AOU Public Health — Student Handbook (Part I)

B.Sc. Public Health · Courses, field practicum, pathways & assessment

AKPAKIP ORO UNIVERSITY (AU)

Oro Nation, Akwa Ibom State, Nigeria

FACULTY OF MEDICAL SCIENCES

DEPARTMENT OF PUBLIC HEALTH

STUDENT HANDBOOK

PART I

B.Sc. Public Health

Your Guide to Courses, Weekly Topics, Coursework, Clinical/Practical Training and Assessment

Academic Structure: Four Years / Eight Semesters

Table of Contents

A. Welcome, Programme Goals and What You Will Achieve

A.1 About This Handbook

This handbook is your guide to the B.Sc. Public Health programme at Akpakip Oro University. It is built on the Nigerian Universities Commission (NUC) Core Curriculum and Minimum Academic Standards (CCMAS) and designed to prepare you for registration with relevant national public health regulatory bodies, in line with global public health competency frameworks (e.g. ASPPH/CEPH).

Teaching follows Outcome-Based Education (OBE): every course you take, every topic taught and every assessment you sit is designed to build toward the outcomes below.

A.2 What You Will Be Able to Do By Graduation (Programme Educational Objectives)

Within three to five years of graduating, you are expected to:

PEO1: Apply epidemiological, biostatistical and environmental health methods to identify, analyse and address population health problems relevant to Nigeria and internationally.

PEO2: Progress into public health practice, government or NGO service, consultancy, or postgraduate study, pursuing relevant professional certification where applicable.

PEO3: Practise public health with integrity, ethical judgement and leadership grounded in African cultural values of dignity, empathy, inclusion and justice.

PEO4: Design and implement sustainable, community-responsive public health programmes addressing the needs of Niger Delta and Gulf of Guinea populations.

PEO5: Engage in continuous, life-long learning and the responsible application of health informatics and digital tools throughout a public health career.

A.3 Programme Outcomes — Your Graduate Attributes

By the time you graduate, you will be able to demonstrate the following twelve outcomes:

No.

Outcome

Description

HPO1

Scientific and Clinical Knowledge

Apply the foundational biomedical, behavioural and clinical sciences relevant to the profession to safe, competent practice.

HPO2

Clinical/Professional Skills and Procedures

Perform the clinical, technical or professional procedures expected of a competent entry-level practitioner.

HPO3

Patient/Client-Centred Communication

Communicate effectively and compassionately with patients, clients, families and communities, respecting their autonomy and dignity.

HPO4

Professionalism and Ethics

Practise with integrity, accountability and adherence to professional codes of ethics and regulatory requirements.

HPO5

Population, Public and Community Health

Apply knowledge of population health, epidemiology and preventive practice to community and public health challenges.

HPO6

Evidence-Based Practice and Research

Critically appraise and apply research evidence to inform practice, and conduct basic research under supervision.

HPO7

Interprofessional Collaboration and Teamwork

Function effectively as a member of multidisciplinary healthcare and research teams.

HPO8

Health Systems, Management and Leadership

Understand the organisation, financing and management of health systems, including resource-limited settings.

HPO9

Cultural Competence and Health Equity

Practise with cultural sensitivity and attention to health equity, particularly within Niger Delta and Gulf of Guinea communities.

HPO10

Health Informatics and Digital Technology

Use health information systems and digital/AI-enabled tools responsibly to support practice and decision-making.

HPO11

Patient Safety and Quality Improvement

Apply patient/client safety principles and participate in continuous quality improvement.

HPO12

Life-Long Learning and Professional Development

Engage in continuous, reflective, life-long learning and professional development.

A.4 How to Use This Handbook

For every semester, you should identify:

The courses you must register, with codes, credit units, status (Core/Elective) and prerequisites.

The main topics to be taught and their weekly sequencing.

Clinical, laboratory or practical activities you must attend.

Assignments and coursework you must complete.

Continuous assessment requirements.

Major examinations, projects and any specialisation/posting pathway you must declare.

What you should be able to do by the end of the course.

What you need to prepare for the next semester.

