**HEALTH EDUCATION**

**College of Health and Social Sciences**
Dean: Dr. Alvin Alvarez

**Department of Health Education**
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Chair: Marty Martinson, DrPH, MPH, MEd
Graduate Program Coordinator: Vincent Lam, MPH
Undergraduate Program Coordinator: Ingrid Ochoa, MPH, CHES

**Program Scope**

**Mission**
The mission of the Health Education Department at San Francisco State University is to promote health and health equity at the individual, community, and structural levels through transformative education, research, scholarship, and service, all of which value diversity, engage communities and are grounded in cultural humility.

With both a Bachelor of Science (BS) degree in Community Health Education and a Master of Public Health (MPH) also in Community Health Education, the Department offers professional preparation in the growing field of public health and health promotion/wellness.

Together, the health education faculty have developed a unique learning context designed to prepare students for entry and master’s level positions in health and human services careers, including the professional public health educator, and the emerging field of integrative medicine. The department enhances the preparation of students for these careers through exposure to applied scholarship, active engagement in participatory learning, and the thoughtful integration of theory, research, and practice.

The ultimate aim of the program is to explore, implement, and disseminate best practices in public health and holistic health, and to prepare leaders capable of advancing the work of disease prevention and health promotion in culturally appropriate and globally conscious ways.

**Advising**
Undergraduate health education majors and Master of Public Health students have consistent access to advisors to assist with timely completion of required coursework, as well as to address curricular, programmatic and professional development questions or concerns.

**Supplemental Credential**
Individuals who already possess a single subject credential in another area may add health sciences to their existing teaching credential by completing a specified number of semester hours in health sciences. Individuals seeking a supplemental credential should seek the assistance of an advisor in the health education department.
Professor


MICHELE J. ELIASON (2007), Professor of Health Education; B.S. (1979), University of Iowa; Ed. S. (1981), University of Iowa; Ph.D. (1984), University of Iowa.

MARY ELIZABETH LOVE (1987), Professor of Health Education; B.A. (1976), The Pennsylvania State University; M.S. (1978), University of South Carolina; Ph.D. (1987), University of Massachusetts.

LAURA MAMO (2010), Professor of Health Education; B.A. (1991), University of Wisconsin, Madison; Ph.D. (2002), University of California, San Francisco.

Associate Professor

VIVIAN CHÁVEZ (2000), Associate Professor of Health Education; B.A. (1985), Universidad Complutense, Madrid, Spain; B.A. (1985), San Francisco State University; M.P.H. (1992), Dr.P.H. (1999), University of California, Berkeley.

RICHARD HARVEY (2005), Associate Professor of Health Education/Holistic Health; B.A. (1981), University of California, Santa Cruz; M.A. (1997), San Francisco State University; Ph.D. (2005), University of California, Irvine.

MARTY MARTINSON (2012), Associate Professor of Health Education; B.A. (1985), University of California, Berkeley; M.Ed. (1995), University of Massachusetts, Amherst; M.P.H. (2005), Dr.P.H. (2009), University of California, Berkeley.


EMMA V. SANCHEZ-VAZNAUGH (2006), Associate Professor of Health Education; B.S. (1996), University of San Francisco; M.P.H. (2001), San Francisco State University; Sc.D. (2006), Harvard University, School of Public Health.

JULIANA VAN OLPHEN (2002), Associate Professor of Health Education; B.A. (1989), University of California, Berkeley; M.P.H. (1994), University of California, Los Angeles; Ph.D. (2000), University of Michigan, Ann Arbor.

Assistant Professor


R. DAVID REBANAL (2016), Assistant Professor of Health Education; B.S. (1997), University of Scranton; M.P.H. (2001), Hunter College of the City University of New York; Dr.P.H. (2014), University of California, Berkeley.

