جامعة الأمير مساعد بن عبدالرحمن
Prince Musaid Bin Abdulrahman University
2011-1432

University Vice-Presidency for Academic Affair

College of Health Science

Department of Public Health

BSc of Public Health

Study plan

2025

A. PROGRAM IDENTIFICATION AND GENERAL INFORMATION

1. **Program Title and Qualification:** Bachelor of Science in Public Health (BSc.)
2. **Total Credit Hours Required for Completion:** 133 Credit Units distributed as follows:
   - University Requirements: 34 Credit Units
   - College Requirements: 33 Credit Units
   - Department Requirements: 57 Credit Units
   - Track Requirements: 9 Credit Units
3. **Tracks and Specializations within the Program:**
   - Environmental and Occupational Health
   - Health Promotion
   - Epidemiology and Biostatistics

4. **Professional Occupations:** Graduates of the program may work or contribute to many health related enterprises including but not limited to:
   - Epidemiology, Biostatistics, Research and Development
   - Health Promotion and Health Education Program Development and Community Efforts
   - Occupational or Environmental Health Endeavors
   - Public or private health care organizations and entities
   - Education and Teaching

5. Internship program

The students will spend 12 weeks (1 Semester) in one or more health institutions with approximately 420 internship hours.

6. Program Enrolment Requirements:

- High school graduation certificate with a scientific focus
- Pass Preparatory Year
- STEP or TOEFL score

7. Name of Program Coordinator:

Head of Public Health Department

Program Structure by Years:

Year 1

Year 1	Course Code	Course Title	Credit Hours	Pre-Requisites	Co-Requisites
Semester 1	ENG 101	English Skills 1	8		
	CS 001	Computer Skills	3		
	COMM 101	Communication Skills	2		
Total			13		

Year 1	Course Code	Course Title	Credit Hours	Pre-requisites	Co-requisites
Semester 2	ENG 102	English Skills 2	8		
	MATH 001	Introduction to Mathematics	3		
	AS 101	Academic Skills	2		
Total			13		

Year 2

Year 2	Course Code	Course Title	Credit Hours	Pre-requisites	Co-requisites
Semester 1	BIOL 101	Basic Medical Terminology	3	Pass Preparatory Year	
	ISLM 101	Introduction to Islamic Culture I	2		
	HCM 101	Healthcare management	3		
	PHC 121	Introduction to Biostatistics	3		
	PHC 101	Introduction to Public Health	3		
	HCM 102	Organizational Behavior	3		
Total			17		

Year 2	Course Code	Course Title	Credit Hours	Pre-requisites	Co-requisites
Semester 2	BIOL 102	Introduction to Anatomy and Physiology	3	BIOL 101	
	BIOL 103	Principles of Microbiology for public health	3		
	HCM 113	Health Policy and Saudi Healthcare System	3	HCM 101	
	PHC 131	Introduction to Epidemiology	3	PHC 121	
	PHC 151	Environmental Health	3	PHC 101	
	PHC 181	Sociology of Health, Illness and Healthcare	3		
Total			18		

Year 3

Year 3	Course Code	Course Title	Credit Hours	Pre- Requisites	Co-Requisites
Semester 1	PHC 212	Concepts of Health Education and Promotion	3	BIOL 101	
	PHC 241	Fundamental Concepts in Food and Nutrition	3	PHC 101	
	PHC 261	Occupational Health	3	PHC 151	
	PHC 271	Introduction to disease	3	BIOL 103	
	PHC 281	Health Behavior	3	PHC 181	
	ISLM 102	Introduction to Islamic Culture II	2		
Total			17		

Year 3	Course Code	Course Title	Credit Hours	Pre-Requisites	Co-Requisites
Semester 2	HCM 213	Financial Management for Healthcare	3	HCM 101	
	PHC 215	Healthcare Research Methods and Analysis	3	PHC 131	
	PHC 216	Ethics and Regulation in Health Care	3	HCM 113	
	PHC 273	Introduction to Mental Health	3	PHC 281	
	PHC 231	Introduction to Hospital Epidemiology	3	PHC 131	
	PHC 274	Health Planning	3	PHC 212	
	ISLM 103	Introduction to Islamic Culture III	2		
Total			20		

Year 4

Year 4	Course Code	Course Title	Credit Hours	Pre-requisites	Co-requisites
Semester 1	PHC 311	Global Health	3	PHC 101	
	PHC 312	Health Communication	3	PHC 216	
	PHC 313	Road traffic injuries and disability prevention	3	PHC 281	
	PHC 331	Chronic disease epidemiology and prevention	3	PHC 131	
	PHC 372	Public health outbreak and disaster management	3	PHC 231	
	PHC 373	Maternal and Child Health	3	PHC 271 PHC 281	
Total			18		

Year 4	Course Code	Course Title	Credit Hours	Pre-requisites	Co-requisites
Semester 2	PHC 374	Oral Health Promotion	3	PHC 281 PHC 212	
	PHC 314	Society and Addiction	3	PHC 312 PHC 273	
	ISLM 104	Introduction to Islamic Culture IV	3		
	XXX	Track Requirement 1	3	All level 7 courses	
	XXX	Track Requirement 2	3	All level 7 course	
	XXX	Track Requirement 3	3	All level 7 courses	
Total			17		

