

# 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

This roadmap is a suggested plan of study and does not replace meeting with an advisor. Please note that students may need to adjust the actual sequence of courses based on course availability. Please consult an advisor in your major program for further guidance.

Course	Title	Units
<b>First Semester</b>		
ENG 104	Writing the First Year: Finding Your Voice Stretch I <sup>1</sup>	3
ISED 160 or MATH 124	Data Analysis in Education (Major Foundation, B4) <sup>2,3</sup> or Elementary Statistics	3
GE Area A <sup>4</sup>		3
GE Area C		3
GE Area D		3
	Units	15
<b>Second Semester</b>		
BIOL 100	Human Biology (Major Foundation, B2, S.J)	3
BIOL 101	Human Biology Laboratory (Major Foundation, B3)	1
ENG 105	Writing the First Year: Finding Your Voice Stretch II (A2) <sup>1</sup>	3
GE Area A		3
GE Area B: Physical Science (B1)		4
	Units	14
<b>Third Semester</b>		
BIOL 210 & BIOL 211	General Microbiology and Public Health and General Microbiology and Public Health Laboratory (Major Foundation)	4
GE Area D - Take Two		6
GE Area E		3
University Elective		3
	Units	16

## Fourth Semester

Select One (Major Core):		3
HH 205	Relaxation and Stress Reduction (D1)	
HH 380	Holistic Health: Western Perspectives (UD-B, GP)	
PH 210	Personal and Social Determinants of Health (D1, SJ)	
PH 290	Promoting Positive Health (C1, GP)	
GE Area C - Take Two		6
University Elective - Take Two		6
	Units	15

## Fifth Semester

PH 400GW	Community Assessment in Public Health - GVAR (Major Core)	3
PH 405	Introduction to Community/Public Health (Major Core)	3
PH 425	Introduction to Research and Statistics in Health (Major Core)	3
PH 655	Environmental Health (Major Core)	3
GE Area UD-B: Upper-Division Physical and/or Life Sciences (Consider SF State Studies Course)		3
	Units	15

## Sixth Semester

PH 410 or PH 450	Organization and Function of Health Services (Major Core) or Policy Issues in Health Education	3
PH 420	Epidemiology (Major Core)	3
PH 430	Community Health Education Theory (Major Core)	3
Major Emphasis (9-12 units total) - Take One <sup>5</sup>		3
GE Area UD-D: Upper-Division Social Sciences (Consider SF State Studies Course)		3
	Units	15

## Seventh Semester

PH 431	Program Planning, Implementation, and Evaluation (Major Core)	3
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PH 455	Community Organizing and Community Building for Health (Major Core, UD-C, AERM, ES, GP, SJ)	3
Major Emphasis (9-12 units total) - Take Two <sup>5</sup>		6
University Elective		3
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		Units 15
<b>Eighth Semester</b>		
PH 480	Fieldwork and Reflective Seminar (Major Core)	9
PH 520	Structural Oppression and Social Foundations of Health (Major Core, SJ)	3
Major Emphasis (9-12 units total) if not already satisfied <sup>5</sup> or University Elective		3
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		Units 15
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		Total Units 120

<sup>1</sup> 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.

<sup>2</sup> 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/>).

<sup>3</sup> Another course may be substituted for MATH 124 on advisement.

<sup>4</sup> All **SF State Studies** requirements (AERM, GP, ES, SJ) are met within the major.

<sup>5</sup> **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 a PH 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)  
HH 205 Relaxation and Stress Reduction (3 units) (D1)  
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 430 Biofeedback: Mind-Body Connection and Self-Regulation (3 units) (UD-B)  
HH 435 Autogenic Training and Embodied Living (3 units) (UD-B)  
HH 540 Meditation and Imagery in Healing (3 units) (UD-D, GP)  
HH 690 Seminar: Psychophysiology of Healing (3 units) (UD-B)  
LTNS 210 Latina/Latino Health Care Perspectives (3 units) (AERM, ES, GP, SJ)  
PH 100 Public Health Biology (3 units) (ES)  
PH 200 Global Health (3 units) (D1, GP, SJ)  
PH 210 Personal and Social Determinants of Health (3 units) (D1, SJ)  
PH 221 Health and Social Justice - Burning Issues, Taking Action (3 units) (D1, AERM, SJ)  
PH 241 (USH, D2, AERM, SJ)  
PH 280/COUN 280 Empowering Poor Families to Graduate Out of Poverty (3 units)  
PH 290 Promoting Positive Health (3 units) (C1, GP)  
PH 303 Health Disparities and Sexual and Gender Minority Communities: LGBTQI Health (3 units) (UD-D)  
PH 305 Critical History of Public Health in the United States (3 units) (USH, SJ)  
PH 315 Drugs and Society (3 units) (UD-D, AERM, GP, SJ)  
PH 320 Contemporary Sexuality (3 units) (UD-B, SJ)  
PH 414 Women's Health - Problems and Issues (3 units) (UD-D, AERM, SJ)  
PH 415 Health Aspects of Aging (3 units) (UD-D, SJ)  
PH 434/GEOG 434 Geographies of Health and Health Care (3 units)  
PH 450 Policy Issues in Health Education (3 units)  
PH 640 Structural Inequities and Public Health (3 units) (UD-D, AERM, SJ)  
PH 670 Principles of Peer Health Education (3 units)  
PH 671 Practice of Peer Health Education (3 units)  
PH 685 Projects in the Teaching of Public Health (1-4 units)  
PH 699 Independent Study (1-3 units)  
PHIL 383 Ethics in Medicine (3 units) (UD-C, SJ)  
PSY 442 Health Psychology (3 units)  
PSY 465 The Psychology of Work-Life Stress (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)  
NUTR 253 Nutrition, Health, and Disease (3 unit)  
NUTR 453 Nutrition in the Life Cycle (3 units)

PH 210 Personal and Social Determinants of Health (3 units) (D1, SJ)  
PH 315 Drugs and Society (3 units) (UD-D, AERM, GP, SJ)  
PH 320 Contemporary Sexuality (3 units) (UD-B, SJ)  
PH 685 Projects in the Teaching of Public Health (1-4 units)  
PH 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 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 Mind-Body 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)  
PH 290 Promoting Positive Health (3 units) (C1, GP)