



PUBH 101: Introduction to Public Health

Term: Fall 2026

Credits: 3.0

Lecture Times & Location: Tuesday & Thursday 11:00 a.m.–12:15 p.m., Calder Health Sciences Building 150

Modality: In-Person

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Instructor Information

- **Instructor:** Dr. Colette Duval (Assistant Professor of Public Health)
- **Email:** cduval@university.alkimi.ai
- **Office:** Calder Health Sciences Building 312
- **Office Hours:**
 - Monday & Thursday: 9:00–10:30 a.m. (In person, Calder Health Sciences Building 312)
 - Friday: 9:00–10:00 a.m. (Virtual via Zoom; link posted in Canvas)
 - Also available by appointment.

Course Description

History, core functions, and essential services of public health; determinants of health; and the ways public health tackles infectious disease, chronic disease, injury, and health inequities. PUBH 101 provides an introduction to the concepts, institutions, and population-based methodologies that protect and improve the health of communities. Tracing the evolution of public health from sanitary reforms to modern epidemiology, students examine the three core functions (assessment, policy development, and assurance) and the 10 Essential Public Health Services. The course explores the social and ecological determinants of health, epidemiological surveillance, infectious and chronic disease control, environmental health hazards, and systemic strategies to achieve health equity.

Prerequisites

None.

Measurable Student Learning Outcomes

Upon successful completion of PUBH 101, students will be able to:

1. **Define Core Functions and Essential Services:** Explain the historical evolution, philosophical frameworks, core functions, and 10 Essential Public Health Services that guide public health infrastructure.
2. **Analyze Social Determinants and Health Disparities:** Examine how structural, economic, environmental, and behavioral determinants shape health inequities across diverse demographic populations.
3. **Examine Infectious and Chronic Disease Epidemiology:** Describe the mechanisms of communicable disease transmission, outbreak investigation, chronic disease prevention, and injury prevention models.

4. **Evaluate Public Health Interventions and Policies:** Assess the efficacy of health communication campaigns, community health worker initiatives, regulatory policies, and evidence-based interventions.
5. **Communicate Public Health Issues to Stakeholders:** Synthesize epidemiological evidence and community data into a concise, actionable policy brief advocating for health equity.

Required Course Materials & Approximate Costs

1. **Riegelman, Richard, and Brenda Kirkwood. *Public Health 101: Improving Community Health*. 3rd ed., Jones & Bartlett Learning, 2019.** Approx. \$85 print, \$50 digital rental.
2. **Schneider, Mary-Jane. *Introduction to Public Health*. 6th ed., Jones & Bartlett Learning, 2021.** Approx. \$90 print or digital.
3. **Total estimated cost:** \$90 to \$135.

Generative AI Policy (AI Level 2: AI Permitted with Disclosure for Specified Tasks)

In accordance with Alkimi University Academic Policies (Student Handbook §5.8), PUBH 101 operates under **AI Level 2**.

- **What is permitted:** You may use generative AI tools to explore historical timelines of public health milestones, brainstorm potential community stakeholders for local health initiatives, and check the grammar, organization, and clarity of your drafted assignments.
- **What is prohibited:** You may not use generative AI to write your community health policy brief, generate synthesized stakeholder arguments, complete weekly quizzes, or answer examination questions. Submitting text composed by an AI tool as your own analysis violates academic integrity.
- **Disclosure:** All submitted project reports and policy briefs must contain an AI disclosure statement stating which generative AI tools were consulted and how they were applied. If no AI tools were used, state: 'No generative AI tools were used in preparing this work.'

Grading Components and Weights

- **Midterm Examination 1:** 15% (In class, Thursday, October 1)
- **Midterm Examination 2:** 15% (In class, Thursday, November 12)
- **Community Health Problem Analysis & Policy Brief:** 20% (Due Friday, October 23 at 11:59 p.m.)
- **Public Health Campaign Design Project:** 15% (Due Friday, November 20 at 11:59 p.m.)
- **Weekly Reading & Case Discussion Canvas Quizzes:** 15% (Due Mondays at 11:59 p.m. in Canvas; lowest quiz score dropped)
- **Final Examination:** 20% (Wednesday, December 16, 2026, 1:30–3:30 p.m.)

Grading Scale (Alkimi University Standard)

- **A:** 93–100% | **A-:** 90–92%
- **B+:** 87–89% | **B:** 83–86% | **B-:** 80–82%
- **C+:** 77–79% | **C:** 73–76% | **C-:** 70–72%
- **D+:** 67–69% | **D:** 60–66% | **F:** Below 60%
- **Extra credit:** No individual extra credit assignments are offered in this course.