Program Tracks (Elective Courses):

Epidemiology and Biostatistics Track						
Course Code	**Course Title**	**Required or Elective**	**Credit Hours**	**College or Department**	**Pre-requisites**	**Co-requisites**
PHC 321	Applied Biostatistics	Elective	3	CHS - PH	All level 7 courses	PHC 332, PHC 335
PHC 332	Advanced Epidemiology	Elective	3	CHS - PH	All level 7 courses	PHC 321, PHC 335
PHC 335	Cancer Risk and Prevention	Elective	3	CHS - PH	All level 7 courses	PHC 332, PHC 321
Total			9			

Environmental and Occupational Health Track						
Course Code	**Course Title**	**Required or Elective**	**Credit Hours**	**College or Department**	**Pre-requisites**	**Co-requisites**
PHC 351	Health and Environmental Risk Assessment	Elective	3	CHS - PH	All level 7 courses	PHC 361, PHC 362
PHC 361	Safety Fundamentals	Elective	3	CHS - PH	All level 7 courses	PHC 351, PHC 362
PHC 362	Workplace Health Promotion	Elective	3	CHS - PH	All level 7 courses	PHC 351, PHC 361
Total			9			

Health Promotion Track						
Course Code	**Course Title**	**Required or Elective**	**Credit Hours**	**College or Department**	**Pre-requisites**	**Co-requisites**
PHC 315	Public Health Program Evaluation	Elective	3	CHS - PH	All level 7 courses	PHC 375, PHC 376
PHC 375	Promoting Physical Activity and Health	Elective	3	CHS - PH	All level 7 courses	PHC 315, PHC 376
PHC 376	Health Promotion and Later Life	Elective	3	CHS - PH	All level 7 courses	PHC 315, PHC 375
Total			9			

Course Descriptions

University Requirements

College	**Preparatory Year Deanship**	**Department**	
Course Title	**Essentials of Computers and Software**	**Course Code**	**CS 001**
Credit Hours	**3 Credit Hours**		

Course Description:

This course is an essential guide to computing concepts and provides the learner with a complete learning solution focusing on the most important, essential, and current concepts of information technology. Students are given a streamlined, concise, relevant approach to the fundamental issues surrounding the world of computing through a balance between theory and applied learning of these important topics.

College	**Preparatory Year Deanship**	**Department**	
Course Title	**Introduction to mathematics**	**Course Code**	**Math 001**
Credit Hours	**3 Credit Hours**		

Course Description:

This course will address the outcomes of introductory and intermediate algebra. Topics include: basic algebraic properties, integers, simplifying and factoring polynomials, solving and graphing linear equations and inequalities, solving systems of equations in two and three variables, functions, rational expressions, quadratic and rational equations and inequalities, absolute value, graphing systems of equations and inequalities, and other selected topics. Applications will be emphasized, and numeric, algebraic, and graphical modes will be used.

الكلية	**عمادة السنة التحضيرية**	**القسم**	
اسم المقرر	**المهارات الأكاديمية**	**رمز المقرر**	**نهج 101**
الساعات المعتمدة	**2 ساعات دراسية**		

وصف المقرر

يهدف هذا المقرر إلى مساعدة الطالب على إدارة ذاته وقدراته وإمكاناته بصورة تقوده إلى النجاح والتفوق والإبداع واكتساب عدد من الإستراتيجيات والأدوات البحثية وأدوات التعلم والتفكير بصورة إيجابية سليمة واستخدام سلسلة من الأدوات الحقيقية والإستراتيجية الفاعلة،التي تساعده على تحصيل المعرفة، وتنظيمها وسرعة استدعائها وإعداد البحوث العلمية وعرضها. كما يهدف المقرر إلى تعزيز أدوات واستراتيجيات التعلم الذاتي وأنماطه وطرقه وكذلك أدوات واستراتيجيات التعلم في بيئات التعلم الالكترونية.

الكلية	**عمادة السنة التحضيرية**	**القسم**	
اسم المقرر	**مهارات الاتصال**	**رمز المقرر**	**علم 101**
الساعات المعتمدة	**2 ساعات دراسية**		

وصف المقرر

- تعريف طبيعة الاتصال وعناصره وأنواعه وخصائصه وأهدافه وكفاءة الاتصال ومعيقاته وأدواته, العلاقة بين الاتصال اللغوي والاتصال غير اللغوي.
- مفهوم الذات, والإفصاح عن الذات.
- مهارة الإقناع, المقابلات الشخصية, القدرات الشخصية التي تسعى إليها القطاعات.
- مهارة كتابة السيرة الذاتية.
- مهارة الإلقاء والعرض الفعال.