A.5 Credit Units, Clinical Posting and Grading

One (1) credit unit is equivalent to one hour of lecture/tutorial contact per week, or two-to-three hours of laboratory/field contact per week, over a fifteen-week semester. Your indicative total load across the eight-semester programme is approximately 135-145 credit units. Field practicum placements are compulsory, logged, and assessed Pass/Fail where indicated. Continuous assessment typically makes up 30-40% of your grade in every course, with the balance from the end-of-semester examination.

B.Sc. Public Health

Delivered by the Department of Public Health, Faculty of Medical Sciences, with specialisation pathways in Epidemiology, Health Policy and Management, Environmental Health, and Health Promotion and Education.

Programme Emphasis

The programme develops public health professionals competent in epidemiology, environmental health, health promotion and health systems, meeting NUC and relevant regulatory standards and aligned with global public health competency frameworks (e.g. ASPPH/CEPH), with particular attention to the health needs of the Niger Delta and Gulf of Guinea.

Curriculum Structure — Semester-by-Semester Summary

Semester

Level

Academic Theme

Semester 1

100 Level, First Semester

Foundations of Public Health I

Semester 2

100 Level, Second Semester

Foundations of Public Health II

Semester 3

200 Level, First Semester

Core Public Health Sciences I

Semester 4

200 Level, Second Semester

Core Public Health Sciences II

Semester 5

300 Level, First Semester

Disease Epidemiology and Health Systems

Semester 6

300 Level, Second Semester

Health Programme Management

Semester 7

400 Level, First Semester

Specialised Public Health Practice

Semester 8

400 Level, Second Semester

Capstone and Professional Readiness

Semester 1 — 100 Level, First Semester

Academic Theme: Foundations of Public Health I

Registered Courses

Code

Course Title

Units

Status

Prerequisite

GST 101

Communication in English I

2

C

None

GST 103

Nigerian Peoples and Culture

2

C

None

BIO 101

General Biology I

3

C

None

CHM 101

General Chemistry I

3

C

None

PHY 101

General Physics I

2

C

None

STA 101

Introductory Biostatistics I

3

C

None

PHP 101

Introduction to Public Health

2

C

None

Total Units This Semester

17

Weekly Scheme of Work

Weeks

Topics / Learning Activities

Focus

Foundational biology, chemistry, physics and biostatistics; orientation to the discipline and history of public health.

Coursework Requirements

Science problem sets and practicals

Biostatistics exercises

Career reflection essay

Semester 2 — 100 Level, Second Semester

Academic Theme: Foundations of Public Health II

Registered Courses

Code

Course Title

Units

Status

Prerequisite

GST 102

Communication in English II

2

C

GST 101

GST 104

Use of Library, Study Skills and ICT

1

C

None

BIO 102

General Biology II

3

C

BIO 101

STA 102

Introductory Biostatistics II

3

C

STA 101

PHP 102

Human Biology for Public Health

2

C

BIO 101

PHP 104

Introduction to Epidemiology

3

C

None

SOC 101

Introduction to Sociology

2

C

None

Total Units This Semester

16

Weekly Scheme of Work

Weeks

Topics / Learning Activities

Focus

Human biology relevant to public health; introductory epidemiological concepts; sociology of health and illness.

Coursework Requirements

Biostatistics assignments

Epidemiology case study

Sociology reflection essay

Semester 3 — 200 Level, First Semester

Academic Theme: Core Public Health Sciences I

Registered Courses

Code

Course Title

Units

Status

Prerequisite

PHP 201

Epidemiology I

3

C

PHP 104

PHP 203

Environmental Health I

3

C

None

PHP 205

Health Education and Promotion I

2

C

None

PHP 207

Biostatistics for Public Health

3

C

STA 102

PHP 209

Health Systems and Policy I

2

C

None

GST 201

Entrepreneurship Studies I

2

C

None

PHP 291

Field Practicum I

0

C

Pass/Fail, logged

Total Units This Semester

15

Weekly Scheme of Work

Weeks

Topics / Learning Activities

Focus

Descriptive and analytic epidemiology; environmental health hazards; health education principles; applied biostatistics; introductory health systems; supervised field practicum begins.

Coursework Requirements

Epidemiology problem sets

Environmental health field report

Health education plan

SIWES

Students begin a supervised field practicum with a health facility or public health agency.

