# Bachelor of Science in Health Education - Quantitative Reasoning Category I/II and Stretch English

120 Total Units Required  
Minimum Number of Units in the Major: 62

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td><strong>First Semester</strong></td>
<td></td>
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<tr>
<td>ENG 104</td>
<td>First Year Composition Stretch I</td>
<td>3</td>
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<tr>
<td>ISED 160 or MATH 124</td>
<td>Data Analysis in Education (Major Foundation, B4) or Elementary Statistics</td>
<td>3</td>
</tr>
<tr>
<td>GE Area A 4</td>
<td></td>
<td>3</td>
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<tr>
<td>GE Area C</td>
<td></td>
<td>3</td>
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<tr>
<td>GE Area D</td>
<td></td>
<td>3</td>
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<tr>
<td><strong>Second Semester</strong></td>
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<tr>
<td>BIOL 100</td>
<td>Human Biology (Major Foundation, B2, SJ)</td>
<td>3</td>
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<tr>
<td>BIOL 101</td>
<td>Human Biology Laboratory (Major Foundation, B3)</td>
<td>1</td>
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<tr>
<td>ENG 105</td>
<td>First Year Composition Stretch II (A2)</td>
<td>3</td>
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<tr>
<td>GE Area A</td>
<td></td>
<td>3</td>
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<tr>
<td>GE Area B: Physical Science (B1)</td>
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<td>4</td>
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<tr>
<td><strong>Third Semester</strong></td>
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<tr>
<td>BIOL 210 &amp; BIOL 211</td>
<td>General Microbiology and Public Health and General Microbiology and Public Health Laboratory (Major Foundation)</td>
<td>4</td>
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<tr>
<td>GE Area D - Take Two</td>
<td></td>
<td>6</td>
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<tr>
<td>GE Area E</td>
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<td>3</td>
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<tr>
<td>University Elective</td>
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<tr>
<td><strong>Fourth Semester</strong></td>
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<td></td>
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<tr>
<td>Select One (Major Core):</td>
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<td>3</td>
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<tr>
<td><strong>Fifth Semester</strong></td>
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<tr>
<td>H ED 400GW</td>
<td>Community Assessment in Public Health - GWAR (Major Core)</td>
<td>3</td>
</tr>
<tr>
<td>H ED 405</td>
<td>Introduction to Community/Public Health (Major Core)</td>
<td>3</td>
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<tr>
<td>H ED 425</td>
<td>Introduction to Research and Statistics in Health (Major Core)</td>
<td>3</td>
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<tr>
<td>H ED 655</td>
<td>Environmental Health (Major Core)</td>
<td>3</td>
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<tr>
<td>GE Area UD-B: Upper-Division Physical and/or Life Sciences (Consider SF State Studies Course)</td>
<td>3</td>
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<tr>
<td><strong>Sixth Semester</strong></td>
<td></td>
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<tr>
<td>H ED 410 or H ED 450</td>
<td>Organization and Function of Health Services (Major Core) or Policy Issues in Health Education</td>
<td>3</td>
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<tr>
<td>H ED 420</td>
<td>Epidemiology (Major Core)</td>
<td>3</td>
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<tr>
<td>H ED 430</td>
<td>Community Health Education Theory (Major Core)</td>
<td>3</td>
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<tr>
<td>Major Emphasis (9 units total) - Take One</td>
<td></td>
<td>3</td>
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<tr>
<td>GE Area UD-D: Upper-Division Social Sciences (Consider SF State Studies Course)</td>
<td>3</td>
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<tr>
<td><strong>Seventh Semester</strong></td>
<td></td>
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<tr>
<td>H ED 431</td>
<td>Program Planning, Implementation, and Evaluation (Major Core)</td>
<td>3</td>
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<tbody>
<tr>
<td>H ED 455</td>
<td>Community Organizing and Community Building for Health (Major Core, UD-C, AERM, ES, GP, SJ)</td>
<td>3</td>
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**Major Emphasis (9 units total) - Take Two**

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<th>Units</th>
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**University Elective**

3 units

**Eighth Semester**

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<th>Course Code</th>
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<th>Units</th>
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<tbody>
<tr>
<td>H ED 480</td>
<td>Fieldwork and Reflective Seminar (Major Core)</td>
<td>9</td>
</tr>
<tr>
<td>H ED 520</td>
<td>Structural Oppression and Social Foundations of Health (Major Core, SJ)</td>
<td>3</td>
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**Major Emphasis (9 units total) if not already satisfied**

<table>
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<tr>
<th>Course Code</th>
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**or University Elective**

3 units

**Total Units**

120

1 ENG 114 can only be taken if you complete Directed Self-Placement (DSP) and select ENG 114; if you choose ENG 104/ENG 105 through DSP you will satisfy GE Area A2 upon successful completion of ENG 105 in the second semester; multilingual students may be advised into alternative English courses.