الكلية	**العلوم و الدراسات النظرية**	**القسم**	**العلوم الانسانية**
اسم المقرر	**الثقافة الاسلامية (1)**	**رمز المقرر**	**سلم 101**
الساعات المعتمدة	**2 ساعات دراسية**		

وصف المقرر

يتناول المقرر في وحداته عدة موضوعات تشمل مفهوم الثقافة في اللغة العربية ، واللغة الإنجليزيةculture و الثقافة في الإصطلاح.ومصطلح الدين والقيم والعلم . والمدنية و الحضارة ،والثقافة والحضارة ،والثقافة والدين، والثقافة والمدنية،و الثقافة والقيم .

مصادر علم الثقافة الإسلامية : القرآن الكريم . الإجماع .القياس . آراء العلماء وآثارهم .الخبرات االنسانية النافعة .أثر هذه المصادر في بناء الثقافة الإسلامية وصحة توجهها.

موضوعات علم الثقافة : . العموميات. الخصوصيات. المتغيرات والبدائل المفاهيم. القيم. القضايا الفكرية النظم. المذهبيات الفكرية.

ركائز الثقافة الإسلامية:

العقيدة.الشريعة.الأخلاق.

أركان الإيمان الستة: الإيمان بالله وملائكته وكتبه ورسله وباليوم الآخر وبالقدر خيره وشره.

مكونات الثقافات الكبرى : الثقافة الفارسية. الثقافة الهندية . الثقافة الصينية. . التراث اليهودي . التراث النصراني. الفكر الغربي الحديث.

التحديات التي تواجه الثقافة الإسلامية :

الإستشراق. التنصير االستعمار . التغريب. عولمة الثقافة الغربية .تقنية ثقافة المعلومات والمعرفة العابرة .التطرف الفكري. المنهج السليم في التعامل مع التحديات التي تواجه الثقافة الإسلامية.

الكلية	**العلوم و الدراسات النظرية**	**القسم**	**العلوم الانسانية**
اسم المقرر	**الثقافة الاسلامية (2)**	**رمز المقرر**	**سلم 102**
الساعات المعتمدة	**2 ساعات دراسية**		

وصف المقرر

يتناول المقرر في وحداته عدة موضوعات تشمل: تعريف الأخلاق وأقسامها ومكانتها في الإسلام وأهمية دراستها.وأسس الأخلاق الإسلامية. وخصائص الأخلاق في الإسلام. والأخلاق عند غير المسلمين. ووسائل اكتساب الأخلاق. والمسؤولية الخلقية. وصور من أخلاق النبي صلى الله عليه وسلم. والنزاهة والأمانة ومكافحة الفساد. ومفهوم أخلاقيات المهنة.

الكلية	**العلوم و الدراسات النظرية**	**القسم**	**العلوم الانسانية**
اسم المقرر	**الثقافة الاسلامية (3)**	**رمز المقرر**	**سلم 103**
الساعات المعتمدة	**2 ساعات دراسية**		

وصف المقرر

يتناول المقرر في وحداته عدة موضوعات تشمل مفهوم القضايا الإقتصادية وأهمية دراستها(مدخل للمقرر)والتأمين:تعريفه وأركانه وخصائصه وحكمه. بورصة الأوراق المالية:تعريفها وأقسامها ودورها وأهدافها وحكمها الشرعي.

غسيل الأموال:مفهومه وصوره وحكمه وآثاره.

الخصخصة:مفهومها وأشكالها وأهدافها وضوابطها. صكوك الإجارة:تعريفها وخصائصها وأهدافها وحكمها .

العولمة الإقتصادية:معناها وأهدافها ووأدواتها وآثارها الإقتصادية وسياسات منظمات العولمة الإقتصادية. المعاملات المصرفية الإكترونية:البيوع الإكترونية والإعتماد المستندي الإكتروني والأوراق التجارية الإكترونية والتحويل المصرفي الإكتروني ومخاطر التعاملات الإكترونية .

التكامل الإقتصادي:مفهومه وعوامل قيامه ومزاياه ومراحله ومتطلباته .

التضخم الإقتصادي:مفهومه وأنواعه وأسبابه وآثاره وسبل التغلب عليه.

الكلية	**العلوم و الدراسات النظرية**	**القسم**	**العلوم الانسانية**
اسم المقرر	**الثقافة الاسلامية (4)**	**رمز المقرر**	**سلم 104**
الساعات المعتمدة	**2 ساعات دراسية**		

وصف المقرر

يتناول المقرر في وحداته عدة موضوعات تشمل مفهوم المجتمع:تعريفه،الإنسان في الإسلام ،أسس بناء المجتمع وعناية الإسلام به، سمات المجتمع الإسلامي،تقوية الروابط الإجتماعية،الأسرة في الإسلام:تعريفها ،مكانتها،أهميتها،أسس بناءالأسرة،الزواج ومقاصده،،حقوق الزوجين،حقوق الآباء والأولاد والأقارب،مكانة المرأة وحقوقها في الإسلام،الشبهات حول النظام الأسري في الإسلام والرد عليها:تعدد الزوجات ، الحجاب ، ميراث المرأة ، دية المرأة ، الطلاق ، تحديد النسل.

