

**Department of Public Health  
Institute of Social & Cultural Studies  
Faculty of Behavioral & Social Sciences  
University of the Punjab, Lahore**

**Course Outline**

<b>Programme</b>	BS Workplace Health & Safety Promotion	<b>Course Code</b>	<b>WHSP 103</b>	<b>Credit Hours</b>	3
<b>Course Title</b>	Fundamentals of Public Health				

### **WHSP 103- Fundamentals of Public Health**

#### **Course Objectives:**

After studying this course, you should be able to:

- i. Define and understand concept of health
- ii. Identify determinants of health
- iii. Enumerate the indicators of health
- iv. Understand the concept of disease causation
- v. Understand the levels of prevention
- vi. Cover basic definitions and historical background of public health
- vii. Identify relationship of personal hygiene with disease
- viii. Describe how personal hygiene improves health of individuals

#### **Course Contents:**

##### **Introduction**

- i. Concept of health
- ii. Types/Dimensions of health
- iii. Definition of health
- iv. Determinants of health
- v. Responsibility of health
- vi. Indicators of health

##### **Disease and Prevention**

- vii. Concept of disease
- viii. Disease classification
- ix. Concept of causation
- x. Levels of prevention

##### **Public Health**

- xi. What is public health
- xii. Historical background of public health

- xiii. Evolution of public health
- xiv. Definitions of common public health terms

### **Introduction to Personal Hygiene**

- xv. Body hygiene: Hand wash, Oral, Hand, Eye, Hair and Feet hygiene
- xvi. Role of personal hygiene in communicable and non-communicable diseases
- xvii. Personal hygiene at home, school and workplace

### **Recommended Books/Readings:**

1. Global Health 101, Fourth Edition By Richard Skolnik 2019.
2. Fundamentals of Biochemistry: Life at the Molecular Level by Donald Voet, Judith G. Voet, Charlotte W. Pratt 2016.
3. Polyphenols in Human Health and Disease Volume-1 edited by Ronald Ross Watson, Victor R. Preedy, Sherma Zibadi 2014.
4. Basch PF. Textbook of international health, 2nd edition New York, NY: Oxford University Press 2003.
5. Brownson RC, Baker BA, Leet TL, Gillespie KN. Evidence-based public health. New York, NY: Oxford University Press; 2003.
6. Detels R, McEwen J, Beaglehole R, Tanaka H, (eds.). Oxford textbook of public health: the practice of public health, 4thed. Oxford: Oxford University Press; 2002.
7. Personal Hygiene care first edition 2010 Willey Blackwell
8. Personal Hygiene and sexual health 2010 by Camilla De la Bédoyère
9. Healthy Living. Web Health Center
10. Sharon O Neil. Personal Hygiene Basic. Live Strong.com
11. Beth W Ornstein. A Guide to good personal hygiene. Everyday health.com
12. Virginia Smith. Clean: A History of Personal Hygiene and Purity. Oxford University Press