

DESIGN YOUR OWN DEGREE

Interdisciplinary Studies–Social Sciences



Public Health and Personal Wellness

For students passionate about inspiring and helping individuals and communities to prevent disease and achieve optimal wellness, the IDS-Social Sciences Public Health and Personal Wellness track might be an excellent option. Students will graduate with foundational knowledge in health promotion, planning, implementation, and evaluation from an interdisciplinary perspective. This major is supported by courses in anthropology, health education, IDS, public health, psychology, and sociology.

Program Objectives

Students will describe various determinants of health and wellness at the individual and community level, such as cultural, biological, social influences, and lived experiences.

Students will be able to assess personal and current levels of wellness in themselves and their client's wellness, as well develop a plan for growth.

Students will develop knowledge and competencies to design, implement, and evaluate a community based health program. Examples include a program aimed at smoking cessation program or decreasing underage drinking.

IDS 47 – Credit Major

10 credits of core required courses

- IDS 289 – Introduction to the Major (1)
- IDS 389 – Academic and Career Exploration (2)
- IDS 489 – Senior Portfolio Project (2)
- PSY 300 - Research Methods in Psychology (5)

12 credits of highly recommended courses

- LAJ 420 - Community and Social Justice
- POSC 325 - Introduction to Public Policy
- POSC 313 - The Legislative Process
- UNIV 309 - Civic Engagement

25 Credits of Additional Courses

- ANTH 357: Medical Anthropology
- HED 210: Drugs and Health
- HED 387: Principle of Fitness and Stress Management
- IDS 305: Surviving to Thriving: An Interdisciplinary Approach to Resiliency and Coping
- IDS 321: Body Image, Wellness and Popular Culture
- IDS 343: Origins and Results of Food Technology: The Gluttonous Human
- IDS 405: Essentials of Project Funding in the Social Sciences
- IDS 416: What did you mean by that? Exploring how differing interpretations can sabotage human interactions.
- PUBH 310: Community Health
- PUBH 317: Global Health Issues and Solutions
- PUBH 351: Community Building Strategies for Public Health

Additional Courses Cont.

SOC 310: Social Services Methods and Casework
SOC 320: Death and Dying
SOC 356: Sociology of Gender
SOC 357: Sociology of Families
SOC 358: Sociology of Sexualities
SOC 343: Child Abuse
SOC 327: Health and Society
SOC 343: Child Abuse
SOC 322: Sociology of Food
SOC 325: Aging
SOC 326: Social Demography
PSY 456: Industrial and Organizational Psychology
PSY 452: Adult Development and Aging
PSY 303: Analysis of Everyday Behavior
PSY 313: Developmental Psychology
PSY 415: Behavioral Medicine and Health Psychology
WGSS: Intersections of Gender,
Race, Class and Sexualities
Univ 309: Civic Engagement

Recommended Minors

Public Health
Project Management
Psychology
Sociology
Spanish
Women's, Gender and Sexuality Studies
Child Development
Family Science
Social Services
You can find more minors in the CWU Catalog

Possible Employers

Hospitals
Health systems
Clinics
Medical practice groups
Home health agencies
Long-term care facilities
Mental health facilities
Managed care organizations
Department of Health and Human Services
Centers for Disease Control and Prevention
Public health agencies (state and local)
Academic health and wellness centers
Corporate wellness centers