College Requirements

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Basic Medical Terminology**	**Course Code**	**BIOL 101**
Credit Hours	**3 Credit Hours**		

Course Description:

This course will provide students with a basic medical terminology vocabulary for use in the health care setting. The course focuses on prefixes, suffixes, and root words of medical terms and their meaning, spelling, and pronunciation. It also emphasis on building a working medical vocabulary based on body systems. This knowledge will enable them to become successful communicators (especially in the health care setting).

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Introduction to Anatomy and Physiology**	**Course Code**	**BIOL 102**
Credit Hours	**3 Credit Hours**		

Course Description:

The Introduction to Anatomy & Physiology course is designed to provide you with an overview of common terminology and present the major anatomical structures of the human body's systems. The content explores basic physiological processes of each system, discussing how body systems work together and how each system participates in homeostasis of the body.

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Health Policy & Saudi Healthcare System**	**Course Code**	**HCM 113**
Credit Hours	**3 Credit Hours**		

Course Description:

This course presents an overview of health policy making and describes healthcare policy in the KSA with specific examples from types of health systems. Special emphasis is placed on the power and process of the health policymaking arena. The course provides an analytical framework for health policy and explores a range of different healthcare systems, Saudi healthcare system in depth.

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Healthcare Management**	**Course Code**	**HCM 101**
Credit Hours	**3 Credit Hours**		

Course Description:

This course is design to provide the student with an overview of healthcare management including its definition, function, and competencies. The student will learn the roles of manager in healthcare organizations, models and styles of leadership, theories of motivation and motivational strategies, strategic planning, outcome monitoring and control, healthcare marketing, quality improvement basics, financing healthcare, managing healthcare professionals and human resources, team work, and fraud and abuse of healthcare system.

College	Health Sciences	Department	Public Health
Course Title	Organizational Behavior	Course Code	HCM 102
Credit Hours	3 Credit Hours		

Course Description:

Effective management of human resources within healthcare organizations requires an understanding of various organizational behaviors and processes. With a better understanding of behavioral processes in terms of individuals' perceptions, motivations, and attitudes, it will enable managers to understand themselves better, and also adopt appropriate managerial policies and leadership styles to increase their effectiveness. The aim of this course is to explain the way people behave and why they behave in such ways in the organizational setting. This course focuses on the organizational processes and theoretical constructs related to organizational behavior. The roles of leaders, followers, and teams and their influence on the culture and performance of an organization are addressed through the analysis of key organizational behavior concepts and related cases. Topics will include: values, perception, attitudes, assumptions, learning, motivation, conflict, diversity, and change.

College	Health Sciences	Department	Public Health
Course Title	Introduction to Biostatistics	Course Code:	PHC 121
Credit Hours	3 credit Hours		

Course Description:

The course starts with describing foundational concepts of biostatistics. Students will be introduced how to apply basic theoretical concepts of biostatistics in health science, epidemiology, and public health. Knowledge about measurement scales, types of variables and data along with various statistical methods for summarizing and presenting different types of data will be provided. The concept of probability with its applications in epidemiology and public health will be introduced. The course concludes with a moderate level presentation of important probability distributions applied commonly in epidemiology and public health. The whole program will be delivered in an application oriented way by giving more weightage for problem solving.

College	Health Sciences	Department	Public Health
Course Title	Concepts of Health Education and Promotion	Course Code	PHC 212
Credit Hours	3 Credit Hours		

Course Description:

The health and education sectors have stimulated an increase in health promotion programs and infrastructure. The change from "health education" to "health promotion" represents a growth in both theory and practice. "The practice of health promotion requires an integration of existing knowledge from areas such as community development, adult education, health education, public health, social psychology, medicine, community mental health, political science and social marketing"(Health Promotion Strategy). Therefore, there is an increasing need to provide the tools to develop effective multi agency and multi professional programs as well as an understanding of contemporary health promotion. This course enhance the student's awareness about the factors that influence health such as; heredity, environment, health care services, and our own behavior. It critically evaluates student's understanding and attitudes towards health education and promotion. It develops personally and professionally skills through participative and experiential learning; and through empowerment. It helps the students who would become health educators or health promoters to enhance the pedagogy and practical skills of teachers in the context of revised curricula and develop new approaches to evaluation and assessment strategies and to become effective facilitators of learning.
It also provides the students with knowledge and practice of integrating technology with health promotion practice.

College	Health Sciences	Department	Public Health
Course Title	Introduction to Epidemiology	Course Code	PHC 131
Credit Hours	3 Credit Hours		

Course Description:

This course will focus on introducing the history and concepts of epidemiology, using principles and methods of both descriptive and analytical epidemiology to address public health problems and issues. Emphasis will be placed on practical application of epidemiology, measures of morbidity and mortality, descriptive epidemiology, causation, source of epidemiological data, epidemiological studies' design, measure of effect, data interpretations issues, and screening for disease in the community.

