# 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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</thead>
<tbody>
<tr>
<td><strong>First Semester</strong></td>
<td></td>
<td></td>
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<tr>
<td>ENG 104</td>
<td>Writing the First Year: Finding Your Voice 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</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>GE Area C</td>
<td></td>
<td>3</td>
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<tr>
<td>GE Area D</td>
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<td>3</td>
</tr>
<tr>
<td><strong>Units</strong></td>
<td></td>
<td><strong>15</strong></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>Writing the First Year: Finding Your Voice 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>Units</strong></td>
<td></td>
<td><strong>14</strong></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>Units</strong></td>
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<td><strong>16</strong></td>
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<tr>
<td><strong>Fourth Semester</strong></td>
<td></td>
<td></td>
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<tr>
<td>Select One (Major Core):</td>
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</tbody>
</table>
Bachelor of Science in Health Education - Quantitative Reasoning Category I/II and Stretch English

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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</thead>
<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>
</tr>
<tr>
<td>Major Emphasis (9 units total) - Take Two</td>
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<td>6</td>
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<tr>
<td>University Elective</td>
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<td>3</td>
</tr>
<tr>
<td><strong>Eighth Semester</strong></td>
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<tr>
<td>H ED 480</td>
<td>Fieldwork and Reflective Seminar (Major Core)</td>
<td>9</td>
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<tr>
<td>H ED 520</td>
<td>Structural Oppression and Social Foundations of Health (Major Core, SJ)</td>
<td>3</td>
</tr>
<tr>
<td>Major Emphasis (9 units total) if not already satisfied</td>
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<td>3</td>
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<tr>
<td>or University Elective</td>
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<td></td>
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<tr>
<td><strong>Total Units</strong></td>
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<td>120</td>
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</tbody>
</table>

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 Drugs and Society (3 units) (UD-D, SJ)
H ED 417 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)
HH 205 Relaxation and Stress Reduction (3 units) (D1)
HH 280/COUN 280 Empowering Poor Families to Graduate Out of Poverty (3 units)
HH 303 Health Disparities and Social Determinants of Health (3 units) (D1, SJ)
HH 305 Critical History of Public Health in the United States (3 units) (USH, SJ)
HH 315 Drugs and Society (3 units) (UD-D, AERM, GP, SJ)
HH 320 Contemporary Sexuality (3 units) (UD-B, SJ)
HH 341 Women’s Health - Problems and Issues (3 units) (UD-D, AERM, SJ)
HH 343 Geographics of Health and Health Care (3 units)
HH 346 Policy Issues in Health Education (3 units)
HH 350 Elementary School Health (3 units)
HH 355 Secondary School Health (1 units)
HH 400 Training and Education Processes in Public Health (3 units)
HH 405 Principles of Peer Health Education (3 units)
HH 410 Practice of Peer Health Education (3 units)
HH 425 Projects in the Teaching of Health Education (1-4 units)
HH 499 Independent Study (1-3 units)
HH 505 Relaxation and Stress Reduction (3 units) (D1)
HH 510 Critical History of Public Health in the United States (3 units) (USH, SJ)
HH 515 Drugs and Society (3 units) (UD-D, AERM, GP, SJ)
HH 520 Contemporary Sexuality (3 units) (UD-B, SJ)
HH 541 Women’s Health - Problems and Issues (3 units) (UD-D, AERM, SJ)
HH 543 Geographics of Health and Health Care (3 units)
HH 546 Policy Issues in Health Education (3 units)
HH 550 Elementary School Health (3 units)
HH 555 Secondary School Health (1 units)
HH 600 Training and Education Processes in Public Health (3 units)
HH 605 Principles of Peer Health Education (3 units)
HH 610 Practice of Peer Health Education (3 units)
HH 625 Projects in the Teaching of Health Education (1-4 units)
HH 699 Independent Study (1-3 units)
HH 700 Critical History of Public Health in the United States (3 units) (USH, SJ)
HH 710 Drugs and Society (3 units) (UD-D, AERM, GP, SJ)
HH 720 Contemporary Sexuality (3 units) (UD-B, SJ)
HH 741 Women’s Health - Problems and Issues (3 units) (UD-D, AERM, SJ)
HH 743 Geographics of Health and Health Care (3 units)
HH 746 Policy Issues in Health Education (3 units)
HH 750 Elementary School Health (3 units)
HH 755 Secondary School Health (1 units)
HH 800 Training and Education Processes in Public Health (3 units)
HH 805 Principles of Peer Health Education (3 units)
HH 810 Practice of Peer Health Education (3 units)
HH 825 Projects in the Teaching of Health Education (1-4 units)
HH 899 Independent Study (1-3 units)

Holistic Health Studies Emphasis (12 units)
Units selected from the following on advisement:
Select three 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 nine units of the following:
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 400 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)
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 Nutrition for Wellness (3 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)
NUTR 253 Nutrition, Health, and Disease (3 units)
NUTR 453 Nutrition in the Life Cycle (3 units)