

School of Public Health Spring 2026 Undergraduate Course Schedule

Term Dates: 3/30/26 - 6/12/26

Last modified: 2/3/2026

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 and Lower Body	1	Online, Asynchronous			
PE	124	Abs and 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			<i>Instructor Permission Required</i>
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	176	Day Hiking	1	In-Person	F	1330-1720	
PE	181	Varsity Sports	1	Dept. Arranged			<i>Instructor Permission Required</i>
PE	193	Fitness Instruction: Adapted Physical Education	2	Dept. Arranged			<i>Instructor Permission Required</i>
PE	194	Fitness Instruction: Personal Training	2	Dept. Arranged			<i>Instructor Permission Required</i>
PE	227	Flex Fitness	2	Dept. Arranged			<i>Instructor Permission Required</i>
PE	230	ACE Personal Training Preparation	4	In-Person	T, R	1530-1710	
PHE Prefix Classes:							
PHE	225	Finding Your Path Within Public Health	1	In-Person	T	1100-1150	
PHE	250	Our Community: Our Health	4	Hybrid	R	1330-1510	
PHE	250	Our Community: Our Health	4	Online, Asynchronous			
PHE	270	Basic Biomechanics	2	In-Person	T, R	1330-1420	
PHE	275	Stress and Human Health	4	Online, Asynchronous			

PHE	314	Research in Health & Fitness	4	Online, Asynchronous			
PHE	321U	Introduction to Health Policy and Health Law	4	Online, Asynchronous			
PHE	322U	Health Services Administration	4	Online, Asynchronous			
PHE	323U	Body Liberation for Health	4	Online, Asynchronous			
PHE	325U	Nutrition for Health	4	Hybrid	T	1100-1240	
PHE	326U	Drug Education	4	Online, Asynchronous			
PHE	327U	Community Nutrition	4	Hybrid	W	1100-1240	
PHE	335U	Human Sexuality	4	Online, Asynchronous			
PHE	350	Health and Health Systems	4	Online, Asynchronous			
PHE	350	Health and Health Systems	4	In-Person	M, W	1330-1510	
PHE	354U	Social Gerontology	4	Hybrid	W	1730-1910	
PHE	363	Communicable Diseases and Chronic Health Problems	4	Hybrid	T	1100-1240	
PHE	365	Health Promotion Programs for Children and Youth	4	Online, Asynchronous			
PHE	370	Applied Kinesiology	4	In-Person	M, W, F	1100-1205	
PHE	404	Internship: UG	1-12	Dept. Arranged			Instructor Permission Required
PHE	409	Practicum: UG	4	Dept. Arranged			Instructor Permission Required
PHE	409	Practicum: Lactation	5	Hybrid	TBD		
PHE	410	Aging & Social Justice	3	Online, Asynchronous			
PHE	410	Transgender Health	3	In-Person	M	1530-1800	
PHE	415	Native American Health: Decolonizing Health Equity	4	Hybrid	R	1730-1910	
PHE	416	Families and Aging	4	Online, Asynchronous			
PHE	420	Lactation Education 3: Clinical Considerations in Lactation	2	Online, Sync	TBD		
PHE	421	Health Coaching Strategies	4	Online, Asynchronous			
PHE	425	Accelerated Lactation Education 2	4	Online, Asynchronous			
PHE	426	Advanced Topics in Health Services Administration	4	In-Person	M, W, F	1100-1205	
PHE	428	Stress, Food and Health	4	Hybrid	T	1330-1510	
PHE	443U	Environmental Health	4	Online, Asynchronous			
PHE	444U	Global Health	4	In-Person	T, R	1330-1510	
PHE	450	Epidemiology	4	Online, Asynchronous			
PHE	450	Epidemiology	4	Online, Asynchronous			
PHE	452	Gender, Race, Class and Health	4	Online, Asynchronous			
PHE	452	Gender, Race, Class and Health	4	In-Person	R	1330-1510	
PHE	454	Maternal & Child Health	4	Online, Asynchronous			
PHE	456	Health Aspects of Aging	4	Hybrid	M	1730-1910	
PHE	466	Mind/Body Health: Disease Prevention	4	Online, Asynchronous			
PHE	471	Program Planning and Evaluation in Health Education: Theory and Skill Development	4	Online, Asynchronous			

PHE	472	Marketing Public Health	4	Hybrid	T	0900-1040	
PHE	474	Exercise Prescription and Training	4	In-Person	M, W	1100-1240	
PHE	479	Program Planning and Evaluation in Health Education: Implementation and Evaluation	4	Online, Asynchronous			
PHE	479	Program Planning and Evaluation in Health Education: Implementation and Evaluation	4	In-Person	T, R	1330-1510	
UNST Prefix Classes:							
UNST	134	FRINQ - Cyborg Millenium		TBD			
UNST	234A	Healthy People/Healthy Places	4	Online, Asynchronous			

