
Health and Society Pathways: Suggested Tracks For HSOC Majors and Minors at the University of Vermont 2024/10/30

What is Health and Society

Health and Society (HSOC) is an interdisciplinary cross-college major and minor housed in the College of Arts and Sciences (CAS). It focuses on social science, humanities, and liberal arts approaches to analyzing the relationship between societies' social structures and cultural practices and human population health, healing practices, and health-care systems. The program aims to promote critical understanding of social, cultural, economic, political, psychological, geographic, and environmental contexts that shape varied human experiences of health and illness and of healing and healthcare.

HSOC offers multidisciplinary perspectives on health-related societal issues. We examine the ways in which societies both contribute to and respond to human health and misery. We explore how human health, healing and healthcare are defined, perceived, and enacted in different cultural and social settings. We investigate the ways in which social institutions and sociocultural processes shape human health-related ideas, meanings, experiences, and practices. We delve into how health-related knowledge is shaped by different perspectives, values, priorities, identities, cultural frameworks, social conventions, scientific paradigms, and social, political, and financial interests. We examine how health, healing and healthcare are influenced by global, national, regional, and local forces, including historical legacies, biocultural variation, cultural traditions, psychological factors, social inequalities, political and economic systems, geographic and ecological settings, and planetary health. We investigate the ways in which health and healthcare are unevenly distributed by race, ethnicity, nationality, region, class, gender, age, and sexual orientation. We identify health-related effects of social inequality, social institutions, corporate entities, economic and political systems, public policies, sociocultural beliefs and practices, and individual psychology and social behavior.

Pathways To Guide You in Navigating Your Choices

The HSOC major and minor cover a lot of ground and offer much flexibility and many choices. Having so many choices can be simultaneously exciting and challenging to navigate. To help students to find their way, we have laid out some pathways within HSOC showing students how to get to intermediate and advanced core courses. This document only deals with pathways. See the course catalog for your catalog year, along with your degree audit, for the full major/minor.

HSOC majors need to find a way to take the prerequisites required to get from introductory to intermediate to advanced core courses within the major. HSOC majors forge at least two pathways to intermediate and advanced HSOC core courses. HSOC core intermediate and

advanced courses are listed in the HSOC major in the course catalog and in your degree audit. Students should know that not just any course on health or on society counts toward HSOC. Courses that count have been determined to fit well with our program objectives. HSOC core courses are different from HSOC electives in that these courses have a very close fit with our focus on social sciences of health, and we have agreements with faculty and departments that those courses will be taught regularly (usually once a year) with seats available for a certain number of HSOC students. Since offerings are growing and changing rapidly in our program, beyond those core courses in the course catalog and degree audit system, emerging HSOC core courses are identified in the HSOC course list advising sheets posted each semester on the Health and Society advising page (<https://www.uvm.edu/cas/healthsociety/advising>). Although those emerging core courses won't be in the catalog or degree audit, you can contact the Program Director or your HSOC advisor to request they be counted by hand. In comparison with core courses, HSOC electives are deemed to have a reasonable fit with our program focus, but they may not be taught regularly, have seats available for our students, or lead to a higher-level HSOC course. Some HSOC electives are in the health humanities. A few HSOC electives are lower-level social science courses that are prerequisites for higher-level HSOC core courses. Also, for HSOC majors, at least 15 out of your 33 major credits must be CAS-designated courses. CAS designation is often not intuitive, and many HSOC courses are non-CAS, so be sure to review the HSOC course list sheet carefully each semester, which tells you which course prefixes are CAS. It also tells you which courses are core courses versus elective courses for the major. Also, for interdisciplinary exposure, no more than 21 credits for the major can come from a single course prefix. HSOC majors in CAS should also know that 84 of their 120 overall college credits need to be CAS designated. To know beyond HSOC which courses are CAS, go to the "classic" version of the registrar's schedule of courses, and click on "College of Arts and Sciences."

