistant/dental schools might require or recommend for admission. Collectively, these classes may assist students in attaining a holistic perspective on medicine and public health.
- Biochemistry 420: Elementary Biochemistry (3 credits)
- Psychology 380: Abnormal Psychology (3 credits)
- Psychology 330: Behavioral Neuroscience (3 credits)
- Psychology 350: Developmental Psychology (3 credits)
- Chemistry 261: Organic Chemistry (3 credits)
- Chemistry 262: Organic Chemistry 2 (3 credits)
- CHEM 269: Organic Chemistry Lab 2 (3)
- BIOCHEM 420: Elementary Biochemistry (3)
- ANTHRO 312: Medical Anthropology (3)
- NURSING 312: Cultural Diversity in Health and Illness (SI, U) (4)
- MICROBIO 310: General Microbiology (3)
SCIENTIFICS
This sample focus shows how classes from different but similar disciplines can be combined to form a well-rounded knowledge of the sciences to compliment your public health degree.

- CHEM 250: Organic Chemistry (3)
- CHEM 261: Organic Chemistry (3)
- MICROBIO 310: General Microbiology (3)
- MICROBIO 330: Microbial Genetics (3)
- BIO 383H: Gene and Genome Analysis (4)

INTERNATIONAL RELATIONS 5-COLLEGE CERTIFICATE

- ANTHRO 336: Political Anthropology
- POLISCI 354: International Relations
- POLISCI 359: International Political Economy
- GEOGRAPHY 364: Development
- HISTORY 381: U.S. Diplomatic History II

CHILD DEVELOPMENT
These courses give an interdisciplinary understanding to the health and development of a child, both physically and mentally.

- PSYCH 355: Adolescent Psych (3)
- SOCIOLOGY 382: Sociology of Childhood (3)
- POLISCI 391K: Family and the State (3)
- PSYCH 391C: Infancy (3)

CITIZEN SCHOLAR’S PROGRAM & OTHER SERVICE COURSES
These courses and community service engagement come together to form a basis of knowledge and experience about working in and serving the community.

- PUBHLTH 499N: Public Policy and Citizen Action (4)
- PUBHLTH 499O: Organizing: People, Power, and Change (4)
- SERVCLRNG 393T: Tools for Change (4)
- ANTHRO 397H: Grass Roots Community Organizing (4)
- ANTHRO 397S: Community Service Learning (1)
- ANTHRO 397L: Leadership and Activism (4)
- ANTHRO 397CR: Critical Pedagogy for UACT (1)

Social Inequalities
These courses collectively evaluate various inequalities or disparities, which can be helpful when creating policies that might affect health. This focus area could be interesting to someone who wants to learn more about the intersectionality of health and how the inequalities that exist in society might influence an individual’s health.

- SOCIO 397K: ST-Youth and Social Inequality: Rebellion Risk Resistance
- SOCIO 356: Social Forces, Health & Life Course
- SOCIO 357: The Wire and Urban Inequality
- POLISCI 380: Social Welfare Policy
- PUBP&ADM 397P: Policymaking for Social Change

Global Epidemiology

- PUBH 497R-F: Research Ethics
- PUBH 290KH (counts as 300 level): Environmental Epigenetics
- PUBHLTH 397A: Global Health
- PUBHLTH 307 (Abroad): Surveillance of Infectious Diseases
- PUBHLTH 389: Health Inequities
**Food Safety**
- Food Science 391A: Food Science (1)
- SOCIOL 331: Food and Labor (4)
- SOCIOL 392E: Food and Society (3)
- Environmental Science 315: Principles of Environmental Toxicology and Chemistry (3)
- Environmental Science 342: Pesticides, the Environment and Public Policy (3)

**Health Education**
These courses focus on public health, education, and political science to understand the public health approach to educational practices in the current policy frameworks.
- PUBHLTH 301: Principles of Community Health Education (3)
- PUBHLTH 302 (online): Community Development & Health Education (3)
- EDUC 305: Foundations of Education (3)
- EDUC 377: Introduction to Multicultural Education (4)
- EDUC 491A: Introduction to Inclusion (3)
- POLISCI 381: Health, Education, & Arts Policy (3)
- PUBH 390G (online): Holistic Health Healing

**Global Health and Developing Community Collaboration**
- PUBHLTH 397A: ST – Introduction to Global Health from an Interdisciplinary Perspective (3)
- PUBHLTH 390K: Maternal and Child Health in the Developing World (3)
- EDUC 494RI: Educational Issues in Real World Contexts (3)
- SOCIOL 334: Sociology of International Crises and Disasters (4)
- SOCIOL 356: Social Forces, Health & Life Course (4)
- PSYCH 305: Educational Psych (3)

**Social Justice Issues and Public Health**
- SOCIOL 392J: Race and Policing (4)
- PSYCH 492P: Civil Resistance & Social Change (4)
- ANTHRO 397GR: Gender, Race and the Body (3)
- EDUC392B: Racism Global Context (1)
- WGSS 301: Theorizing Race, Gender and Power (3)
- WGSS 395G: Gender, Sexuality, Race & the Law: Critical Interventions (3)