

# PUBLIC HEALTH SCIENCES AS

Total Credits: 60

Catalog Edition: 2025-2026

## Program Description

Public health is the science of promoting health, preventing disease, extending life and improving quality of life for populations. The population can be as small as a community or as large as a country. Public health professionals address the impact of genetics, environment and individual behavior on the health of the population. The mission of public health is accomplished through the development and delivery of educational programs, creation of policy, regulation and administration of resources and continuing research. The scope of public health practice is broad encompassing a wide range of disciplines which emerge from the five core areas; behavioral science, epidemiology, biostatistics, administration and environmental health. This degree program is designed to articulate with the BS in Public Health Sciences, University of Maryland School of Public Health. Students may choose to complete this program at either the Shady Grove campus or the main campus in College Park. Students not transferring into the BS in Public Health Sciences are advised to check the requirements of the institution and program to which they intend to transfer.

## Program Outcomes

Upon completion of this program, a student will be able to:

- Identify and analyze credible sources of health information.
- Describe the biopsychosocial factors which impact human health.
- List and describe controllable and uncontrollable risk factors for disease.
- List and describe the leading causes of morbidity and mortality in the US.
- Analyze the contribution of both controllable and uncontrollable risk factors to the health status of individuals and populations.
- Evaluate the impact of personal/individual choice in achieving and maintaining good health.
- Evaluate the impact of individual choice on the health of the population.

## Program Advisors

- Prof. Petula Alvaradous-Phillander, 240-567-7582,  
[petula.alvaradousphillander@montgomerycollege.edu](mailto:petula.alvaradousphillander@montgomerycollege.edu)

For more information, please visit <https://www.montgomerycollege.edu/academics/programs/health-enhancement-exercise-science-and-physical-education/public-health-sciences-as-degree.html>

2025-2026

# Program Advising Guide

An Academic Reference Tool for Students

# PUBLIC HEALTH SCIENCES AS

## Suggested Course Sequence

A suggested course sequence for full-time students follows. All students should review this advising guide and consult an advisor.

### First Semester

ENGL 101 - Introduction to College Writing *3 semester hours* \*

MATH 150 - Elementary Applied Calculus I *4 semester hours* (MATF)

BIOL 150 - Principles of Biology I *4 semester hours* (NSLD)

HLTH 160 - The Science and Theory of Health *3 semester hours*

### Third Semester

BIOL 213 - Human Anatomy and Physiology II *4 semester hours*

CHEM 150 - Essentials of Organic and Biochemistry *4 semester hours*

COMM 108 - Foundations of Human Communication *3 semester hours* (GEEL)

OR

COMM 112 - Business and Professional Speech Communication *3 semester hours* (GEEL)

HLTH 225 - Introduction to Health Behaviors *3 semester hours*

SOCY 100 - Introduction to Sociology *3 semester hours* (BSSD)

### Second Semester

ENGL 102 - Critical Reading, Writing, and Research *3 semester hours*

BIOL 212 - Human Anatomy and Physiology I *4 semester hours* (NSLD)

CHEM 131 - Principles of Chemistry I *4 semester hours*

PSYC 100 - General Psychology *3 semester hours*

Arts Distribution *3 semester hours* (ARTD)

### Fourth Semester

BIOL 210 - Microbiology *4 semester hours*

BIOL 222 - Principles of Genetics *4 semester hours*

HLTH 299 - Capstone in Public Health Sciences *1 semester hour*

Humanities Distribution *3 semester hours* (HUMD)

## Total Credit Hours: 60

\*ENGL 101/ENGL 101A, if needed for ENGL 102/ENGL 103 or HLTH elective.

If students plan to transfer to a school other than UMD or UMD at the Universities at Shady Grove, they should consult the transfer institution for more detailed information on course transfer.

AA and AS programs require one global and cultural perspectives (GCP) General Education course.

## Transfer Opportunities

Montgomery College has partnerships with multiple four-year institutions and the tools to help you transfer. To learn more, please visit <https://www.montgomerycollege.edu/transfer> or <http://artsys.usmd.edu>.

## Get Involved at MC!

Employers and Transfer Institutions are looking for experience outside the classroom.

MC Student Clubs and Organizations: <https://www.montgomerycollege.edu/life-at-mc/student-life/>

## Related Careers

Some require a Bachelor's degree.

Health Policy Analyst, Health Administration – Program Specialist, Administrative Services Manager, Medical and Health Services Manager, Compliance Manager, Biostatisticians, Epidemiologist, Healthcare Social Worker, Health Educator, Community Health Worker.

## Career Services

Montgomery College offers a range of services to students and alumni to support the career planning process. To learn more, please visit <https://www.montgomerycollege.edu/career>

## Career Coach

A valuable online search tool that will give you the opportunity to explore hundreds of potential careers or job possibilities in Maryland and the Washington D.C. metropolitan area. Get started today on your road to a new future and give it a try. For more information, please visit <https://montgomerycollege.emsicc.com>

## Notes: