

PREVENTIVE CARE CONCENTRATION

Program director

Hildemar Dos Santos

The Preventive Care Program prepares high-level health professionals for wellness and lifestyle-management intervention. Emphasis is on academic preparation, practical skills, and administrative abilities in developing, implementing, and evaluating programs and protocols designed to address a wide spectrum of health issues—particularly those dealing with chronic disease. These programs and protocols include physical and mental health-risk appraisal, nutritional assessment and recommendations, exercise testing and prescription, and smoking-cessation counseling. This program is offered online (combination of synchronous and asynchronous coursework).

The program seeks to demonstrate and elucidate the intimate connection between mind and body. Graduates address the combined influences of nutrition, exercise, stress, smoking, and other lifestyle factors on the promotion of health and the prevention of disease.

This program is ideal for health practitioners such as physicians, nurses, dentists, physical therapists, registered dietitians, and occupational therapists. Non-health practitioners can apply for this program, and it is recommended they take health and wellness coaching while in the program. Non-physicians are not able to practice medicine upon completion of this degree.

Program learning outcomes

By the end of the program, the graduate should be able to:

1. Develop strategies to prevent substance abuse and its consequences in a community setting.
2. Design a professional practice to assist clients individually or in groups by applying lifestyle modification strategies.
3. Develop a successful motivational interviewing plan using skills such as active listening, expressing empathy, rolling with resistance, and developing support of change.
4. Develop strategies for weight management, including health-risk assessments, adequate diet, and exercise guidance.
5. Apply preventive skills to design a health intervention that addresses lifestyle-related diseases (e.g., diabetes, hypertension, and heart disease).

Educational effectiveness indicators

- Comprehensive examination.
- Applied project presentation.
- Publishable paper.
- Doctoral project presentation.

Prerequisite

In addition to the entrance requirements for all Dr.P.H. degrees (<http://llucatalog.llu.edu/public-health/doctoral-degrees/#admissionstext>), applicants to the preventive care concentration must have:

Anatomy and physiology (or equivalent to be evaluated by program director).

Concentration requirements

Corequisites

In addition to standard Dr.P.H. corequisites (<http://llucatalog.llu.edu/public-health/doctoral-degrees/drph/>), the Dr.P.H. program in preventive care requires the following courses in addition to units required for the degree. It is recommended these courses be taken early in the program.

HPRO 526 Lifestyle Diseases and Risk Reduction
HPRO 573 Exercise Physiology I
NUTR 529 Health Aspects of Vegetarian Eating

Degree requirements

Dr.P.H. public health core

Critical analysis		
PHCJ 600	Overview of Research Methodologies	3
PHCJ 615	Intermediate Biostatistics	3
Electives (choose from following)		3
HADM 587	Health Policy Analysis and Research	
HPRO 589	Qualitative Research Methods	
PHCJ 630	Concepts and Practical Issues of Secondary Data	
STAT 568	Data Analysis	

Leadership, management, and governance

PHCJ 607	Professional Leadership	3
PHCJ 616	Administrative Systems in Agency Management	3
PHCJ 617	Building Healthy Systems	3

Education and workforce development

PHCJ 614	Pedagogy: The Art and Science of Teaching	2
PHCJ 618	Transformative Communication	2

Policy, advocacy and programs

PHCJ 609	Building Healthy Individuals	3
PHCJ 610	Building Healthy Communities ¹	3

Doctoral seminar

PHCJ 608A	Doctoral Seminar for Public Health	1
PHCJ 608B	Doctoral Seminar for Public Health	1
PHCJ 608C	Doctoral Seminar for Public Health	1

Preventive care major

HPRO 527	Obesity and Disordered Eating	3
HPRO 529	Preventive and Therapeutic Interventions in Chronic Disease	3
HPRO 542	Wellness Coaching II	3
HPRO 553	Addiction Theory and Program Development	3
HPRO 580	Preventive Care Management	3
NUTR 556	Nutritional Applications in Lifestyle Intervention	3

Electives **0-3**

HPRO 541	Wellness Coaching I (for students seeking the wellness coaching certificate)	3
	or elective chosen in consultation with advisor	

Religion

RELE 5__	Graduate-level ethics	3
RELR 5__	Graduate-level relational	3
RELT 5__	Graduate-level theological	3

Integrated learning experience		
PHCJ 698	Doctoral Project	4
Total Units		65

Practicum

Practicum units are in addition to the minimum didactic units required for the degree

PHCJ 795	Applied Practice	2
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¹ Fulfills service learning requirement

Applied practice experience and integrated learning experience

All Dr.P.H. students will engage in an applied practice experience that results in a product that is relevant to public health organizations. The culminating activity is an integrated learning experience that includes a field-based project emphasizing advanced practice. Both applied practice experience and integrated learning experience will demonstrate integration of foundational and concentration specific competencies.

Normal time to complete the program

Three (3) years – based on full-time enrollment