Major

- Bachelor of Science in Health Education

Minors

- Minor in Health Education
- Minor in Women's Health Studies

Masters

- Master of Public Health

H ED 100 Public Health Biology (Units: 3)
Introduction to public health biology-the biological and molecular context of public health and its incorporation into public health practice. Exploration of principles of population biology, ecology, and molecular biology in relation to public health problems. (Plus-minus letter grade only)
Course Attributes:
- Environmental Sustainability

H ED 120 Educational Justice, Health Equity, and Academic Success (Units: 3)
Focus on educational justice, public health, and social justice. General education skills – writing, oral communication, critical thinking, and quantitative reasoning – will be systematically reinforced. (Plus-minus letter grade only)
(This course is offered as H ED 120 and A U 120. Students may not repeat the course under an alternate prefix.)
Course Attributes:
- E1 LLD Pre-Fall 2019
- C2: Humanities
- Am. Ethnic & Racial Minorities
- Global Perspectives
- Social Justice

H ED 200 Global Health (Units: 3)
Health around the world, including economic, political, and sociocultural factors that influence community health and health care. Linkages between health, human rights, the environment, and a colonial legacy.
Course Attributes:
- E1 LLD Pre-Fall 2019
- D1: Social Sciences
- Global Perspectives
- Social Justice

H ED 204 Health Values and Sexuality (Units: 3)
Critical thinking and communication across differences in values related to human sexuality and health.

H ED 210 Personal and Social Determinants of Health (Units: 3)
Personal and social determinants of health through examination of the role individuals play in their own health and wellbeing, along with the impact of social, structural factors that play a role both in individual and community health.
Course Attributes:
- E1 LLD Pre-Fall 2019
- D1: Social Sciences
- Social Justice
H ED 221 Health and Social Justice - Burning Issues, Taking Action (Units: 3)
Social and economic injustices as root causes of the uneven distribution of disease. Current health issues, the process for influencing policy, and the skills to effectively advocate for health and social justice. (This course is offered as H ED 221 and A U 221. Students may not repeat the course under an alternate prefix.)
Course Attributes:
• D1: Social Sciences
• Am. Ethnic & Racial Minorities
• Social Justice

H ED 231 Health Justice in Social Policy (Units: 3)
Explore role of social and economic injustices. Focus on social policy as determinant of health justice. Analyze policy and advocate for change in communities. Explore importance of community in creating social change. (Plus-minus letter grade only)

H ED 241 Health and Social Movements in the United States in the 20th Century (Units: 3)
Examination of history during the 20th century with a special emphasis on health and social justice issues. Focus on the main historical periods and events, with a lens of the "people's history narrative" that brings out voices historically silenced. (This course is offered as H ED 241 and A U 241. Students may not repeat the course under an alternate prefix.)
Course Attributes:
• U.S. History
• D2: Social Sciences: US Hist.
• Am. Ethnic & Racial Minorities
• Social Justice

H ED 280 Empowering Poor Families to Graduate Out of Poverty (Units: 3)
College success course (self-directed). Consciousness and critical thinking skills. Participation in fieldwork addressing social justice related to wealth/poverty-health-human relation constructs/leadership in areas of education and community health. May be repeated for a total of 6 units. [CSL may be available)
(This course is offered as H ED 280 and COUN 280. Students may not repeat the course under an alternate prefix.)

H ED 290 Promoting Positive Health (Units: 3)
Embodied learning to promote physical, mental, spiritual and community health through yoga, dance, drawing, writing, collage, poetry, and photography. Multicultural experience, active, creative participation and intellectual pursuit as tools to improve flexibility and understanding, and to unlearn and heal oppression.
Course Attributes:
• E1 LLD Pre-Fall 2019
• C1: Arts
• Global Perspectives

H ED 303 Health Disparities and Sexual and Gender Minority Communities: LGBTQI Health (Units: 3)
Prerequisites: GE Areas A1, A2, A3, and B4 or consent of the instructor.
Examination of health disparities in sexual and gender minority communities with a particular focus on the impact of stigma faced by LGBTQI individuals, families, and communities. Various aspects of health and well-being will be explored.
Course Attributes:
• UD-D: Social Sciences

H ED 305 Critical History of Public Health in the United States (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.
Major issues, events, and historical figures in public health in the United States from the colonial period to the present. Emphasis on socio-cultural and political aspects of infectious and chronic diseases, epidemics, health disparities, public health reforms and advances

H ED 310 Health in Society (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.
Major health issues/problems of individual and society; prevention and the validity of current health beliefs. Nutrition, mental health, sexuality, environmental health, communicable and chronic diseases, consumerism, stress, aging.

