

## School of Public Health Fall 2026 Undergraduate Course Schedule

Term Dates: 9/28/26 - 12/15/26

Last modified: 3/23/2026

### 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
<b>PE Prefix Classes:</b>							
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	281	Viking Experience	2		Dept. Arranged		<i>Instructor Permission Required</i>
<b>PHE Prefix Classes:</b>							
PHE	215	Why Public Health Needs Indigenous Values: Intro to Decolonizing Public Health	4	Hybrid	T, R	1730-1910	
PHE	225	Findine Your Path Within Public Health	1		Online, Asynchronous		
PHE	250	Our Community/Our Health	4	In-Person	W	1330-1510	
PHE	250	Our Community/Our Health	4		Online, Asynchronous		
PHE	270	Basic Biomechanics	2	In-Person	M, W	1100-1240	
PHE	275	Stress and Human Health	4		Online, Asynchronous		
PHE	314	Research in Health & Fitness	4	In-Person	T, R	0900-1040	

PHE	320U	Health Ethics Contemporary Issues	4		Online, Asynchronous		
PHE	322U	Health Services Administration	4	Hybrid	W	0900-1040	
PHE	324	Health Coaching Fundamentals	4		Online, Asynchronous		
PHE	325U	Nutrition for Health	4	Hybrid	T	1100-1240	
PHE	326U	Drug Education	4	Hybrid	R	1530-1710	
PHE	327U	Community Nutrition	4	Hybrid	W	1100-1240	
PHE	335U	Human Sexuality	4		Online, Asynchronous		
PHE	340	Motor Learning	4	In-Person	M, W	1100-1240	
PHE	350	Health & Health Systems	4		Online, Asynchronous		
PHE	350	Health & Health Systems	4	In-Person	M, W	1330-1510	
PHE	351U	Film & Health	4		Online, Asynchronous		
PHE	354U	Social Gerontology	4		Online, Asynchronous		
PHE	363	Communicable and Chronic Disease	4		Online, Asynchronous		
PHE	370	Applied Kinesiology	4	In-person	M, W	1330-1510	
PHE	404	Internship	1-12		Dept. Arranged		Instructor Permission Required
PHE	409	Practicum	4		Dept. Arranged		Instructor Permission Required
PHE	409	Practicum - Lactation	5	Hybrid	T, Sa, Su	T - 1830-2000 Sa - 0900-1630 Su - 0900-1330	
PHE	418	Lactation Education	4	Synch	W	0830-1230	
PHE	423	Business & Aging	4		Online, Asynchronous		
PHE	443U	Environmental Health	4	In-Person	TBD		
PHE	444U	Global Health	4	In-Person	T, R	1330-1510	
PHE	450	Epidemiology	4		Online, Asynchronous		
PHE	450	Epidemiology	4	In-Person	T, R	1100-1240	
PHE	452U	Gender, Race, and Class in Health	4		Online, Asynchronous		
PHE	452U	Gender, Race, and Class in Health	4		Online, Asynchronous		
PHE	453	Women's Reproductive Health	4		Online, Asynchronous		
PHE	456	Health Aspects of Aging	4		Online, Asynchronous		
PHE	466	Mind/Body Health & Disease Prevention	4	Hybrid	W	1330-1510	
PHE	472	Marketing Public Health	4	Hybrid	T	1100-1240	
PHE	473	Physiology of Exercise	4	In-Person	M, W	0900-1005	
PHE	473L	Physiology of Exercise Lab	0	In-Person	F	0900-1040	
PHE	473L	Physiology of Exercise Lab	0	In-Person	F	1100-1240	
PHE	473L	Physiology of Exercise Lab	0	In-Person	F	1330-1510	
PHE	478	Program Plan Evaluation I	4	Hybrid	T	0900-1040	
<b>UNST Prefix Classes:</b>							
UNST	234A	Healthy People/Healthy Places	4	In-Person	T, R	1230-1340	
UNST	234A	Healthy People/Healthy Places	4	In-Person	T, R	0930-1045	