2 Depending on courses completed through Early Start, students in Pathway/Category III or IV may be required to enroll in a support course to complement their Quantitative Reasoning/B4 requirement. There are multiple course options for this pathway. Before enrolling in a B4 course, students should verify their MATH Pathway/Category in their Student Center (http://cms.sfsu.edu/content/student-center). Information regarding the courses that correspond with your MATH Pathway/Category can be found on the Developmental Studies Office Website (http://developmentalstudies.sfsu.edu).

3 Another course may be substituted for MATH 124 on advisement.

4 All SF State Studies requirements (AERM, GP, ES, SJ) are met within the major.
Emphasis (9-12 units)
Courses taken for core requirements cannot double count as electives. Units selected from one of the emphases listed below:

Community-Based Public Health Emphasis (9 units)
Units selected from the following on advisement (one course must have an H ED prefix):
AA S 591 Asian American Community Health Issues (3 units) (UD-B, AERM, SJ)
AFRS 370 Health, Medicine, and Nutrition in the Black Community (3 units) (UD-D, AERM, SJ)
ANTH 630 Medical Anthropology (3 units)
BIOL 326 Disease (3 units) (UD-B, GP, SJ)
BIOL 327 AIDS: Biology of the Modern Epidemic (3 units) (UD-B, GP)
BIOL 332 Health Disparities in Cancer (3 units) (AERM, GP, SJ)
H ED 100 Public Health Biology (3 units) (ES)
H ED 200 Global Health (3 units) (D1, GP, SJ)
H ED 210 Personal and Social Determinants of Health (3 units) (D1, SJ)
H ED 221 Health and Social Justice - Burning Issues, Taking Action (3 units) (D1, AERM, SJ)
H ED 241 Health and Social Movements in the United States in the 20th Century (3 units) (D2, USH, AERM, SJ)
H ED 280/COUN 280 Empowering Poor Families to Graduate Out of Poverty (3 units)
H ED 290 Promoting Positive Health (3 units) (C1, GP)
H ED 303 Health Disparities and Sexual and Gender Minority Communities: LGBTQI Health (3 units) (UD-D)
H ED 305 Critical History of Public Health in the United States (3 units) (USH, SJ)
H ED 315 Drugs and Society (3 units) (UD-D, AERM, GP, SJ)
H ED 320 Contemporary Sexuality (3 units) (UD-B, SJ)
H ED 414 Women's Health - Problems and Issues (3 units) (UD-D, AERM, SJ)
H ED 415 AIDS: Contemporary Health Crisis (3 units) (UD-D, AERM, GP, SJ)
H ED 434 GEOG 434 Geographies of Health and Health Care (3 units)
H ED 450 Policy Issues in Health Education (3 units)
H ED 630 Elementary School Health (3 units)
H ED 635 Secondary School Health (1 units)
H ED 640 Structural Inequities and Public Health (3 units) (UD-D, AERM, SJ)
H ED 650 Training and Education Processes in Public Health (3 units)
H ED 670 Principles of Peer Health Education (3 units)
H ED 671 Practice of Peer Health Education (3 units)
H ED 685 Projects in the Teaching of Health Education (1-4 units)
H ED 699 Independent Study (1-3 units)
H ED 699 Independent Study (1-3 units)
HH 210 The Dao of Well-Being in Chinese Tradition (3 units) (C2, AERM)
HH 215 Relaxation and Stress Reduction (3 units) (D1)
HH 280/COUN 280 Empowering Poor Families to Graduate Out of Poverty (3 units)
HH 380 Holistic Health: Western Perspectives (3 units) (UD-B, GP)
HH 381 Holistic Health: Eastern Perspectives (3 units) (UD-D, GP)
HH 382 Holistic Health: Human Nature and Global Perspectives (3 units) (UD-C, GP)
HH 383 Chinese Perspectives in Holistic Health (3 units) (UD-D)
Select three units of the following on advisement:
HH 200 Holistic Approach to Academic Success (3 units) (D1, ES)
HH 205 Relaxation and Stress Reduction (3 units) (D1)
HH 430 Biofeedback: Mind-Body Connection and Self-Regulation (3 units) (UD-B)
HH 435 Autogenic Training and Embodied Living (3 units) (UD-B)
HH 450 Somatics: Body Awareness, Movement and Well-being (3 units) (UD-D)
HH 530 Eastern Nutrition and Herbs (3 units) (UD-B, GP)
HH 535 Western Nutrition and Herbs (3 units) (UD-B, ES)
HH 540 Meditation and Imagery in Healing (3 units) (UD-D, GP)
HH 545 Imagery and Healing in Tibetan Culture (3 units) (UD-C, GP)
HH 560 Naturopathic Medicine and Personal Wellness (3 units) (UD-B)
HH 650 Anthroposophical Health Studies (3 units) (UD-D, GP)
HH 660 Art as Healing (3 units) (UD-C)
HH 670 Alternative Health Practices (3 units) (UD-D, GP)
HH 680 Holistic Health Internship Seminar (3 units) (UD-D)
HH 690 Seminar: Psychophysiology of Healing (3 units) (UD-B)
HH 699 Independent Study (1-3 units)
NUTR 253 ( unit)
NUTR 453 ( units)
WGS 593 Gender, Health, and the Environment (3 units) (UD-D, ES, GP)