HSOC minors need to take at least nine HSOC credits at the intermediate level or above. This means needing to find a way to take the prerequisites required for those courses, usually aiming for one pathway, which may or may not reach the advanced level. For their intermediate level or above courses, HSOC minors may take either HSOC core courses or HSOC elective courses. See the paragraph above for an explanation of HSOC core versus elective courses. For the HSOC minor, at least 9 of your 18 HSOC credits must be CAS-designated courses. Since CAS course designation is not intuitive, see each semester's HSOC course list advising sheet posted on the HSOC advising website (<https://www.uvm.edu/cas/healthsociety/advising>). That also tells you which courses are core courses versus elective courses for the major. Although the minor just has required courses and elective courses, that distinction is still useful, because minors should take core courses when possible. Also, for interdisciplinary exposure, no more than 12 credits of courses for the minor may come from a single course prefix (e.g., ECON, POLS).

Another thing that both **majors and minors** should know is that your university, college, distributive, major, and minor requirements are based on your own designated catalog year. Usually, that will be the academic year you entered UVM, but if you switched colleges (e.g., from CALS to CAS) picking up a new major, then your catalog year becomes that of the academic year in which you switched colleges. The requirements for your designated catalog year is what will show up in your degree audit. Another way to check the requirements for your catalog year is to look at the archived UVM course catalog for that year, here:

<https://catalogue.uvm.edu/undergraduate/cataloguearchives/>. For HSOC, you can find an archive of past guidelines here: <https://www.uvm.edu/cas/healthsociety/course-material-archives>.

To see all HSOC classes for any given semester on the registrar's site, you need to use the "classic version" of the registrar's schedule of courses, which includes not just courses with an HSOC course prefix, but also those with other prefixes (e.g., ANTH) that count toward HSOC. Still, even the classic version of the course schedule does not tell you *how* those courses count. For that you need the HSOC course list advising sheet on the HSOC advising page.

While useful, the degree audit tool is a blunt instrument, often requiring human intervention to adjust students' degree audits. Sometimes programming errors arise that don't count things that should be counted, do count things that shouldn't be counted, or do count things but in the wrong place. The degree audit only goes by what is written in the course catalog. In contrast, your program director knows about emerging possibilities that did not materialize until after the course catalog was finalized months before. The HSOC course list advising sheet on the HSOC advising page will indicate some things that count toward HSOC requirements that are not in the course catalog or your degree audit. If you notice a potential problem with your degree audit, in cases when HSOC advising documents clearly indicate that something you took should be counted toward a particular requirement, simply contact your HSOC advisor. In that case, they can ask the degree audit office to make a correction. If the situation is not clear-cut, contact the HSOC Program Director to ask whether a degree audit exception can be authorized.

All HSOC Majors and Minors Take

HSCI 1100 (Core Introductory Course)	HSOC 1600/SOC 1300 and/or HSOC 1700/ANTH 1190 (Core Introductory Course)	STAT 1110 OR 1410* (Introductory Methods)
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Note: Any student who is premed should take STAT 1410, according to university premed recommendations. Other students may also wish to take STAT 1410. Consult your advisors if trying to decide..

Majors take all the foundational courses above (HSCI 1100, 1600, and 1700 and STAT 1110/1410), while minors have a choice between HSOC 1600 or HSOC 1700, or they may take both.

Students should take foundational courses as soon as possible.

Two of the foundational courses for Health and Society ANTH 1190/HSOC 1700: Global Health, Development, and Diversity and SOC 1300/HSOC 1600: Health Care in America, are offered one semester each academic year, usually in the fall, not both semesters. Both courses are required for the major, and one or the other is required for the minor. Don't leave these courses until your senior spring, because they may not be offered that semester. Also, they serve as prerequisites for many higher-level HSOC courses.

HSCI 1100: Intro to Public Health and STAT 1110/1140, which are required of all majors and minors, are usually offered in both the fall and the spring, but you should still take them as soon as possible since they are prerequisites for many offerings.

Pathways to Higher-Level Courses in HSOC

Following their foundational courses, students forge paths to fulfill their other major and minor requirements and gain the prerequisites for intermediate and/or upper-level courses.

HSOC majors need to take HSOC core courses at both the intermediate and the advanced levels.

HSOC minors need to take some HSOC courses at the intermediate level or above, which may be HSOC core or HSOC elective courses.

Make sure to take the prerequisites that you need for the core 2000- and 3000 level HSOC courses that you intend to take. Since this is an interdisciplinary major and minor with many possible pathways, not all prereqs are built into the required courses, although many are among its electives. Also, the prereqs needed for some HSOC offerings do not count toward HSOC.