H ED 315 Drugs and Society (Units: 3)
Prerequisites: GE Areas A1, A2, A3, and B4 or consent of the instructor.
Physical, psychological, and sociological aspects of drug use and misuse in contemporary society, including examinations of the drug war, the prison industrial complex, community prevention and control.
Course Attributes:
• UD-D: Social Sciences
• Am. Ethnic & Racial Minorities
• Global Perspectives
• Social Justice

H ED 320 Contemporary Sexuality (Units: 3)
Prerequisites: GE Areas A1, A2, A3, and B4 or consent of the instructor.
Information about sexuality; its impact on interpersonal relationships. Anatomy and physiology; psycho-sexual development, sex roles, pregnancy, childbirth, parenting, contraception, sexually transmitted diseases, sexual behavior, myths, misconceptions. Sexual value systems and communication skills.
Course Attributes:
• E1 LLD Pre-Fall 2019
• UD-B: Physical Life Science
• Social Justice
H ED 400GW Community Assessment in Public Health - GWAR (Units: 3)
Prerequisites: Restricted to upper-division Health Education majors; GE Area A2; concurrent enrollment in H ED 405 and H ED 425. Exceptions to concurrent enrollment requirement by consent of an advisor.

Foundations of public health and health education including qualifications and professional preparation of the public health practitioner. Strong emphasis on professional and scholarly writing and analytical skills. (ABC/NC grading only)

Course Attributes:
- Graduation Writing Assessment

H ED 405 Introduction to Community/Public Health (Units: 3)
Prerequisites: Restricted to Health Education majors/minors; must be taken concurrently with H ED 400GW and H ED 425. (Exceptions to concurrency requirement by consent of an instructor.)

Exploration of major concepts and trends in public health. Historical and philosophical topics, branches, core functions, models and theories of public health. Various forms of communities and the health education profession will be explored. (Plus-minus letter grade only)

H ED 410 Organization and Function of Health Services (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Health care and delivery of services: identification and function of governmental, private, and voluntary organizations; programs in health protection and promotion at local, state, and national levels. Community activities required. (Plus-minus letter grade only)

H ED 414 Women's Health - Problems and Issues (Units: 3)
Prerequisites: GE Areas A1, A2, A3, and B4 or consent of the instructor.


Course Attributes:
- UD-D: Social Sciences
- Am. Ethnic & Racial Minorities
- Social Justice

H ED 415 Health Aspects of Aging (Units: 3)
Prerequisites: Restricted to upper-division standing; GE Areas A1, A2, A3, and B4; or consent of the instructor.


Course Attributes:
- E1 LLD Pre-Fall 2019
- UD-D: Social Sciences
- Social Justice

H ED 417 AIDS: Contemporary Health Crisis (Units: 3)
Prerequisites: Restricted to upper-division standing; GE Areas A1, A2, A3, and B4; or consent of an instructor.

Acquired immune deficiency syndrome (AIDS) from a variety of perspectives. Physical/medical, emotional, psychosocial, political, economic, and cultural components of the disease. Prevention and educational strategies.

Course Attributes:
- UD-D: Social Sciences
- Am. Ethnic & Racial Minorities
- Global Perspectives
- Social Justice

H ED 420 Epidemiology (Units: 3)
Prerequisite: Restricted to Health Education majors and minors.

Disease patterns in the human population, how diseases are distributed, what factors are associated with them. Etiology, recognition, transmission, prevention, and control of health disorders and communicable and chronic diseases. (Plus-minus letter grade only)

H ED 425 Introduction to Research and Statistics in Health (Units: 3)
Prerequisites: Restricted to upper-division Health Education majors; MATH 124* or equivalent; concurrent enrollment in H ED 400GW* and H ED 405*. (Exceptions to corequisites by consent of advisor.)

Quantitative methods for elementary statistical analysis in research and evaluation in the health field. A grade of C or better required for Health Education majors. (Plus-minus letter grade only)

H ED 430 Community Health Education Theory (Units: 3)
Prerequisites: Restricted to Health Education majors; H ED 400GW* with a grade of C or better.

