

Currently, the University of Utah does not offer a bachelor's degree in public health. I understand that a public health degree is being considered for the future. Though a degree path in the future would not benefit me as it would be far too late for me to declare my major, the proposal for such a degree does highlight the relevance of the university studies pathway I propose in public health.

Public health is a highly specialized activity, focusing primarily on health promotion, global health, cultural education, and a vast knowledge of various health topics. Without specialized studies pointed at these things, I will be at a competitive disadvantage compared to peers that graduate from universities that currently offer public health degrees. I plan to take many courses in the Public Health program if the degree is made available before I graduate. Until that time, I will take courses that I feel will direct my studies in the same way that a world-class degree program would. As outlined below, I will take courses specific to degree paths in Health Promotion and Education, Family and Preventative Medicine, Anthropology and Social Studies. Though the individual courses are relevant to public health, none of those majors, overall, is helpful to accumulating the specific knowledge and foundation I need to succeed in public health.

I plan to promote global health on an international basis after graduation. I believe that spending time abroad is vital to my public health education. Therefore, as part of my university studies plan, I will spend the upcoming summer at the University's center in Ghana. The course offerings there are limited. Those courses, along with the overall experience, track nicely with the University Studies plan that I outline below, not with any other major.

My thesis will focus on using community-based engagement to promote preventive health on a global scale. Public health professionals in the United States are currently trying to put more focus on prevention rather than response. I believe that the best way to relieve people from disease is to intercept illness before it has a chance to affect them. "Investing wisely in both clinical and community preventive services is essential if we are to successfully address the leading causes of death and disability, namely, chronic diseases and their risk factors" ("The Value of Prevention"). I will spend the summer of 2016 in Ghana, researching the effect of health-based action when it comes from within the community. I am finalizing my thesis project with Dr. Steve Alder.

"The Value of Prevention." *Health Policy* 5.1 (1985): 91-92. *Prevent.org*. The Partnership to Fight Chronic Disease. Web. 2 Jan. 2016.

The courses I will take to fulfill a University Studies degree with an emphasis in public health are detailed on the attached table.

Major Courses				
Code	Course Number	Course Title	Department	Credit Hours
+	ANTH 1010	Culture and Human Experience	Anthropology	3
+	ANTH 1050	Evolution of Human Nature	Anthropology	3
+	H EDU 1010	Healthy Lifestyles	Health Promotion and Education	3
+	H EDU 3050	Community Health Issues	Health Promotion and Education	3
+	SOC 3112	Social Statistics	Social Studies	4
	H EDU 4350	Personal Resiliency	Health Promotion and Education	3
	BIOL 2420	Physiology	Biology	4
	NUTR 1020	Nutrition and Health	Nutrition	3
	PBHLT 3400	Public Health Administration and Policy	Public Health	3
	PUBH 3500	Program Management in Public Health	Public Health	3
	PBHLT 3700	Environmental Public Health	Public Health	3
	FP MD 5530	Global Health	Family and Preventative Medicine	3
	FP MD 6300	Epidemiology	Family and Preventative Medicine	4
	PUBH 3550	Public Health Program Evaluation	Public Health	3
	PUBH 4500	Public Health Writing	Public Health	3
	PBHLT 4250	Theories of Behavior Change	Public Health	3
	PUBH 4960	Public Health Internship	Public Health	6
	PUBH 4900	Public Health Capstone	Public Health	3
+	SOC 3381	Inequality Through Music and Film	Social Studies Sociology	3
ip	FP MD 6950	Readings Public Health	Family and Preventative Medicine	1
ip	PED 5510	Prep for Global Health	Pediatrics	1
				Total: 65
				+4000: 24