Course Schedule (Fall 2026)

Week	Dates	Topics & Readings	Assignments & Deadlines
Week 1	Aug 27	What Is Public Health?: Definitions of population health, medicine versus public health, PERIE evidence-based public health approach, and historical perspectives. <i>Reading: Riegelman & Kirkwood, Ch. 1</i>	<i>First day of classes: Wed Aug 26.</i>

Week	Dates	Topics & Readings	Assignments & Deadlines
Week 2	Sep 1, 3	Evidence-Based Public Health and Vital Statistics: Burden of disease, distribution of health states, mortality and morbidity rates, incidence and prevalence, and public health surveillance. <i>Reading: Riegelman & Kirkwood, Ch. 2</i>	<i>Wed Sep 2: Add/section change deadline.</i>
Week 3	Sep 8, 10	Health Informatics and Health Communication: Collection and dissemination of public health data, health literacy, communicating risk, and countering health misinformation. <i>Reading: Riegelman & Kirkwood, Ch. 3</i>	<i>Mon Sep 7: Labor Day (no classes). Wed Sep 9: Census date (last day to drop without a W).</i>
Week 4	Sep 15, 17	Social and Behavioral Determinants of Health: Socioeconomic status, culture, religion, social gradient in health, and socio-ecological models of health behavior. <i>Reading: Riegelman & Kirkwood, Ch. 4</i>	—
Week 5	Sep 22, 24	Health Law, Policy, and Ethics: Police powers of the state, individual rights versus collective protection, bioethics, Belmont Report, and health policy frameworks. <i>Reading: Riegelman & Kirkwood, Ch. 5</i>	—
Week 6	Sep 29, Oct 1	Infectious Diseases: Transmission and Outbreak Control: Chain of infection, epidemic curves, contact tracing, immunization strategies, and antimicrobial resistance; Midterm Examination 1 in class. <i>Reading: Riegelman & Kirkwood, Ch. 6</i>	Midterm Examination 1 (in class).
Week 7	Oct 6, 8	Emerging and Re-emerging Global Pathogens: Zoonotic spillover, pandemics, vector-borne diseases, global surveillance networks (WHO), and quarantine measures. <i>Reading: Riegelman & Kirkwood, Ch. 7</i>	—
Week 8	Oct 15	Chronic Disease Burden: The Non-Communicable Epidemic: Cardiovascular disease, cancer, diabetes, behavioral risk factors (tobacco, physical inactivity, diet), and screening criteria. <i>Reading: Riegelman & Kirkwood, Ch. 8</i>	<i>Oct 12–Oct 13: Fall break (no classes). Fri Oct 16: Midterm grades due.</i>
Week 9	Oct 20, 22	Environmental Health and Physical Hazards: Air quality, safe drinking water, chemical exposures, occupational health hazards, climate change, and vulnerable populations. <i>Reading: Riegelman & Kirkwood, Ch. 9</i>	Community Health Problem Analysis & Policy Brief due Fri Oct 23 at 11:59 p.m.
Week 10	Oct 27, 29	Injury Prevention and Violence as a Public Health Issue: Intentional and unintentional injury epidemiology, Haddon matrix, motor vehicle safety, firearm violence, and community violence interventions. <i>Reading: Schneider, Ch. 16</i>	—
Week 11	Nov 3, 5	Maternal, Infant, and Child Health: Infant mortality rates as population indicators, prenatal care access, nutrition programs (WIC), and social policies supporting families. <i>Reading: Schneider, Ch. 18</i>	<i>Fri Nov 6: Last day to withdraw (W) or elect Pass/No Pass.</i>
Week 12	Nov 10, 12	Public Health Institutions and Systems: Federal agencies (CDC, NIH, FDA), state and local health departments, NGOs, and community health centers; Midterm Examination 2 in class. <i>Reading: Riegelman & Kirkwood, Ch. 12</i>	Midterm Examination 2 (in class).
Week 13	Nov 17, 19	Community-Based Participatory Health and Community Health Workers: Empowerment models, community health worker roles, cultural liaisons, and engaging grassroots community coalitions. <i>Reading: Schneider, Ch. 20</i>	Public Health Campaign Design Project due Fri Nov 20 at 11:59 p.m.
Week 14	Nov 24	Disaster Preparedness and Emergency Response: Incident Command System, natural disasters, bioterrorism, hospital surge capacity, and emergency risk communication. <i>Reading: Riegelman & Kirkwood, Ch. 13</i>	<i>Nov 25–Nov 27: Thanksgiving break (no classes).</i>
Week 15	Dec 1, 3	Future Challenges in Population Health: Artificial intelligence in public health surveillance, demographic aging, health inequities, and planetary health frameworks. <i>Reading: Riegelman & Kirkwood, Ch. 14</i>	—

Week	Dates	Topics & Readings	Assignments & Deadlines
Week 16	Dec 8	Course Synthesis and Advocacy Presentations: Review of public health core functions, career trajectories in population health, and final examination preparation. <i>Reading: Course review packet</i>	<i>Wed Dec 9: Last day of classes.</i> <i>Thu Dec 10: Reading Day.</i>
Finals	Dec 16	Final Examination: Wednesday, December 16, 2026, 1:30–3:30 p.m., Calder Health Sciences Building 150.	Comprehensive exam covering public health history, core functions, determinants, and community health strategies.

