

BACHELOR OF SCIENCE IN HEALTH EDUCATION - QUANTITATIVE REASONING CATEGORY III/IV AND ENG 114

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

| Course | Title | Units |
|----------------------------------|---|-------|
| First Semester | | |
| ENG 114 | Writing the First Year: Finding Your Voice (A2) ¹ | 3 |
| ISED 160 or MATH 124 | Data Analysis in Education (Major Foundation, B4) ^{2,3} or Elementary Statistics | 3 |
| GE Area A ⁴ | | 3 |
| B4 Support Course ² | | 2 |
| GE Area C | | 3 |
| Units | | 14 |
| Second Semester | | |
| BIOL 100 | Human Biology (Major Foundation, B2, SJ) | 3 |
| BIOL 101 | Human Biology Laboratory (Major Foundation, B3) | 1 |
| GE Area A | | 3 |
| GE Area B: Physical Science (B1) | | 4 |
| GE Area E | | 3 |
| Units | | 14 |
| Third Semester | | |
| 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 |
| University Elective - Take Two | | 6 |
| Units | | 16 |
| Fourth Semester | | |
| Select One (Major Core): | | 3 |
| H ED 210 | Personal and Social Determinants of Health (D1, SJ) | |
| H ED 290 | Promoting Positive Health (C1, GP) | |

| | | |
|--|--|----|
| HH 205 | Relaxation and Stress Reduction (D1) | |
| HH 380 | Holistic Health: Western Perspectives (UD-B, GP) | |
| GE Area C - Take Two | | 6 |
| GE Area D | | 3 |
| University Elective | | 3 |
| Units | | 15 |
| Fifth Semester | | |
| H ED 400GW | Community Assessment in Public Health - GVAR (Major Core) | 3 |
| H ED 405 | Introduction to Community/Public Health (Major Core) | 3 |
| H ED 425 | Introduction to Research and Statistics in Health (Major Core) | 3 |
| H ED 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 | | |
| H ED 410 or H ED 450 | Organization and Function of Health Services (Major Core) or Policy Issues in Health Education | 3 |
| H ED 420 | Epidemiology (Major Core) | 3 |
| H ED 430 | Community Health Education Theory (Major Core) | 3 |
| Major Emphasis (9 units total) - Take One ⁵ | | 3 |
| GE Area UD-D: Upper-Division Social Sciences (Consider SF State Studies Course) | | 3 |
| Units | | 15 |
| Seventh Semester | | |
| H ED 431 | Program Planning, Implementation, and Evaluation (Major Core) | 3 |
| H ED 455 | Community Organizing and Community Building for Health (Major Core, UD-C, AERM, ES, GP, SJ) | 3 |
| Major Emphasis (9 units total) - Take Two ⁵ | | 6 |
| University Elective | | 4 |
| Units | | 16 |

Eighth Semester

| | | |
|--|---|-----|
| H ED 480 | Fieldwork and Reflective Seminar (Major Core) | 9 |
| H ED 520 | Structural Oppression and Social Foundations of Health (Major Core, SJ) | 3 |
| Major Emphasis (9 units total) if not already satisfied ⁵ or University Elective | | 3 |
| Units | | 15 |
| 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>).
If taking MATH 124, select MATH 123
If taking ISED 160, select MATH 122

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.

⁵ **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 Health Aspects of Aging (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 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)
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)
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 unit)
NUTR 453 Nutrition in the Life Cycle (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)
H ED 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)