This document gives you an idea of some prerequisites, but also double-check the course catalog and the registrar's schedule of courses. That said, in some cases, HSOC majors or minors may have slightly modified prerequisites for certain CAS core courses (see ECON and PSYS below).

Please note that most 2000- and 3000-level courses are only offered once a year or less. Even some 1000-level courses are only offered once a year or less. Which semester they are offered may vary from year to year as well. If timing is critical for you and the schedule is not out yet, ask the professor of the course which semester they expect to be teaching it in the coming year.

Pathways to Both Intermediate and Advanced HSOC Core Courses in CAS

Within courses offered by the College of Arts and Sciences (CAS), we have pathways to advanced HSOC courses offered in the departments of Anthropology, Economics, Geography, Political Science, Psychology, and Sociology. These HSOC courses are in biological, medical, and psychological anthropology, health economics, health geography, health policy and politics, health psychology, and sociology of health and illness. These pathways emerge and evolve as faculty are hired and regularized courses are added. The Geography pathway is the most recent, with its courses still to be added to the course catalog.

Here is what we anticipate the CAS HSOC pathways to advanced courses to be over the coming years: Please note that it takes fewer steps to get to the intermediate or advanced level in some pathways than in others. HSOC majors need to take one to two of these CAS pathways all the way to advanced core courses. HSOC minors may take any of these pathways to at least the intermediate level.

Take one or two of these pathways toward intermediate or advanced CAS HSOC courses:

Anthropology:

- **1000-Level Required:** HSOC 1700/ANTH 1190: Global Health, Development and Diversity (3 credits)
- **2000-Level Core:** ANTH 2170: Culture, Health & Healing, OR ANTH 2181: Aging in Cross-Cultural

Perspective, ANTH 2191: Foundations of Global Health, OR ANTH 2205: Gender, Sex, Race & Body, OR ANTH 2410: Topics in Biological Anthropology (3 credits).

- **3000-Level Core:** ANTH 3192: Anth Research in Global Health, OR ANTH 3475: Research in Human Biological Diversity (Anth 3475 needs Anth 1400 prereq)

Note: HSOC students interested in culture and global health may like this pathway. Students wishing to focus even more in this area may opt for the Global Health Concentration in the Anthropology Major. Students may also ask for the emerging course ANTH 3990: Culture, Mind, Body (3 credits) to count as their 3000-level core for this pathway.

Economics:

- **1000-Level Required:** HSOC 1600/SOC 1300: Health Care in America (3 credits)
- **2000-Level Core:** ECON 2990: Health Economics (to be regularized to ECON 2850) (3 credits).
- **3000-Level Core:** ECON 3850: Health Economics (or ECON 4850 version) (3 credits)

Note: The prerequisite for intermediate Health Economics (ECON 2990/2850) is ECON 1450: Microeconomics (3 credits), which can count as an HSOC elective. If you take intermediate Health Economics under the special topics (wildcard) course number (ECON 2990), contact the HSOC director or your HSOC advisor to ask for a degree audit exception to count it as a CAS HSOC 2000-level core course. If you take it as ECON 2850, the degree audit should count it automatically. If you have already taken an advanced Health Economics class (e.g., ECON 3850 or 4850) without having taken intermediate Health Economics, then for your CAS HSOC 2000-level core course, students should take an HSOC core course in another CAS discipline in this list (e.g., a 2000-level ANTH, GEOG or SOC core course). If you have not yet taken an advanced Health Economics course, then you should take the intermediate Health Economics course first. The prerequisites for the advanced Health Economics courses (ECON 3850 or 4850) include MATH 1212: Calculus (3 credits), STAT 1410 (3 credits), ECON 1450: Microeconomics (3 credits) and ECON 2450: Microeconomic Theory (3 credits), the latter two of which count as HSOC electives. This is a modification for HSOC students as ECON students also need to take two additional prerequisites. Students should know that MATH 1212 does not count toward HSOC, but it can count toward general college credits and/or distribution requirements.

