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

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