Course Policies

Attendance Policy

Class attendance and thoughtful engagement in case discussions are essential. Public health is an inherently collaborative field where solving population dilemmas requires active dialogue and diverse perspectives. If illness or emergency causes an absence, please email Dr. Duval. Missing more than three unexcused classes will negatively impact your participation standing. Students who miss the first two class meetings without notifying the instructor may be dropped. Students may miss class for religious observance without penalty if they notify the instructor in writing within the first two weeks of the semester (by Wednesday, September 9, 2026). Absences for university-sponsored activities (athletics, performances, conferences) are excused with a letter from the sponsoring office at least one week in advance.

Late Work Policy

Assignments submitted after the deadline will be penalized 10% per calendar day up to a maximum of three days. Work submitted more than 72 hours late cannot be accepted. Weekly Canvas quizzes must be completed before the deadline and cannot be submitted late.

Public Health Major Progression Policy

Students majoring in Public Health must earn a minimum grade of C in PUBH 101 to advance to upper-division public health coursework. A grade lower than C requires repeating the course.

Final Exam Policy

The final examination (Wednesday, December 16, 2026, 1:30–3:30 p.m.) is scheduled by the University Registrar and can't be moved without the Dean's written approval (Faculty Handbook §5.5). A student with three or more final exams on the same calendar day may reschedule one of them. Requests go to the instructor of the middle exam by the last day of classes. For this term, send the request by Wednesday, December 9, 2026 (Student Handbook §6.4).

Academic Integrity

Alkimi University is an academic community devoted to rigorous scholarship, open intellectual inquiry, and uncompromising ethical conduct. All students are subject to the regulations of the Alkimi University Academic Integrity Policy. Academic dishonesty—including plagiarism, cheating on examinations, unauthorized collaboration, fabrication of empirical data, and unauthorized submission of academic work generated by artificial intelligence—undermines the integrity of the university and carries severe disciplinary sanctions. Sanctions range from a failing grade on an assignment or exam to an administrative course failure recorded as an 'XF' on the official transcript, academic suspension, or expulsion. Suspected violations are formally investigated and resolved through the Office of Academic Integrity in accordance with Faculty Handbook §6. For detailed information, consult the Office of Academic Integrity, Lovell Hall 315, (555) 555-0163, integrity@university.alkimi.ai.

Accessibility Services

Alkimi University is committed to providing equitable educational access and reasonable accommodations for all students with documented disabilities, including physical, sensory, psychological, learning, and chronic health conditions. Students requesting academic accommodations must formally register with the Office of Accessibility Services, Harlan Hall 204, (555) 555-0155, access@university.alkimi.ai. Once approved, students will receive an official Faculty Accommodation Letter detailing approved accommodations. Students should present this letter to the instructor as early in the semester as possible, and at least one week prior to any exam or assignment requiring accommodation. Accommodations cannot be applied retroactively.

Student Wellness and Mental Health

Your physical health, psychological well-being, and mental health are essential to your academic success. If you experience heightened stress, anxiety, depressive symptoms, personal trauma, or academic burnout, free, confidential counseling and medical care are available through the Hollis Health & Counseling Center, located in the Hollis Center. Routine appointments are available Monday–Friday 8:00 a.m.–6:00 p.m. and Saturday 10:00 a.m.–2:00 p.m. during the semester by calling (555) 555-0190 or emailing health@university.alkimi.ai. Urgent, 24/7 crisis psychological counseling is accessible immediately at (555) 555-0199.

Campus Student Support Services

- **Academic Advising Center:** Lovell Hall 101 | (555) 555-0158 | advising@university.alkimi.ai
- **Writing Center:** Whitcombe Library 3rd Floor | Free consultations on papers, reports, and research projects at any stage.
- **Whitcombe Library:** Whitcombe Library, Main Floor | (555) 555-0170 | askalibrarian@university.alkimi.ai
- **Hollis Health & Counseling Center:** Hollis Center | (555) 555-0190 | 24/7 Counseling Line: (555) 555-0199 | health@university.alkimi.ai
- **Public Health Learning & Career Mentorship:** Calder Health Sciences Building 312 | Drop-in advising on public health careers, agency volunteerism, and course concepts with Dr. Duval.