HEALTH EDUCATION

College of Health and Social Sciences
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Institute for Holistic Health Studies
Holistic Health Studies Program
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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.

The Department’s Institute for Holistic Health Studies (IHHS) offers a model program in undergraduate education, integrative health care, self-care, and the role of holistic perspectives in health and well-being. IHHS seeks to provide the University and its broader community with knowledge and skills that encourage and support health through natural means focusing on a rich cross-cultural, transhistorical vision of human potential.

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 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.

Metro College Success Program

Metro Academy of Health
The Metro Academy of Health (Metro) supports the first and second-year students in achieving academic excellence while preparing them to become leaders in their communities. Metro students are placed in a small community of peers who take two or three courses together each semester for their first two years of college. Students receive extra tutoring, advising and support in developing strong academic skills. The program prepares students to write effectively, speak powerfully, and think critically. Participants in the Metro Academy of Health is geared toward those interested in a career in public health, community health education, social services, the non-profit sector, clinical health professions or community organizing. Metro courses satisfy general education requirements for all majors at SF State, so you can go on to complete your bachelor’s degree in any major. Metro’s goal is to help you graduate in a timely manner and gain the skills you need to succeed in college and find a meaningful career. Students begin the program with a first-year experience course orienting them to resources available at the university that will help them succeed and to urban health and human rights. Please see our website at metro.sfsu.edu or email us metro@sfsu.edu for more information about joining.

Career Outlook
A variety of career opportunities are open to individuals graduating from the Bachelor of Science program. Results from a recent survey of program graduates indicate that in addition to positions specifically titled health educator, many also hold positions as program planners, assistant administrators, assistant personnel directors, in-service education coordinators, community outreach workers, health counselors, health writers, environmental workers, and pharmaceutical-medical detail professionals. Employers include hospitals, government and voluntary agencies, school districts, private industries, and some individuals are self-employed.

Graduates of the B.S. in Health Education program also select careers outside the health care field. The professional skills developed in the degree programs have numerous applications in non-health employment settings. Additionally, some health education graduates continue graduate studies in public health, administration, social services, dentistry, medicine, and law.

Holistic Health Studies, as a minor, emphasis area, or certificate program is a practical career choice on many levels. As a result of growing national interest in complementary and alternative health practices, there are expanding opportunities in the areas of medical care, health promotion, and consumer demand for more natural products and services. Healthcare providers, such as nurses, physicians, pharmacists, and psychologists, need to understand the use of alternative health...
practices by their patients. There is an increasing need for practitioners in emerging healthcare fields, including naturopathy and acupuncture. Innovative approaches to health promotion and lifestyle that incorporate alternative and complementary health practices are also becoming increasingly important, leading to career opportunities in business, teaching, research and counseling. A Minor or Certificate in Holistic Health Studies provides an understanding of important holistic health concepts and practices relevant to many health and social service related careers.

Graduates of the Master of Public Health program in Community Health Education are prepared for advanced level public health professional positions in diverse settings, such as a variety of community-based organizations, government agencies including public health departments, academic and research institutions, health maintenance organizations, hospitals and medical centers, and private consulting firms. Nationally, the emphasis is on prevention and population-based management of health, making the professional skills of community health educators a market demand.

Professors
Burke, Castellblanch, Eliason, Love, Mamo, Peper

Associate Professors
Chávez, Harvey, Moore, Sanchez-Vaznaugh, van Olphen

Assistant Professors
Cushing, Daubenmier, Martinson, Rebanal

Lecturers
Allen, Arista, Bhatnagar, Burrows, Chen, Craig, Evans, Kroboth, Lam, Mousel, Ochoa, Quijano, Rath, Schwartz, Turalba, Wolin

Majors
- Bachelor of Science in Health Education (bulletin.sfsu.edu/colleges/health-social-sciences/health-education/bs-health-education)

Minors
- Minor in Health Education (bulletin.sfsu.edu/colleges/health-social-sciences/health-education/minor-health-education)
- Minor in Holistic Health Studies (bulletin.sfsu.edu/colleges/health-social-sciences/health-education/minor-holistic-health-studies)
- Minor in Women’s Health Studies (bulletin.sfsu.edu/colleges/health-social-sciences/health-education/minor-womens-health-issues)

