

School of Public Health Winter 2026 Undergraduate Course Schedule

Term Dates: 1/5/26-3/20/26

Last modified: 01/08/2026

DEFINITIONS

ONLINE, ASYNCHRONOUS: Online class with no scheduled meeting times (asynchronous format)

ONLINE, SYNC: Online class that meets remotely via Zoom or Webex during the scheduled meeting times listed

IN-PERSON: Class meets in person, on campus, during the scheduled meeting time(s)

HYBRID: Class meets in person, on campus, during the scheduled meeting time(s), with additional online requirements

DEPARTMENT ARRANGED: Meeting times to be agreed upon by student and instructor/department

ABBREVIATIONS

M = Monday T = Tuesday W = Wednesday R = Thursday F = Friday S = Saturday U = Sunday

Asynch = Asynchronous Synch = Synchronous TBD = to be determined NA= not applicable

Course Prefix	Course Number	Course Title	Cr.	Course Format	Days	Time	Restrictions/ Notes
PE Prefix Classes:							
PE	104	Meditation	1	In-Person	M, W	0900-0950	
PE	124	Abs-Lower Body	1	Online, Asynchronous			
PE	124	Abs-Lower Body	1	In-Person	T, R	0900-0950	
PE	125	Body Sculpt	1	Online, Asynchronous			
PE	125	Body Sculpt	1	In-Person	T, R	1100-1150	
PE	127	Flex Fitness	1	Dept. Arranged			Instructor Permission Required
PE	128	Weight Training	1	In-Person	T, R	0800-0850	
PE	128	Weight Training	1	In-Person	T, R	1730-1820	
PE	129	Fitness Conditioning	1	Online, Asynchronous			
PE	129	Fitness Conditioning	1	In-Person	T, R	1000-1050	
PE	140	Self Defense	1	In-Person	T, R	1200-1250	
PE	181	Varsity Sports	1	Dept. Arranged			Instructor Permission Required
PE	193	Fitness Instruct Adapted PE	2	Dept. Arranged			Instructor Permission Required
PE	194	Fitness Instruct Personal Training	2	Dept. Arranged			Instructor Permission Required
PE	227	Flex Fitness	2	Dept. Arranged			Instructor Permission Required
PHE Prefix Classes:							
PHE	225	Finding Your Path Within Public Health	1	Online, Asynchronous			
PHE	250	Our Community/Our Health	4	Hybrid	W	1330-1510	
PHE	270	Basic Biomechanics	2	In-Person	T, R	1330-1420	
PHE	275	Stress and Human Health	4	Online, Asynchronous			
PHE	295	Fitness Conditioning	1	Online, Asynchronous			

PHE	315	Justice in Public Health: The Epidemic of Missing and Murdered Indigenous Women and Peoples	4	Online, Asynchronous			
PHE	316	Asian American Health Equity	4	Hybrid	R	0900-1040	
PHE	320U	Health Ethics Contemporary Issues	4	Hybrid	W	1730-1910	
PHE	321U	Introduction to Health Policy	4	Hybrid	T	1100-1240	
PHE	324	Health Coaching Fundamentals	4	Online, Asynchronous			
PHE	325U	Nutrition for Health	4	In-Person	M, W	1100-1250	
PHE	326U	Drug Education	4	Hybrid	T	1730-1920	
PHE	327U	Community Nutrition	4	Online, Asynchronous			
PHE	328U	Housing is Health	4	Online, Asynchronous			
PHE	335U	Human Sexuality	4	Online, Asynchronous			
PHE	350	Health & Health Systems	4	Online, Asynchronous			
PHE	351U	Film & Health	4	Online, Asynchronous			
PHE	354U	Social Gerontology	4	Online, Asynchronous			
PHE	361	Care and Prevention of Injuries	4	In-Person	M, W	1330-1510	
PHE	363	Communicable-Chronic Diseases	4	Online, Asynchronous			
PHE	404	Internship: UG	1-12	Dept. Arranged			<i>Instructor Permission Required</i>
PHE	409	Practicum: UG	4	Dept. Arranged			<i>Instructor Permission Required</i>
PHE	409	Practicum-Lactation	5	Hybrid	R, S, U	S:0900-1630 U:0900-1330	R: (online) 1530-2100
PHE	417	Adapted Physical Education	4	Hybrid	M	1100-1240	
PHE	419	Lactation Education 2: Advanced Lactation Care	4	Online, Sync	W	1530-2100	
PHE	421	Health Coaching	4	Online, Asynchronous			
PHE	424	Lactation Education 1: Accelerated	6	Online, Asynchronous			
PHE	426	Advanced Topics in Health Services Administration	4	Online, Asynchronous			
PHE	427	Managing Information in Health Services	4	Online, Asynchronous			
PHE	443U	Environmental Health	4	Online, Asynchronous			
PHE	444U	Global Health	4	Online, Asynchronous			
PHE	445	Men's Health	4	Online, Asynchronous			
PHE	448	Health Education Techniques and Strategies	4	Online, Asynchronous			
PHE	450	Epidemiology	4	Online, Asynchronous			
PHE	451	Women & Holistic Health	4	Online, Asynchronous			
PHE	452	Gender/Race/Class/Health	4	In-Person	M, W	0900-1050	
PHE	472	Marketing Public Health	4	Hybrid	T	1330-1510	
PHE	475	Fitness Testing	4	Online (Synch)	M	0900-1040	
PHE	475L	Fitness Testing Lab	0	In-Person	W	1100-1250	
PHE	475L	Fitness Testing Lab	0	In-Person	F	1100-1250	
PHE	478	Program Plan Evaluation I	4	Online, Asynchronous			

PHE	479	Program Plan Evaluation II	4	Hybrid	T	0900-1040	
UNST Prefix Classes:							
UNST	134	FRINQ - Cyborg Millenium		TBD			
UNST	234A	Healthy People/Healthy Places	4	Online, Asynchronous			
UNST	234A	Healthy People/Healthy Places	4	In-Person	TBD	TBD	