Geography:

- **1000-Level Required:** HSOC 1700/ANTH 1190: Global Health, Development and Diversity (3 credits)
- **2000-Level Core:** GEOG 2####: Health Geography (to be regularized to GEOG 2782), OR GEOG 2####: GeoHealth (3 credits) *
- **3000-Level Core:** GEOG 3####: Healthy Cities or GEOG 3####: Geography research or data analysis course (with focus in Health Geography) (3 credits) *

Note: These Geography courses are emerging. If you take them under a special topics course number, because they do not yet have their own regularized course numbers, you may request to hand-count them toward HSOC. The prereq for Health Geography will be GEOG 1760: Global Environments and Cultures or GEOG 1780: Society, Place, and Power. Students may also ask for the emerging courses taught by Professor Mah in GEOG 3990: Healthy Cities (3 credits) or Geography research or data analysis to count as their 3000-level core for this pathway.

Political Science:

- **1000-Level Required:** HSOC 1600/SOC 1300: Health Care in America (3 credits)
- **2000-Level Core:** POLS 2####: Health Policy and Politics (3 credits) *
- **3000-Level Core:** POLS 3####: POLS 3490 (Advanced) Health Policy and Politics OR Course on research on US state legislative politics (with focus on health focus), OR POLS 4310 VT Legislative Research Service (with health focus) (3 credits)

**Note: POLS 1300: US Political System (3 credits) is a prereq for the higher-level POLS HSOC core courses; we count it as an HSOC elective for students taking the health policy and politics pathway. Health Policy and Politics is changing from the 3000- (3490) to the 2000 level. Right now, the 2000-level version is under a special topics (wildcard) course number, so degree audit won't pick it up automatically, but you may ask for it to count as a 2000-level HSOC core course. For the 3000 level, POLS already has the POLS 4310 that the degree audit system will auto-count, and they will be adding a 3000-level course on research in US state legislative politics in which HSOC students focus on research in health policy and politics; if students take the latter before it gets its own regularized course number, they may ask for it to count as their 3000-level HSOC core course.*

Psychology:

- **1000-Level Required:** HSOC 1600/SOC 1300: Health Care in America (3 credits)
- **2000-Level Core:** PSYS 2500: Psychopathology (3 credits)
- **3000-Level Core:** PSYS 3510: Health Psychology (3 credits)

*Note: PSYS 1400: Intro to Psychological Sciences (3 credits) is a prereq for the higher-level PSYS courses; it counts as an HSOC elective. In addition to PSYS 1400 and 2500, the STAT 1110 or 1410 course required for HSOC serves as a prerequisite for PSYS 3510 for HSOC majors and minors only. This is a modification for HSOC students only. Other students need to take PSYS 2000 or 2002 before taking PSYS 3510.

Sociology:

- **1000-Level Required:** HSOC 1600/SOC 1300: Health Care in America (3 credits)
- **2000-Level Core:** SOC 2300: Population Health Research, OR SOC 2335 Gender Sexualities and Med (3 credits) *
- **3000-Level Core:** SOC 3300: Health: Race, Class, Gender, OR SOC 3335: Soc of Reproduction, OR SOC 3###: Soc of Health and Illness (3 credits).

*Note: SOC 1500: Intro to Sociology (3 credits) is a prereq for higher-level SOC courses; we count it as an HSOC elective. Although still in the catalog, *Death and Dying* and *Crime and Public Health* are not offered at this time. If you take *Soc of Health and Illness* under a special topics (wildcard) number (e.g., SOC 3990) before it gets a regularized course number, you may ask the program director or your HSOC advisor to request that the degree audit office count it as a 3000-level HSOC core course.

If you joined the major or minor in earlier years, the pathways available and the courses involved may have been somewhat different. This is because offerings change as available faculty and courses change over time. Your degree audit should reflect the courses available for HSOC during the catalog year that you are following. If you'd like to take advantage of new offerings listed in the current pathways document but they don't automatically get counted in your degree audit, the Program Director or HSOC advisor can help with a degree audit exception.

Pathways to Intermediate-Only HSOC Courses in CAS

CAS also has pathways to the intermediate level only in health humanities courses in English, Philosophy, and Religion. Since these disciplines do not have advanced core courses in HSOC, they count as HSOC electives, not as core courses. Here is what we anticipate the CAS HSOC pathways to intermediate-only courses to be.