Semester 4 — 200 Level, Second Semester

Academic Theme: Core Public Health Sciences II

Registered Courses

Code

Course Title

Units

Status

Prerequisite

PHP 202

Epidemiology II

3

C

PHP 201

PHP 204

Environmental Health II

3

C

PHP 203

PHP 206

Health Education and Promotion II

2

C

PHP 205

PHP 208

Biostatistics and Data Analysis Software

2

C

PHP 207

PHP 210

Reproductive and Maternal-Child Health

3

C

None

GST 202

Entrepreneurship Studies II

2

C

GST 201

Total Units This Semester

15

Weekly Scheme of Work

Weeks

Topics / Learning Activities

Focus

Advanced epidemiology; environmental health continuation; health education programme design; statistical software (SPSS/R/Epi Info); reproductive and maternal-child health.

Coursework Requirements

Epidemiology assignment

Environmental health report

Data analysis exercise

Maternal-child health case study

Semester 5 — 300 Level, First Semester

Academic Theme: Disease Epidemiology and Health Systems

Registered Courses

Code

Course Title

Units

Status

Prerequisite

PHP 301

Epidemiology of Communicable Diseases

3

C

PHP 202

PHP 303

Epidemiology of Non-Communicable Diseases

3

C

PHP 202

PHP 305

Health Systems and Policy II

3

C

PHP 209

PHP 307

Research Methods in Public Health

2

C

PHP 208

PHP 309

Occupational Health and Safety

2

C

None

PHP 311

Nutrition in Public Health

2

C

None

PHP 391

Field Practicum II

0

C

Pass/Fail, logged

Total Units This Semester

15

Weekly Scheme of Work

Weeks

Topics / Learning Activities

Focus

Infectious and non-communicable disease epidemiology relevant to the region; health systems and policy; research methods; occupational health; nutrition.

Coursework Requirements

Disease surveillance exercise

Health policy brief

Research proposal outline

Nutrition assessment report

Semester 6 — 300 Level, Second Semester

Academic Theme: Health Programme Management

Registered Courses

Code

Course Title

Units

Status

Prerequisite

PHP 302

Health Programme Planning and Evaluation

3

C

PHP 305

PHP 304

Global Health and One Health

2

C

None

PHP 306

Health Economics and Financing

2

C

None

PHP 308

Biostatistics for Health Research

2

C

PHP 208

PHP 310

Monitoring and Evaluation of Health Programmes

2

C

PHP 302

PHP-E1

Specialisation Elective (choose one; see options below)

3

E

Varies

Total Units This Semester

14

Specialisation / Pathway Options

Code

Option Title

PHT-A01

Epidemiology Fundamentals

PHT-B01

Health Policy and Management Fundamentals

PHT-C01

Environmental Health Fundamentals

PHT-D01

Health Promotion and Education Fundamentals

Weekly Scheme of Work

Weeks

Topics / Learning Activities

Focus

Programme planning and logframes; global health and One Health concepts; health economics; monitoring and evaluation frameworks.

Coursework Requirements

Programme planning exercise

Health economics assignment

M&E framework design

Semester Project: "Community Health Programme Proposal"

Students design a public health programme proposal addressing a priority health issue in a host-community context (e.g. within the Oro/Oron Nation area).

Semester 7 — 400 Level, First Semester

Academic Theme: Specialised Public Health Practice

Students formally declare one specialisation pathway at the start of Semester 7, carried through Semester 8: (A) Infectious Disease Epidemiology, (B) Health Policy Analysis, (C) Water, Sanitation and Hygiene (WASH), or (D) Behaviour Change Communication.

Registered Courses

Code

Course Title

Units

Status

Prerequisite

PHP 401

Advanced Epidemiology

3

C

PHP 303

PHP 403

Public Health Leadership and Management

2

C

PHP 302

PHP 405

Research Project I

3

C

PHP 307

PHP 407

Professional Ethics in Public Health

1

C

None

PHP 409

Health Informatics and Digital Health

2

C

None

PHP-P1

Pathway Course (choose track A, B, C or D)

3

E

Declared pathway

Total Units This Semester

14

Specialisation / Pathway Options

Code

Option Title

A - PHP 411

Infectious Disease Epidemiology

B - PHP 413

Health Policy Analysis

C - PHP 415

Water, Sanitation and Hygiene (WASH)

D - PHP 417

Behaviour Change Communication

Weekly Scheme of Work

Weeks

Topics / Learning Activities

Fieldwork

At least one supervised field exercise relevant to the declared pathway shall be undertaken.