Theoretical frameworks, concepts, and methods which form the basis for community health education; communication and group process; social, educational, behavioral and attitudinal change. A grade of C or better required for Health Education majors. (Plus-minus letter grade only)

H ED 431 Program Planning, Implementation, and Evaluation (Units: 3)
Prerequisites: Restricted to Health Education majors; H ED 400GW*, H ED 425*, and H ED 430* with grades of C or better.

Senior course and professional preparation in health education program planning, implementation, and evaluation. A grade of C or better required for Health Education majors. (Plus-minus letter grade only)

H ED 434 Geographies of Health and Health Care (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Geographies of health; the role place plays in determining the quality of health status, and in shaping access to and use of health care. (This course is offered as GEOG 434 and H ED 434. Students may not repeat the course under an alternate prefix.)

H ED 450 Policy Issues in Health Education (Units: 3)
Prerequisite: Restricted to Health Education majors and minors.

Selected local, state, national, and international health policy issues. Methods of education and socio-political intervention. (Plus-minus letter grade only)
H ED 455 Community Organizing and Community Building for Health (Units: 3)
Prerequisites: Restricted upper-division standing; GE Areas A1, A2, A3, and B4; or consent of the instructor.
Dialogue, action, and reflection on community building, non-violence, cultural humility, and social engagement. Focus on skills in leadership development, empowerment, and experiential learning. Passion for social justice and human rights. Photovoice and media literacy and advocacy taught as tools for organizing. (Plus-minus letter grade only) [CSL may be available]
Course Attributes:
• E1 LLD Pre-Fall 2019
• UD-C: Arts and/or Humanities
• Am. Ethnic & Racial Minorities
• Environmental Sustainability
• Global Perspectives
• Social Justice

H ED 480 Fieldwork and Reflective Seminar (Units: 9)
Prerequisites: Restricted to Health Education majors; H ED 400GW*, H ED 425*, H ED 430*, and H ED 431* with grades of C or better.
Directed experiences in community health education through 20 hours per week of fieldwork in health departments, voluntary health agencies, and other community health services. A grade of C or better required for Health Education majors. (Plus-minus letter grade only)

H ED 520 Structural Oppression and Social Foundations of Health (Units: 3)
Prerequisite: Restricted to upper-division Health Education majors.
Health status of ethnic, gender, and sexual orientation communities in the U.S. Impact of personal and cultural beliefs, lifestyle/behavior patterns, racism, poverty, sexism, homophobia and health care on individual and group health. Effective health promotion strategies are explored. (Plus-minus letter only)
Course Attributes:
• Social Justice

H ED 600 Developing Healthy Youth in Schools and Communities (Units: 3)
Prerequisite: Upper-division standing.
Child and adolescent health and well-being, school and community-based approaches to prevention and intervention, and frameworks such as youth development, youth assets/resiliency, and the ecological model of health.

H ED 640 Structural Inequities and Public Health (Units: 3)
Prerequisite: Restricted to upper-division standing; GE Areas A1, A2, A3, and B4; or consent of the instructor.
Online course designed to broaden students understanding of wealth distribution, social status, and political power as determinants of health. Analysis of research demonstrating the relationships between health, education, and socioeconomic status.
Course Attributes:
• UD-D: Social Sciences
• Am. Ethnic & Racial Minorities
• Social Justice

H ED 650 Training and Education Processes in Public Health (Units: 3)
Prerequisite: Upper-division or graduate standing.
Philosophical underpinnings, theoretical approaches, and practical applications of being a health educator, viz., providing trainings and educational interventions. Training and educational frameworks, assess learners’ needs, objectives and evaluation.

H ED 660 Developing Healthy Youth in Schools and Communities (Units: 3)
Prerequisite: Upper-division standing.
Child and adolescent health and well-being, school and community-based approaches to prevention and intervention, and frameworks such as youth development, youth assets/resiliency, and the ecological model of health.

H ED 664 Community-Based Participatory Research for Health Equity (Units: 2)
Prerequisite: Upper-division standing or consent of the instructor.
Community-Based Participatory Research (CBPR) advocates collaboration between researchers and research. Examination of CBPR theory and practice; presentation by community-academic partners; gain an appreciation of CBPR strengths and challenges; hands-on skills.

