# Bachelor of Science in Health Education Roadmap

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

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<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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<td><strong>First Semester</strong></td>
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| MATH 124  
or ISED 160 | Elementary Statistics  
or Data Analysis in Education | 3 |
| GE Area A: Oral Communication (A1) or Critical Thinking (A3) | 3 |
| GE Area A: Written English Communication (A2) | 3 |
| GE Area C: Arts (C1) or Humanities (C2) | 3 |
| GE Area D: U.S. History (D2) or U.S. and California Government (D3) | 3 |
| **Units** | | 15 |
| **Second Semester** | | |
| BIOL 100  
& BIOL 101 | Human Biology  
and Human Biology Laboratory | 4 |
| GE Area B: Physical Science (B1) | 4 |
| GE Area C: Arts (C1) | 3 |
| SF State Studies or University Elective | 3 |
| **Units** | | 14 |
| **Third Semester** | | |
| BIOL 210  
& BIOL 211 | General Microbiology  
and Public Health  
and General Microbiology and Public Health Laboratory | 4 |
| GE Area A: Oral Communication (A1) or Critical Thinking (A3) | 3 |
| GE Area A: Written English Communication II (A4)  
or Written English Communication (A2) Stretch II | 3 |
| GE Area D: Social Sciences (D1) | 3 |
| GE Area D: U.S. History (D2) or U.S. and California Government (D3) | 3 |
| **Units** | | 16 |
| **Fourth Semester** | | |
| Select one of the following: | | |
| H ED 210 | Personal and Social Determinants of Health | 3 |
| H ED/HH 290 | Promoting Positive Health | |
| HH 205 | Relaxation and Stress Reduction | |
| **Fifth Semester** | | |
| H ED 400GW | Community Assessment in Public Health - GWAR | 3 |
| H ED 405 | Introduction to Community/Public Health | 3 |
| H ED 425 | Introduction to Research and Statistics in Health | 3 |
| H ED 655 | Environmental Health | 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 | | |
| H ED 420 | Epidemiology | 3 |
| H ED 430 | Community Health Education Theory | 3 |
| Major Emphasis (9–12 units total) – Take One  
5,6,7 | 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 | 3 |
| H ED 455 | Community Organizing and Community Building for Health | 3 |
| Major Emphasis (9–12 units total) – Take two  
5,6,7 | 6 |
| SF State Studies or University Elective | 3 |
| **Units** | | 15 |
| **Eighth Semester** | | |
| H ED 480 | Fieldwork and Reflective Seminar | 9 |
| H ED 520 | Structural Oppression and Social Foundations of Health | 3 |
| Major Emphasis (9-12 units total) if not already satisfied  
5,6,7 | 3 |
or SF State Studies or University Elective

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Total Units 120

1 Depending on courses completed through Early Start, students in Pathway/Category 3 or 4 may be required to enroll in a support course to complement their MATH 124 course (MATH 124 concurrently with MATH 123). 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).

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

3 All LLD and SF State Studies requirements (AERM, GP, ES, SJ) are met within the major.

4 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.

5 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)
- AFRS 370 Health, Medicine, and Nutrition in the Black Community (3 units)
- ANTH 630 Medical Anthropology (3 units)
- BIOL 326 Disease! (3 units)
- BIOL 327 AIDS: Biology of the Modern Epidemic (3 units)
- BIOL 332 Health Disparities in Cancer (3 units)
- H ED 100 Public Health Biology (3 units)
- H ED 200 Global Health (3 units)
- H ED 210 Personal and Social Determinants of Health (3 units)
- H ED 221 Health and Social Justice - Burning Issues, Taking Action (3 units)
- H ED 241 Health and Social Movements in the United States in the 20th Century (3 units)
- H ED 280/COUN 280 Empowering Poor Families to Graduate Out of Poverty (3 units)
- H ED 290/HH 290 Promoting Positive Health (3 units)
- H ED 305 Critical History of Public Health in the United States (3 units)
- H ED 315 Drugs and Society (3 units)
- H ED 320 Contemporary Sexuality (3 units)
- H ED 414 Women's Health - Problems and Issues (3 units)
- H ED 415 Health Aspects of Aging (3 units)
- H ED 417 AIDS: Contemporary Health Crisis (3 units)
- 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 unit)
- H ED 640 Structural Inequities and Public Health (3 units)
- 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)
- HH 380 Holistic Health: Western Perspectives (3 units)
- HH 381 Holistic Health: Eastern Perspectives (3 units)
- HH 382 Holistic Health: Human Nature and Global Perspectives (3 units)
- HH 430 Biofeedback: Mind-Body Connection and Self-Regulation (3 units)
- HH 435 Autogenic Training and Embodied Living (3 units)
- HH 540 Meditation and Imagery in Healing (3 units)

6 School Health Emphasis (12 units)
Units selected from the following on advisement:
- DFM 253 Nutrition in Health and Disease (3 units)
- CFS 355 Nutrition for Wellness (3 units)
- CFS 453 Nutrition in the Life Cycle (3 units)
- H ED 210 Personal and Social Determinants of Health (3 units)
- H ED 315 Drugs and Society (3 units)
- H ED 320 Contemporary Sexuality (3 units)
- H ED 630 Elementary School Health (3 units)
- H ED 635 Secondary School Health (1 unit)
- 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)
HH 381 Holistic Health: Eastern Perspectives (3 units)
HH 382 Holistic Health: Human Nature and Global Perspectives (3 units)
HH 383 Chinese Perspectives in Holistic Health (3 units)
Select three units of the following on advisement:
HH 200 Holistic Approach to Academic Success (3 units)
HH 205 Relaxation and Stress Reduction (3 units)
HH 210 The Dao of Well-Being in Chinese Tradition (3 units)
HH 290/ED 290 Promoting Positive Health (3 units)
HH 420 Qigong Body-Mind Energetics (3 units)
HH 430 Biofeedback: Mind-Body Connection and Self-Regulation (3 units)
HH 435 Autogenic Training and Embodied Living (3 units)
HH 450 Somatics: Body Awareness, Movement and Well-being (3 units)
HH 530 Eastern Nutrition and Herbs (3 units)
HH 535 Western Nutrition and Herbs (3 units)
HH 540 Meditation and Imagery in Healing (3 units)
HH 545 Imagery and Healing in Tibetan Culture (3 units)
HH 560 Naturopathic Medicine and Personal Wellness (3 units)
HH 650 Anthroposophical Health Studies (3 units)
HH 660 Art as Healing (3 units)
HH 670 Alternative Health Practices (3 units)
HH 680 Holistic Health Internship Seminar (3 units)
HH 690 Seminar: Psychophysiology of Healing (3 units)
HH 699 Independent Study (1-3 units)