College	Health Sciences	Department	Public Health
Course Title	Healthcare Research Methods and Analysis	Course Code	PHC 215
Credit Hours	3 Credit Hours		

Course Description:

This course provides demonstration on basic skills for health informatics research conduct. Students will learn how to conduct research using a variety of sources (primary, secondary and general). Students will be instructed on proposal writing techniques (development of a thesis statement, aims, objectives, selection of appropriate methods, methodology, etc...). Students will learn of quantitative and qualitative data collection and analysis approaches, and how to evaluate reliability and validity. Students will perform data collection and analysis, reporting their findings using formal scientific writing.

College	Health Sciences	Department	Public Health
Course Title	Ethics and Regulations in Healthcare	Course Code	PHC 216
Credit Hours	3 Credit Hours		

Course Description:

An essential knowledge of the medical ethics to create a theorized assumption, concepts and values for moral judgment and decision making in a health care field. This course will increase the awareness of wide range of ethical challenges that can rise in the health care profession. It will enhance the ability to test the strengths and weaknesses of various moral beliefs and ethical arguments relevant to health care practices; and apply relevant bioethical principles in health related situations. It will also reinforce the personal sense of fairness in the context of current or future professional roles. It will help the students to gain insights into the Islamic medical ethics, so that the students would evaluate any future issue that may arise according to the Islamic main sources (Quran, Sunna and Ejtihad).

College	**Health Science**	**Department**	**Public Health**
Course Title	**Health Communications**	**Course Code**	**PHC 312**
Credit Hours	**3 Credit Hours**		

Course Description:

This course is designed to familiarize students with theory and research on communication in health and illness contexts, focusing on how messages from interpersonal, organizational, cultural and media sources affect health beliefs and behaviors. The course will explore communication in health care delivery, health care organizations, as well as health promotion and disease prevention. Spanning multiple levels of communication, different communicative channels, and the use of diverse communication media and technologies, this course will demonstrate a variety of perspectives from which the students examine health communication at an individual, family, professional, organizational and societal level. The overall goal for the course is to help students discover how health and illness affects and is affected by communication. It has been consistently shown in research that public health outcomes can be improved through effective communication of timely, accurate health information. Clear communication is essential to successful public health practices at intrapersonal, interpersonal, group, organizational, and societal levels.
The course therefore aims to provide skills in analyzing various health situations with regard to communication needs and developing communication strategies tailored to these situations

Specialization Requirements

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Principles of Microbiology for public health**	**Course Code**	**BIOL 103**
Credit Hours	**3 Credit Hours**		

Course Description:
This course is designed to understand the critical concepts of microbiology in public health as they are applied to improve health and prevent disease across population. The course contents are developed to provide information about infectious disease and its transmission in the population, monitoring and designing preventive measures for different microbes using different techniques. Major topics include the purification of water, the treatment of wastewater, food microbiology, sexually transmitted diseases, and the methods used to survey populations.

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Financial Management for Healthcare**	**Course Code**	**HCM 213**
Credit Hours	**3 Credit Hours**		

Course Description:
This course provides an overview of financial management of healthcare organizations. Students will learn basic concepts of financial management as well as the role that finance plays in the healthcare organization today. Focus will be on the role of financial manager, financial statement cash management and budgeting, financial ratios and working capital, cost of capital, the concept of time value of money.

College	Health Sciences	Department	Public Health
Course Title	Introduction to Public Health	Course Code	PHC 101
Credit Hours	3 Credit Hours		

Course Description:
This course is an introduction to the key concepts and practices of public health, which is the science of Preventing disease, prolonging life, and promoting health through the organized efforts of society. Individual and population health will be explored as an evolving and multidimensional concept shaped through historical, cultural, psychosocial, economic, and environmental contexts. The goals, interdisciplinary roles and challenges, and settings for public health practice will be explored. Intervention strategies targeting community and population health will be introduced.
Topics:
1) Definition and Concept of Public Health, 2) Historical aspects of Public Health, 3) Changing Concepts of Public Health, 4) Public Health versus Medical Care, 5) Unique Features of Public Health , 6)Public Health as a System, 7) Main determinants of public health such as individual characteristics and behaviour, socio economic and physical environment

College	Health Sciences	Department	Public Health
Course Title	Environmental Health	Course Code	PHC 151
Credit Hours	3 Credit Hours		

Course Description:
This course introduces the principles of environmental health and examines the short and long term effects of environmental hazards on human health. Students consider their own interactions with natural and human made environments to assess the impact of chemical, physical, biological, and social elements on their health. Students explore the emerging global health threats related to the environment, and environmental factors involved in the aetiology and transmission of both communicable and non-infectious disease. Some of the topics in this course will also introduce the effect of electromagnetic radiations of human health and will highlight the highlight the effluent monitoring and environmental strategies to mitigate the adverse environmental effects.

College	Health Sciences	Department	Public Health
Course Title	Sociology of Health, Illness and Healthcare	Course Code	PHC 181
Credit Hours	3 Credit Hours		

Course Description:
This course introduces the student to the subject of Sociology of health, illness, and healthcare and its applicability to the healthcare organizations. Students will discuss how social, cultural, political, and economical factors influence the dimensions of health, illness, mortality, and social policies. Area of emphasis will include the relationship between social categories and health, the experience of health and illness, and the delivery of healthcare.