English

HSOC students can take ENGL 1260: Drugs and Literature, and sometimes there may be a related course at the 2000-level under a special topics listing.

Philosophy

HSOC students can take PHIL 1675: Death and Dying (3 credits) and then PHIL 2670: Medical Ethics (3 credits). Sometimes there may be a 1000-level medical ethics class that can serve as a prereq for PHIL 2670.

Religion:

HSOC students can take REL 1650: Religion, Health, and Healing (3 credits) and then REL 2652: Mysticism and Shamanism (3 credits).

Note on Senior Honors Thesis in HSOC and Course Planning:

If you are an HSOC major wishing to do a senior thesis in HSOC, you'll need to attain the skills needed to design and conduct a social science research project. You may do a project that is

qualitative, quantitative, or mixed methods (both qualitative and quantitative). With the exception of students in the Honors College (HCOL), no one needs to do a senior thesis.

Here are some intermediate and advanced HSOC courses that will allow you to gain skills in qualitative and/or quantitative methods and related research project design principles, along with their prerequisites. Please note that although there is overlap, these course progressions require taking some additional courses beyond what is listed in the above HSOC pathways in CAS. In addition, please note that your thesis advisor may recommend other or additional courses, depending on the knowledge, skills, and methods needed for your chosen thesis topic.

Remember that you also need to have a certain cumulative GPA and to find an tenure-track HSOC faculty member who is available and agrees to be your thesis advisor. With the requisite GPA, Honors College students can do an HCOL honors thesis, and students not in HCOL may do a senior thesis in their home college. For most HSOC majors, their home college will be CAS. Please note that HCOL and your college may have additional requirements to qualify to do a senior thesis, including college approval of your thesis proposal. See the appropriate guidelines.

Qualitative Research Methods:

- **1000-Level Required:** ANTH 1100: Introduction to Cultural Anthropology and HSOC 1700/ANTH 1190: Global Health, Development and Diversity (6 credits)
- **2000-Level Core:** ANTH 2170: Culture, Health & Healing, OR ANTH 2181: Aging in Cross-Cultural Perspective OR ANTH 2205: Gender, Sex, Race & Body (3 credits) *
- **3000-Level Core:** ANTH 3192: Anth Research in Global Health, OR ANTH 3130: Ethnographic Field Methods (3 credits) **

**Note: In addition, GEOG 2550: Qualitative Research Methods (3 credits) is recommended.*

***Note: If 3000-level ANTH courses above are not available in the semester you need them, inquire about an override into EDFS 3090: Intro to Research Methods (3 credits).*

Quantitative Research Methods:

- **1000-Level Required:** HSOC 1600/SOC 1300: Health Care in America and STAT 1110 or 1410 (6 credits)
- **2000-Level:** SOC 2500: Social Research Methods. See below.
- **3000-Level Core:** STAT 3000: Medical Biostatistics and Epidemiology (3 credits)

**Note: SOC 2500 covers both quantitative and qualitative methods. There is no 2000-level required quantitative methods course in HSOC. Students wishing to do a quantitative thesis should take the HSOC elective SOC 2500: Social Research Methods (4 credits), which will count as an HSOC elective.*

Note for Premed Students in CAS on HSOC Course Planning

Many HSOC courses could enhance your preparation for medical school, but here are some that may be especially useful. HSOC 1600/SOC 1300: Health Care in America, STAT 1410 (not 1110), ANTH 2170: Culture, Health, and Healing, PSYS 1400: Introduction to Psychological Sciences, and PHIL 2670: Medical Ethics. Contact Cara Calvelli in the Prehealth Office at UVM for further information.

Cross-College or Non-CAS Pathways to Intermediate or Advanced HSOC Courses

HSOC students may be able to also take one pathway to relevant intermediate and/or advanced courses offered in other non-CAS colleges at UVM. Make sure to not take more than one non-CAS pathway. No non-CAS pathway is required.

Non-CAS advanced core courses that can count toward HSOC include courses like HSCI 3100, HSCI 3300, STAT 3000, CSD 3200, and NFS 4245. Students interested in taking a pathway to those courses need to make sure to find and take the necessary prerequisites. In addition, students need to be aware that a certain number of CAS courses are needed to complete an HSOC major or minor, as indicated above. Each semester the program posts a course list on the HSOC advising page, identifying which courses are CAS and non-CAS.