School Health Emphasis (12 units)
Units selected from the following on advisement:
FCS 355 ( units) (UD-B)
H ED 210 Personal and Social Determinants of Health (3 units) (D1, SJ)
H ED 315 Drugs and Society (3 units) (UD-D, AERM, GP, SJ)
H ED 320 Contemporary Sexuality (3 units) (UD-B, SJ)
H ED 630 Elementary School Health (3 units)
H ED 635 Secondary School Health (1 units)
H ED 685 Projects in the Teaching of Health Education (1-4 units)
H ED 699 Independent Study (1-3 units)

Holistic Health Studies Emphasis (12 units)
Units selected from the following on advisement:
Select nine units of the following:
HH 380 Holistic Health: Western Perspectives (3 units) (UD-B, GP)
HH 381 Holistic Health: Eastern Perspectives (3 units) (UD-D, GP)
HH 382 Holistic Health: Human Nature and Global Perspectives (3 units) (UD-C, GP)
HH 383 Chinese Perspectives in Holistic Health (3 units) (UD-D)
Select three units of the following on advisement:
HH 200 Holistic Approach to Academic Success (3 units) (D1, ES)
HH 205 Relaxation and Stress Reduction (3 units) (D1)
HH 210 The Dao of Well-Being in Chinese Tradition (3 units) (C2, AERM)
HH 290 Promoting Positive Health (3 units) (C1, GP)
HH 420 Qigong Body-Mind Energetics (3 units) (UD-C, GP)
HH 430 Biofeedback: Mind-Body Connection and Self-Regulation (3 units) (UD-B)
HH 435 Autogenic Training and Embodied Living (3 units) (UD-B)
HH 450 Somatics: Body Awareness, Movement and Well-being (3 units) (UD-D)
HH 530 Eastern Nutrition and Herbs (3 units) (UD-B, GP)
HH 535 Western Nutrition and Herbs (3 units) (UD-B, ES)
HH 540 Meditation and Imagery in Healing (3 units) (UD-D, GP)
HH 545 Imagery and Healing in Tibetan Culture (3 units) (UD-C, GP)
HH 560 Naturopathic Medicine and Personal Wellness (3 units) (UD-B)
HH 650 Anthroposophical Health Studies (3 units) (UD-D, GP)
HH 660 Art as Healing (3 units) (UD-C)
HH 670 Alternative Health Practices (3 units) (UD-D, GP)
HH 680 Holistic Health Internship Seminar (3 units) (UD-D)
HH 690 Seminar: Psychophysiology of Healing (3 units) (UD-B)
HH 699 Independent Study (1-3 units)