College	Health Sciences	Department	Public Health
Course Title	Introduction to Hospital Epidemiology	Course Code	PHC 231
Credit Hours	3 Credit Hours		

Course Description:
Hospital epidemiology and infection control aims to support healthcare facility mission to produce quality environment that ensures patients' safety by minimizing the hazard of hospital acquired infections, reduce occupational hazard to cross infection, and produce policies and procedures that ensures the quality of service and allows for coordinated multi-disciplinary and inter- disciplinary approach to resolve inter-departmental issues.

College	Health Sciences	Department	Public Health
Course Title	Fundamental Concepts in Food and Nutrition	Course Code	PHC 241
Credit Hours	3 Credit Hours		

Course Description:
This is a basic course of nutrition, intended to provide each student an integrated overview of the basic principles of nutrition, it introduces the basic concept of food and nutrient science which underpin practice of public health nutrition and provide an essential foundation for other modules. The course will focuses on how to promote optimal nutrition throughout the life cycle and identify the prevalence of diet-related chronic disease and the potential for preventive measures in both developing and developed countries. Energy balance, nutrition for fitness, and food safety will be also included.

College	Health Sciences	Department	Public Health
Course Title	Occupational Health	Course Code	PHC 261
Credit Hours	3 Credit Hours		

Course Description:
This course is designed to discuss the occupational health related issues, which involves the safety, health and welfare of the people engaged in work or employment. This course will focus on the overview of disease burden, principles for risk assessment, risk management and risk communication in the field of occupational health in Kingdom of Saudi Arabia. It will focus on identifying and preventing the workplace hazards in order to maintain safe and healthy working environment. This course will also give understanding to the strategies for identifying and removing barriers that affect health and work performance, program development and management responsibilities. Current policies in KSA will be addressed and students will be highlighted with the occupational related health hazards.

College	Health Sciences	Department	Public Health
Course Title	Introduction to Disease	Course Code	PHC 271
Credit Hours	3 Credit Hours		

Course Description:
This course is design to introduce the students to the pathophysiology of various diseases that are related to public health and will build the foundation for advanced courses related to these diseases. The course will provide the students with the basic knowledge of Genetic disease, Disorders of the immune system, blood disorders, pulmonary disease, cardiovascular disorders, Gastrointestinal, kidney and liver diseases. In addition, students will be introduced to infectious diseases.

College	Health Sciences	Department	Public Health
Course Title	Introduction to Mental Health	Course Code	PHC 273
Credit Hours	3 Credit Hours		

Course Description:
This course is designed to reflect the WHO's recommendations and emphasis on the immediate need for trained community mental health workforce, in order to overcome the limited service availability in the Kingdom. The course offers an interesting public health approaches to mental health, services and prevention. With a comprehensive introducing to the prevalent mental health and behavioral disorders; the course provides the students with knowledge in mental health epidemiology, wider determinants of mental health, risk assessment, prevention and research.

College	Health Sciences	Department	Public Health
Course Title	Health Planning	Course Code	PHC 274
Credit Hours	3 Credit Hours		

Course Description:
This course examines the development of health services focusing attention on the social, demographic, economic and political factors that are relevant to planning health services and delivering health care. Students are encouraged, to focus their attention on the politics of resource allocation, health planning, health care costs and their containment strategies, health care quality assurance, disaster plans, and the economics of health care. This Course also addresses the process of program planning, development, and fundamental evaluation principles, emphasizing health promotion programs. The focus is on development of clear and concise objectives leading to the design of effective primary, secondary, and tertiary prevention strategies.

College	Health Sciences	Department	Public Health
Course Title	Health Behavior	Course Code	PHC 281
Credit Hours	3 Credit Hours		

Course Description:
As part of the continuing exploration of issues central to public health study, this course will focus on theories of health behaviour. Students will explore and learn about the models of health behavior, individual differences, psychophysiology and health psychology, the physiology of stress, doctors and patients' communication, adherence and non-compliance, reactions to hospitalisation, psychological responses to surgery, and theories and psychological aspects of pain. The student will apply the health behaviour theories in specific health issues.

College	Health Sciences	Department	Public Health
Course Title	Global Health	Course Code	PHC 311
Credit Hours	3 Credit Hours		

Course Description:
The course will provide students with an introduction to the global burden of disease and the relationships between globalization and health, including recent global health issues such as climate change. Offering a multidisciplinary perspective, the course will examine global epidemics/pandemics, global mobility (tourism and population migration – refugees) and inequalities. The diversity of health care systems is considered and lessons will be derived, in order to develop an understanding of health system requirements globally. Other issues addressed include health personnel crisis, with emphasis on the economic and political issues causing brain drain from the areas of greatest need for health care, the health implications of disasters and conflict areas, social justice, human rights in global health issues, and how health is being redefined in the era of globalization. It will also provide students the understanding and tools needed to describe and analyse how globalisation determines and interacts with health policies and governance. Lastly, the course will address new innovations in resource provision in developing countries such as PEPFAR, project RED, The Global Fund for HIV, AIDS, and TB (NGO's) as well as traditional programs generated by the World Bank and other members of the UN system such as the Millennium Development Goals.