Only pathways that lead to 3000-level HSOC core courses are listed here. We offer these pathways in collaboration with collaborations with programs like public health sciences (CNHS), math and statistics (CEMS), environmental sciences (RSENR), gerontology (CESS), and nutrition and food sciences (CALs), among others.

Do not take more than one of the pathways below; none are required for HSOC major or minor, but you may opt to take one.

Aging and Disability:

- **1000-Level Required:** HSOC 1600/SOC 1300: Health Care in America, OR HSOC 1700/ANTH 1190: Global Health, Development and Diversity (3 credits)
- **2000-Level Core:** ANTH 2181: Aging in Cross-Cultural Perspective (3 credits)
- **3000-Level Core:** CSD 3200: Culture of Disability (3 credits) *

**Note: This pathway leads to a non-CAS 3000-level core course (CSD 3200).*

Epidemiology and Biostatistics:

- **1000-Level Required:** HSOC 1600/SOC 1300: Health Care in America, OR HSOC 1700/ANTH 1190: Global Health, Development and Diversity (3 credits)
- **2000-Level Core:** HSCI 2600: Racism and Health Disparities (3 credits)
- **3000-Level Core:** STAT 3000: Medical Epidemiology & Biostats, OR HSCI 3100: Epi, Pub Hlth & Emerg Disease (3 credits) *

**Note: This pathway leads to non-CAS higher-level core course options. STAT 1110 or 1410 is a prereq for STAT 3000. HSCI 1100: Intro to Public Health and HSCI 2200: Research Methods in Public Health are prereqs for HSCI 3100. HSCI 2200 is not an HSOC course, but it can count toward your overall 120 credits.*

Disparities and Public Health: Mixed Pathway

- **1000-Level Required:** HSOC 1600/SOC 1300: Health Care in America (3 credits)
- **2000-Level Core:** HSCI 2600: Racism & Health Disparities (3 credits) *
- **3000-Level Core:** SOC 3300: Health: Race, Class, & Gender (3 credits) **

**Note: This pathway includes a non-CAS 2000-level HSOC core course on health disparities (HSCI 2600).*

*** Note: SOC 3300 has prereqs of STAT 1110 or 1410 and SOC 1500 and SOC 2500.*

Environment and Health:

- **1000-Level Required:** HSOC 1600/SOC 1300: Health Care in America, OR HSOC 1700/ANTH 1190: Global Health, Development and Diversity (3 credits)
- **2000-Level Core:** SEP 2070/HLTH 2070. Human Health & the Environment, OR SEP 2810: Environmental Justice (3 credits)
- **3000-Level Core:** SEP 3990: Women, Health, and Environment (3 credits)

Note: Women, Health, and Environment has long been a 3000-level core course in Health and Society. Due to a temporary bureaucratic glitch, this year it is listed in the catalog under a special topics (wildcard) course number. Contact the Program Director or your HSOC advisor to request a degree audit exception if it is not automatically counting.

Health Promotion, Program Planning, and Evaluation:

- **1000-Level Required:** HSOC 1600/SOC 1300: Health Care in America OR HSOC 1700/ANTH 1190: Global Health, Development and Diversity (3 credits)
- **2000-Level Core:** HSCI 2300: Health Promotion (3 credits)
- **3000-Level Core:** HSCI 3300: Health Promotion, Program Planning & Evaluation (3 credits)

Note: This pathway includes HSCI courses which are non-CAS. HSCI 1100 is a prerequisite for the higher-level HSCI courses.

Nutrition and Health:

- **1000-Level Required:** HSOC 1600/SOC 1300: Health Care in America, OR HSOC 1700/ANTH 1190: Global Health, Development and Diversity (3 credits)
- **2000-Level Core:** NFS 2114: Human Health in the Food System, OR NFS 2143: Nutrition in the Lifecycle (3 credits)
- **3000-Level Core:** NFS 4245: Nutrition for Global Health (3 credits)

Note: This pathway includes NFS courses which are non-CAS. NFS 1043: Fundamentals of Nutrition, an HSOC elective, is a prerequisite for the higher-level NFS courses.