Coursework Requirements

Advanced epidemiology assignment

Leadership case study

Research proposal

Pathway case study report

Semester 8 — 400 Level, Second Semester

Academic Theme: Capstone and Professional Readiness

Registered Courses

Code

Course Title

Units

Status

Prerequisite

PHP 402

Research Project II

3

C

PHP 405

PHP 404

Internship/Field Attachment

4

C

None

PHP 406

Health Programme Capstone Project

3

C

PHP 302

PHP-P2

Pathway Course (continuation of declared track)

3

E

Declared pathway

PHP 408

Seminar in Public Health

1

C

None

Total Units This Semester

14

Specialisation / Pathway Options

Code

Option Title

A - PHP 412

Outbreak Investigation and Response

B - PHP 414

Health Insurance and Financing Systems

C - PHP 416

Environmental Risk Assessment

D - PHP 418

Community Mobilisation and Advocacy

Weekly Scheme of Work

Weeks

Topics / Learning Activities

Requirements

Complete and defend the research project; complete an internship/field attachment with a health agency; complete a capstone programme-design project; present before a panel.

Graduation Portfolio Requirements

Transcript

Research project report

Field practicum and internship logs

Capstone project report

Professional development portfolio

B. Your Weekly Study Model

Plan your week across the following components:

Lectures — core teaching contact.

Tutorials — problem-solving and case discussion.

Laboratory/clinical/practical sessions.

Independent study — reading and revision.

Coursework — assignments, case reports and logbooks.

Group work — team-based case studies and ward/field exercises.

Maintain a personal Field Practicum Portfolio throughout your four years, consolidating field reports, programme designs and reflective notes. You will need this evidence when seeking public health employment or further study.

C. What a Normal Teaching Semester Looks Like

A normal fifteen-week teaching semester generally follows this pattern:

Week(s)

What Happens

Week 1

Orientation / course introduction.

Weeks 2-5

Core theory and guided tutorials.

Week 6

Continuous assessment / test.

Weeks 7-10

Advanced theory plus laboratory/clinical/practical activities.

Week 11

Practical/coursework assessment.

Weeks 12-13

Integrated case-based/problem-based learning.

Week 14

Revision and case presentations.

Week 15

Final revision / course completion.

Examination period

As separately published by the University.

D. Recommended Textbooks and References

Use these as your core reading list across the programme. Your lecturers will indicate the specific chapters and editions relevant to each course in the weekly scheme.

D.1 B.Sc. Public Health

Epidemiology and Biostatistics

Gordis, L. — Epidemiology, Elsevier.

Rothman, K.J. — Epidemiology: An Introduction, Oxford University Press.

Daniel, W.W. and Cross, C.L. — Biostatistics: A Foundation for Analysis in the Health Sciences, Wiley.

Environmental and Occupational Health

Frumkin, H. — Environmental Health: From Global to Local, Jossey-Bass.

Koren, H. and Bisesi, M. — Handbook of Environmental Health, CRC Press.

Health Policy, Systems and Management

Shi, L. and Singh, D.A. — Delivering Health Care in America: A Systems Approach, Jones & Bartlett.

World Health Organization — Health Systems Strengthening Framework, current edition.

Health Promotion and Behaviour Change

Glanz, K., Rimer, B.K. and Viswanath, K. — Health Behavior: Theory, Research, and Practice, Jossey-Bass.

Global Health and One Health

Skolnik, R. — Global Health 101, Jones & Bartlett.

Preventive and Social Medicine (Nigerian Context)

Park, K. — Park's Textbook of Preventive and Social Medicine, Banarsidas Bhanot.

Research Methods and Professional Practice

Kothari, C.R. — Research Methodology: Methods and Techniques, New Age International.

E. Where to Get Further Help

This Student Handbook covers what you need to plan and succeed in each semester. Detailed course specifications, learning-outcome mapping and marking schemes for each course are held by your course lecturers in their course files, and can be requested from your Head of Department or Faculty Officer.

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