College	Health Sciences	Department	Public Health
Course Title	Road Traffic Injuries and Disability Prevention	Course Code	PHC 313
Credit Hours	3 Credit Hours		

Course Description:
As per International Journal of Health Sciences, 12 deaths per day are reporting from the Kingdom of Saudi Arabia, among the 16-36 age groups, leading to the primary cause of death, injury and disability. The treatment is costing approximately US$ 174 million in the Kingdom. In order to address the issue, this course provides the students to understand and analyze the magnitude of the problem, which is considered as one of the core public health problems in KSA. This course introduces the students to the fundamentals of road traffic injury and disability, global impact, approaches to prevention and, provides knowledge in identifying the risk factors and developing interventions to reduce the incidence. The course provides the students with an understanding of social determinants of health for disabled people and the approaches to develop systems in providing health education and services for their health and well-being.

College	Health Sciences	Department	Public Health
Course Title	Society and Addiction	Course Code	PHC 314
Credit Hours	3 Credit Hours		

Course Description:
This study unit will introduce the students to the nature of addiction, physical and psychological addiction, the disease concept of addiction, and drug use regulation and laws (local and international). History and basic pharmacology of addiction including (alcohol, narcotics, tobacco, stimulants, marijuana, and inhalants). It will also discuss prevention, and the signs and symptoms of abuse and addiction, and problems with addictions on society and family level. Moreover, the students will be introduced to the abuse of over-the-counter and prescribed medications.

College	Health Sciences	Department	Public Health
Course Title	Chronic Disease Epidemiology and Prevention	Course Code	PHC 331
Credit Hours	3 Credit Hours		

Course Description:
This course is design to introduce the students to the public health approaches in chronic disease epidemiology and control. The students will learn about methods in chronic disease epidemiology, intervention methods for chronic disease control, chronic disease surveillance, and selected chronic disease risk factors including tobacco use, diet, nutrition, and physical activity. Then the students will be introduced to the epidemiology of prevention of the major chronic conditions including diabetes, Hypertension, high blood cholesterol, cardiovascular disease, respiratory and kidney disease.

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Public Health Outbreak and Disaster Management**	**Course Code**	**PHC 372**
Credit Hours	**3 Credit Hours**		

Course Description:
Students will be introduced to the Hajj in Saudi Arabia and potential health emergencies related to hajj and mass gathering. Then the students will learn about the role and responsibility of public health in emergency and disaster management, structure and organization of in disaster response, surveillance and emergency information systems, types of disasters and their consequences, response to emerging infectious and biological incidents, disaster communication and planning. The students will apply the theoretical aspects in potential emergencies in Hajj.

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Maternal and Child Health**	**Course Code**	**PHC 373**
Credit Hours	**3 Credit Hours**		

Course Description:
This course introduces the students to the principles and practices of maternal and child public health and exposes students to some of the key focus areas of the Millennium Development Goals, such as – Improving Maternal Health, Reducing Child Mortality and Combat HIV/AIDS, Malaria and other diseases. Emphasizing on improving MCH and reducing mortality and morbidity; the course aims to explore the global burden of disease, challenges/barriers and opportunities in planning, developing and implementing innovative public health approaches for maternal and child health well-being. The course provides the knowledge and skills, prepares the future public health professionals in addressing the multi-factorial MCH issues at local level, and facilitates an opportunity to interpret the magnitude of MCH problems at global level.

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Oral Health Promotion**	**Course Code**	**PHC 374**
Credit Hours	**3 Credit Hours**		

Course Description:
Oral Health is an essential component of overall health, and as such is of vital importance in maintaining one's general well-being. The course provides the students with sufficient background and appreciation of the importance of oral health at individual and population levels. The course is designed to cover topics like disease prevention, nutrition and diet and communication skills; targeting at risk groups in the community. This course provides the students with essential knowledge, skills and competencies in addressing the risks, behavioural factors, and their impact on oral health; in order to reduce disease, through influencing individuals, communities' and populations' behavioural patterns to maintain disease free oral cavity.

Track Requirements

Track 1: Epidemiology and Biostatistics Track

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Applied Biostatistics**	**Course Code**	**PHC 321**
Credit Hours	**3 Credit Hours**		

Course Description:
This course is designed to serve as a bridge between basic biostatistics and epidemiological knowledge with focused on statistical issues applied to analyze the data. Topics include design and analysis of data for conducting research in health sciences, such as designing a study, statistical inference, and confidence interval estimation, hypothesis-testing using pragmatic and non-pragmatic tests. In depth knowledge for linear regression, logistic regression, measuring survival and meta-analysis will be given in this course. This course will also cover the applications of modern statistical methods using SPSS a computing package.