H ED 665 Community Based Participatory Research in Public Health (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.
Theories, principles, and strategies of Community Based Participatory Research (CBPR). Case studies presented.

H ED 670 Principles of Peer Health Education (Units: 3)
Prerequisite: Prior consent of the instructor.
Concepts of positive health promotion and prevention; training in helping, and behavior change skills. Students volunteer 3 hours weekly in Student Health Center plus class meetings.
H ED 671 Practice of Peer Health Education (Units: 3)
Prerequisite: H ED 670.

Experience providing health risk assessment, consulting with clients, staffing resource center, and conducting workshops. Serve four hours per week in the Student Health Center and attend a supervision seminar. Activity. May be repeated for a total of 6 units. [CSL may be available]

H ED 685 Projects in the Teaching of Health Education (Units: 1-4)
Prerequisites: Advanced undergraduate standing in Health Education and approval of the supervising instructor and department/program; grade of B or better in course in which student will be instructional aide.

Teaching experiences in the health education discipline through assigned instructional projects in a classroom and under the guidance of a member of the faculty. Training in pedagogical principles including supervised classroom teaching activities. (Students may earn a maximum of 4 units toward the baccalaureate degree for any course(s) numbered 685 regardless of discipline.) (Plus-minus letter grade only)

H ED 688 Neoliberalism and Public Health Education (Units: 3)
Prerequisites: Restricted to graduate students and upper-division undergraduate students or consent of the instructor.

Evaluation, interpretation, and understanding how economic policies shape the social and physical ecology of individuals. Plan durable and sustainable interventions that can transform the health of populations. Examination of social inequities, health disparities, and approaches to social justice. Examination of the relationship of neoliberalism to climate change-related health outcomes, emerging infectious disease epidemics, mental health, food insecurity, and other pressing health and human issues.

H ED 699 Independent Study (Units: 1-3)
Prerequisites: Senior standing and consent of the instructor.

Study of a particular problem under the direction of a member of the department. May be repeated for a total of 9 units.

H ED 785 Graduate Teaching Assistantship in Health Education (Units: 1-4)
Prerequisites: Graduate student in good academic standing; subject matter mastery in course for which student will serve as teaching assistant; consent of the instructor.

Supervised teaching practicum experience with Health Education faculty member. Theoretical/practical aspects of college teaching; curricular design/delivery, group discussion/activities facilitation, meaningful student feedback/assessment practices. Course may be repeated without limit for transcript credit. MPH students may only apply 3 units maximum toward MPH degree requirements.

H ED 810 Public Health and Principles of Community Organizing (Units: 3)
Prerequisite: Restricted to graduate students in the MPH program.

Theoretical overview and practical application of community-based public health. Non-violent social action, community diagnosis, social networks, primary prevention, media advocacy/literacy. (Plus-minus letter grade only)

H ED 811 Community Health Education Skills ePortfolio (Unit: 1)
Prerequisite: H ED 830.

Development of a community health education electronic portfolio chronicling the products produced during the MPH program with the skills required for master-trained community health education professionals. (CR/NC or RP only)

H ED 815 Theories of Social Behavioral Change in Community Health Education (Units: 3)
Prerequisite: Graduate standing or consent of the instructor.

Theories relevant to health education practice. Critical analysis of theories and their development, contextualization, and practice. Utilization of these theories in practical applications. (Plus-minus letter grade only)

H ED 820 Community Health Assessment (Units: 3)
Prerequisites: H ED 810, H ED 815, H ED 884, with grades of B or better; concurrent enrollment in H ED 821*.

Assessment process using applied research methods which empower communities to create programs that respond to their health challenges, concerns, and strengths. (Plus-minus letter grade only)

H ED 821 Public Health Profession Practice (Units: 3)
Prerequisites: H ED 810, H ED 815, and H ED 884 with grades of B or better; concurrent enrollment in H ED 820*.

Application of public health professional skills. Build a solid understanding of how to develop and implement community assessments including qualitative research methods. Skill-building in working in teams, managing public health projects, delivering professional presentations, and collaborating with community organizations. (Plus-minus letter grade only) [CSL may be available]

H ED 822 Advanced Public Health Profession Practice (Units: 3)
Prerequisites: H ED 820 and H ED 821.

