



## WHAT IS PUBLIC HEALTH

The public health field is dedicated to protect and improve the health of individuals, families, communities and populations where they live, learn, work, and play. Public health professionals aim to prevent problems from happening before people get sick or injured by promoting healthcare equity, quality, and accessibility.

Day-to-day activities could include developing educational programs, creating health promoting policies, providing social services, conducting mixed-methods research, and leading community development and health systems reform.

## DEGREE

**Associate of Arts Oregon Transfer (AAOT)-Public Health.** Approximate time to complete is two years.

The AAOT degree, with a focus in public health, is designed for students who wish to transfer to a four-year university to pursue a bachelor's degree in a public health related field. Lower division coursework at COCC includes an introduction to public health, the US healthcare system, health psychology, biology and mathematics. The coursework prepares students to transfer to a four-year university ready for upper division coursework in public health.

## TUITION\*

**Associate of Arts Oregon Transfer (90 credit AAOT):** approximately \$11,318

*\*Assumes in-district tuition, full-time enrollment, and entering at a college-skill level. Tuition and fees are estimates, impacted by choice of classes and subject to change.*

COCC Financial Aid Office provides assistance for students to access financial aid to reach their educational goals: FAFSA/ORSAA, grants, scholarships, Oregon Promise, work study, loans, etc.

# PUBLIC HEALTH

## CAREERS IN PUBLIC HEALTH

- Program planners and evaluators
- Educators
- Researchers and epidemiologists
- Health and safety engineers
- Advocacy & policy advisors
- Health communication specialists
- Community developers & organizers
- Global health development officers
- Minority health & health disparities experts
- Environmental health specialists

## FURTHER EDUCATION IN PUBLIC HEALTH

*To learn more about career and degree options in the field of public health visit the Association of Schools and Programs of Public Health (ASPPH) website.*

### Bachelor Degree Programs - Public Higher Education within Oregon

#### Oregon State University - Corvallis:

- Public Health: Health Management & Policy or Health Promotion & Health Behavior

#### Oregon State University - Cascades

- Human Development & Family Sciences
- Social Sciences

#### Oregon Health Sciences University - Portland State University: School of Public Health

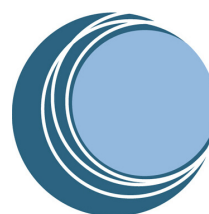
- Public Health Studies: Community Health Education, Health Sciences, School Health, or Aging Services

#### Oregon Institute of Technology

- Population Health Management: Health Counseling & Outreach, Care Management & Coordination, or Applied Health Data Analysis

#### Southern Oregon University

- Healthcare Administration: Community Public Health, Data Analytics, or Personnel Management



**CENTRAL OREGON**  
community college

# PUBLIC HEALTH, ASSOCIATE OF ARTS OREGON TRANSFER (AAOT)

## 90+ CREDITS\*

**Math:** MTH 105 (Math in Society) or MTH 111 (College Algebra) or higher

**Writing:**

- WR 121 Academic Composition
- WR 122 (Argument, Research & Multimodal Composition) or WR 227 (Technical Writing)

**Health:** Choose 3 credits from approved list:

*Recommend* - HHP 110 (Orientation to Public Health Professions) and one activity class (HHPA)

**Oral Communication course** (choose one): COMM 111, 114, 115, 218 or 219

**Cultural Literacy:** Choose one class from approved Cultural Literacy list (*HHP 248 meets requirement*)\*\*

**Arts & Letters:** Choose three courses from at least two prefixes (see approved list of classes)

**Social Science:** Choose four courses from at least two prefixes (see approved list of classes)

*Recommend:*

- HHP 100 Introduction to Public Health
- HHP 210 Introduction to the Health Care System
- HHP 248 Health Psychology\*\*
- *Either:* PSY 201 (Mind & Brain) or SOC 201 (Introduction to Sociology)

**Science/Math/Computer Science:** Choose four courses from at least two prefixes including at least three laboratory courses in biological and/or physical Sciences (see approved list of classes)

*Recommend:*

- BI 101-General Biology I, BI 102-General Biology II & BI 103-Ecology (laboratory courses)
- MTH 243 Introduction to Probability and Statistics I (non-laboratory course)

**Electives:** Choose any 100-level course (or above) to bring the total degree credits to 90 quarter hours. (May include up to 12 credits of approved Career and Technical Education courses)

*Recommend:*

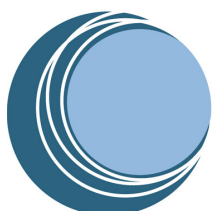
- EC 201 Microeconomics
- HHP 231 Human Sexuality
- HHP 240 Science of Nutrition
- HHP 267 Wellness Coaching Fundamentals
- HHP 268 Sustainable Food & Nutrition
- HHP 281 Practicum - Health Promotion/Public Health
- SOC 212 Race, Class & Gender

*Other courses to consider:*

- ANTH 234 Biological Anthropology (laboratory course)
- FN 225 Human Nutrition
- HHP 283 Introduction to Alternative Medicine
- HHP 295- Health & Fitness
- EC 202 Macroeconomics
- ES 101 Introduction to Ethnic Studies
- GEOG 190 Environmental Geography
- GEOG 290 Environmental Problems

*\*Your Academic Advisor will assist you in developing a course of study that aligns with your career and transfer needs. The AAOT has lots of flexibility for individualized course selection. Students should always check with specific universities to ensure the most current transfer information is accessed when designing their program.*

*\*\* Additional course recommendations*



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### FOR MORE INFORMATION CONTACT:

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<https://www.cocc.edu/programs/public-health>