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Advanced Epidemiology**	**Course Code**	**PHC 332**
Credit Hours	**3 Credit Hours**		

Course Description:
This course will focus on applying epidemiology principals to various health domains. It will start by introducing students to causal inference, measures of occurrence, effect, and association, and concepts of interaction. It then will introduce students to fundamentals of epidemiological data analysis, bias analysis, and the applications of epidemiology in various special topics including using secondary data, field methods, social epidemiology, infectious disease epidemiology, and clinical epidemiology.

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Cancer Risk and Prevention**	**Course Code**	**PHC 335**
Credit Hours	**3 Credit Hours**		

Course Description:
This course is design to introduce the student to the epidemiology of cancer risk and prevention. The student will learn about the potential of cancer prevention including lifestyle and medical interventions, prevention clinical trials, predictors of successful cancer prevention programs and the economics of cancer prevention. Then, the students will be introduced to the epidemiological bases of general & specific cancer type prevention including tobacco and nutrition, prevention of genital cancers, prevention of breast cancer, prevention of colorectal cancers, and prevention of skin cancer.

Track 2: Environmental and Occupational Health Track

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Health and Environmental Risk Assessment**	**Course Code**	**PHC 351**
Credit Hours	**3 Credit Hours**		

Course Description:
This course covers risk assessment from a public health and an environmental risk management perspective with an emphasis on decision tree methodologies and their potential to facilitate the analysis and identification of optimum remedial risk management alternatives. Students will understand the use and limitations of risk assessment in establishing exposure standards, acceptable concentrations, and the environmental criteria for hazardous substances that present a risk of health effects and the suitability of risk assessment for such purposes. The basic approaches to environmental risk assessment will be emphasized, including methods for identifying health effects, modeling of health effects, and derivation of risk estimates. Methods for dealing with uncertainties as well as limitations and criticisms of risk assessment methods will be discussed. Specific examples of risk assessments will be analysed and critiqued.

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Safety Fundamentals**	**Course Code**	**PHC 361**
Credit Hours	**3 Credit Hours**		

Course Description:
Despite of the progress and improvement made for occupational safety and health, work environment especially in low and middle-income countries is still hazardous for the workers. A large number of work related injuries and occupational accidents happens around the world each year. This course is designed to introduce the fundamental concepts of workplace safety and health to improve working safety standards. This course will cover some of the topic related to occupational hazards and risks, key principles in occupational safety and health, designing framework for occupational safety and health and operational measures to promote safety standards at workplaces.

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Workplace Health Promotion**	**Course Code**	**PHC 362**
Credit Hours	**3 Credit Hours**		

Course Description:
Workplace health promotion (WHP) is the combined efforts of employers, employees and society to improve the health and wellbeing of people at work. This is achieved through a combination of: improving the work organization and working environment; promoting the participation of workers in the whole process of WHP; enabling healthy choices, and encouraging personal development (European Agency for Safety and Health at Work 2015). The World Health Organization recently declared that the workplace is a priority setting for health promotion, as many chronic diseases are related to lifestyle, and time at work represents a large percentage of workers waking hours. Students will benefit from acquiring essential program management and communication skills needed to become an effective manager of wellness and health promotion programs, gain knowledge in providing wellness coaching as well as designing, implementing, and evaluating effective health promotion strategies and programs, and managing programs in accordance with organizational policies and procedures, focus on assessing health risk factors, and developing health and wellness plans, and strategies to promote individual and organizational well-being and learn to utilize a variety of presentation techniques and strategies, develop a business case for wellness, and market and promote wellness programs.

Track 3: Health Promotion Track

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Public Health Program Evaluation**	**Course Code**	**PHC 315**
Credit Hours	**3 Credit Hours**		

Course Description:
This course is designed to introduce the principles of identifying public health programs' outcomes and methods of measurement. Students will learn about the application of data collection skills to all phases of developing a public health program or service innovation, from needs assessment to analysis of findings to implementation of changes based on results.

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Promoting Physical Activity and Health**	**Course Code**	**PHC 375**
Credit Hours	**3 Credit Hours**		

Course Description:
The purpose of this course is to examine the relationship between physical activity and public health along with exploring the issues involved in promoting physical activity to different segments of the population. The topics include in this course will cover the concepts for the development of physical activity practice, influencing sustained health behavior change, explaining the role and function of health policy in physical activity promotion, and developing the evidence based practice for physical activity promotion in varied settings and target groups.

College	**Health Sciences**	**Department**	**Public Health**
Course Title	**Health promotion and later life**	**Course Code**	**PHC 376**
Credit Hours	**3 Credit Hours**		

Course Description:
The aim of the course is to enable students to conduct in-depth study of the theory and application of knowledge in the work of rehabilitation and health promotion in the elderly from the perspectives of the individual, the group and the community. The student gains both an appreciation and an understanding of the issues, service systems, and resources pertinent to health promotion efforts for those in later life. Students will achieve increased knowledge on health issues affected by ageing and will develop their ability to participate in interdisciplinary discussions of how activities can be organized to promote elderly health and well-being. Students will acquire the knowledge and understanding required for carrying out R&D projects. In addition, students will be able to assess and analyze instruments that are relevant for measuring the development and evaluation of rehabilitation and health promotion in the elderly on the levels of the individual, the group and the community.