Theory and practice in the implementation of a community health assessment. Continue to build a solid understanding of working in teams to implement a community health assessment. (Plus-minus letter grade only) [CSL may be available]

H ED 825 Epidemiology (Units: 3)
Prerequisites: H ED 828 and H ED 829 with grades of B or higher.

An introductory and comprehensive survey of epidemiological principles and methods. A history and overview of the field, including contemporary case studies, along with an examination of the methods used to study disease distributions in diverse human populations. (Plus-minus letter grade only)

H ED 828 Biostatistics Lab (Unit: 1)
Prerequisites: Restricted to graduate students in the MPH program; prior course in inferential statistics; concurrent enrollment in H ED 829.

Review and apply bio-statistical concepts and procedures typically employed in public health research. Activity. (Plus-minus letter grade only)
H ED 829 Biostatistics and Public Health (Units: 3)
Prerequisites: Restricted to graduate students in the MPH program; must have concurrent enrollment in H ED 828.

Introduction to basic statistical techniques, concepts, and tests commonly used in public health. Understanding of data types and data distribution. Critical understanding of the use of statistics in journal articles. (Plus-minus letter grade only)

H ED 830 Health Education Planning, Management, and Administration for Community Change (Units: 3)
Prerequisites: Restricted to graduate students in the MPH program; H ED 822.

Skill acquisition in health education planning, management, and administration. Application of CHE theories, problem definition, program design, development of goals and objectives, logic models, timelines, securing fiscal resources, personnel, budgeting, organizational leadership, strategic planning, partner/stakeholder relationships. (Plus-minus letter grade only)

H ED 835 Public Health Policy (Units: 3)
Prerequisite: Restricted to graduate students in the MPH program.

Course is designed to help students better understand the political environment in which public health operates and how to work within it. Features discussions on media advocacy and on ethics as applied to public health and politics. (Plus-minus letter grade only)

H ED 840 Program Evaluation Design and Research (Units: 3)
Prerequisite: H ED 830.

Concepts and methods of program evaluation. Development of the skills necessary to assess published evaluation research and to apply technical evaluation skills in professional practice. (Plus-minus letter grade only)

H ED 845 Educational Processes, Training and Curricula in Public Health (Units: 3)
Prerequisite: Restricted to graduate students in the MPH program.

Examination of adult learning theories. Emphasis on comprehensive curricular design, delivery and evaluation of health education programs. Particular focus on differentials of power, critical pedagogy, the use of technology and relationship building. (Plus-minus letter grade only)

H ED 855 Environmental Health (Unit: 1)
Prerequisite: MPH students or consent of the instructor.


H ED 884 Seminar in Applied Community Health Education Research (Units: 2)
Prerequisites: Restricted to graduate students in the MPH program; concurrent enrollment in H ED 810 and H ED 815.

Overview of public health research design/methods and discipline writing conventions/styles to set context for the biostatistics, community needs assessment, epidemiology, and evaluation courses. Facilitates integration of theory and research. (Plus-minus letter grade only)

H ED 890 Master of Public Health Culminating Experience Seminar (Units: 3)
Prerequisites: Graduate student in the Master of Public Health program; minimum 3.0 cumulative GPA; approved ATC and CE proposal forms; previous or concurrent completion of any remaining coursework required for MPH degree.

Examination of critical issues in the field of public health. Application and integration of MPH competencies into professional products appropriate for use in the field. Demonstration of MPH field-specific professional writing and oral presentation skills. (Plus-minus letter grade, RP grading only)

H ED 895 Applied Research Project in Community Health Education (Units: 3)
Prerequisites: 3.0 or higher cumulative GPA; consent of the instructor and approval of Advancement to Candidacy (ATC) and Culminating Experience (CE) forms by Graduate Studies; H ED 825, H ED 830. Previous or concurrent completion of any remaining required MPH coursework.

Faculty-supervised completion of a culminating experience research paper and oral presentation. (Plus-minus letter or RP grading only)

H ED 899 Independent Study (Units: 1-3)
Prerequisite: Consent of Health Education graduate adviser.

Study is planned, developed, and completed under the direction of a member of the department. Open only to graduate students of demonstrated ability to do independent work. Enrollment by petition. May be repeated for a total of 12 units.