

GENNS-101: FUNDAMENTALS OF PUBLIC HEALTH

Natural Science Course

Credits:	03
Pre-Requisite:	Nil
Offering:	Undergraduate Degrees (including Associate Degrees)
Placement:	1 – 4 Semesters
Type:	Nature Science
Fields:	All

DESCRIPTION

Fundamentals of Public Health (FPH) is an introductory-level undergraduate course that focuses on the fundamentals related to health, disease, public health and personal hygiene practices. The course is designed to provide a broad overview of the field of public health and a focused look at the core areas of health promotion, disease prevention, epidemiology, determinants of health and disease classification. This course will also enable students to understand the history and philosophy of public health, as well as its core values, concepts, and functions in societies

COURSE LEARNING OUTCOMES

After studying this course, you should be able to:

1. Define and understand concept of health
2. Identify determinants of health
3. Enumerate the indicators of health
4. Understand the concept of disease causation
5. Understand the levels of prevention
6. Cover basic definitions and historical background of public health
7. Identify relationship of personal hygiene with disease
8. Describe how personal hygiene improves health of individuals

SYLLABUS

1. Introduction

- Concept of health
- Types/Dimensions of health
- Definition of health
- Determinants of health
- Indicators of health

2. Disease and Prevention

- Concept of disease
- Disease classification
- Concept of causation
- Levels of prevention

3. Public Health

- What is public health
- Historical background of public health
- Evolution of public health

- Definitions of common public health terms

4. Introduction to Personal Hygiene

- Body hygiene: Hand wash, Oral, Hand, Eye, Hair and Feet hygiene
- Role of personal hygiene in communicable and Non communicable diseases
- Personal hygiene at home, school and work place

PRACTICAL REQUIREMENTS/ TEACHING-LEARNING STRATEGIES:

Teaching will be a combination of class lectures, class discussions, and group work. Short videos/films will be shown on occasion.

SUGGESTED INSTRUCTIONAL / READING MATERIAL

1. Schneider, M. J. (2016). Introduction to public health. Jones & Bartlett Publishers.
2. Turnock, B. (2012). Public health. Jones & Bartlett Publishers.
3. Keleher, H., & MacDougall, C. (2015). Understanding health (No. Ed. 4). Oxford University Press.
4. Ashton, J., & Seymour, H. (1988). The new public health (Vol. 1). Milton Keynes: Open University Press.
5. Baum, F. (2016). The new public health (No. Ed. 4). Oxford University Press.
6. Basch, P.F. Textbook of international health, (2ndEd.) New York, NY: Oxford University Press.
7. Brownson, R.C., Baker, B.A., Leet, T. L., & Gillespie, K. N. (2003). Evidence-based public health. New York, NY: Oxford University Press.
8. Detels, R., McEwen, J., Beaglehole, R., & Tanaka, H., (eds.). (2002). Oxford textbook of public health: the practice of public health, (4thed.) Oxford: Oxford University Press.