

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 | | | |

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|-----|------|---|------|----------------------|---------------------------------------|
| 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 | <i>Instructor Permission Required</i> |
| PHE | 409 | Practicum: UG | 4 | Dept. Arranged | <i>Instructor Permission Required</i> |
| 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 | |

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|-----------------------------|------|---|---|----------------------|------|-----------|--|
| 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 | | | |