Certificates
- Certificate in Holistic Health Studies (bulletin.sfsu.edu/colleges/health-social-sciences/health-education/certificate-holistic-health-studies)

Masters
- Master of Public Health (bulletin.sfsu.edu/colleges/health-social-sciences/health-education/mph)

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)
Course Attributes:
- E1: Lifelong Learning Develop
- 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: Lifelong Learning Develop
- 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: Lifelong Learning Develop
- 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.
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)

**Course Attributes:**
- U.S. History
- D2: Social Sciences: U.S. Hist
- Am. Ethnic & Racial Minorities
- Social Justice

**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.

**Course Attributes:**
- U.S. History
- 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.
(This course is offered as H ED 290 and HH 290. Students may not repeat the course under an alternate prefix.)

**Course Attributes:**
- E1: Lifelong Learning Develop
- C1: Arts
- Global Perspectives

**H ED 303 Health Disparities and Sexual and Gender Minority Communities: LGBTQI Health (Units: 3)**
Prerequisite: Upper division standing or consent of 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 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

**Course Attributes:**
- U.S. History
- Social Justice

**H ED 310 Health in Society (Units: 3)**
Prerequisite: Upper division standing or consent of 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)**
Prerequisite: Upper division standing.
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)**
Prerequisite: Upper division standing or consent of 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: Lifelong Learning Develop
- 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; ENG 214 or equivalent with a grade of C or better, and completion of GE critical thinking requirement; must be taken concurrently with H ED 405 and H ED 425. (Exceptions to concurrency requirements by consent of 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)
Prerequisite: 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 advisor.)

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. (ABC/NC grading only)

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

H ED 414 Women's Health - Problems and Issues (Units: 3)
Prerequisite: Upper division standing or consent of instructor.


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

H ED 415 Health Aspects of Aging (Units: 3)
Prerequisite: Upper division standing or consent of instructor.

Physical, social, and psychological aspects of aging. Health concerns of the elderly. Medical care, long-term care, nutrition, death and dying, crime and elder abuse, medicare-medicaid. Visitation and communications with older adults.

Course Attributes:
- E1: Lifelong Learning Develop
- UD-D: Social Sciences
- Social Justice

H ED 417 AIDS: Contemporary Health Crisis (Units: 3)
Prerequisite: Upper division standing or consent of instructor.


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.
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.
Course Attributes:
- Social Justice

H ED 527 Documentary for Health and Social Justice I (Units: 6)
Prerequisites: ENG 214 or equivalent; consent of instructor.
Hands-on collaborative production of social justice and health documentary films. Preproduction research includes identifying issues and community participants. Screening, critiquing, and editing. May be repeated for a total of 12 units. (This course is offered as CINE 527 and H ED 527. Students may not repeat the course under an alternate prefix.)

H ED 528 Documentary for Health and Social Justice II (Units: 6)
Prerequisites: ENG 214 or equivalent, CINE 527 or H ED 527, consent of instructor.
Production of documentary films with a focus on issues related to social justice and health. Includes research to identify salient issues and community participants. Develops proficiency in various stages of documentary filmmaking (pre-production, production, post-production). Culminates in public screening of film projects. Lecture, 3 units; activity, 3 units. (This course is offered as CINE 528 and H ED 528. Students may not repeat the course under an alternate prefix.)

H ED 630 Elementary School Health (Units: 3)
Prerequisite: Senior standing or credential candidate.
Research related to personal, family, and community health for children and youth: alcohol, tobacco, drugs, and venereal disease. Health practices and procedures: philosophy, problems, emergency care, school lunch, safety, and environment. (CR/NC grading only)

H ED 635 Secondary School Health (Unit: 1)
Prerequisite: Senior standing or credential candidate.
School health programs; the teacher’s role and responsibilities toward the promotion and maintenance of the health of the secondary school student through health services, environment, and comprehensive health education. (CR/NC grading only)

H ED 640 Structural Inequities and Public Health (Units: 3)
Prerequisite: Upper division standing.
On-line 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 socio-economic 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 655 Environmental Health (Units: 3)
Prerequisite: Restricted to upper division Health Education majors.
Environmental factors impacting health, including the consequences of natural and human-made hazards. Scientific models and socio-political frameworks that analyze these topics. Assessment of contemporary health issues.

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 Healthy Equity (Units: 2)
Prerequisite: Upper division standing or consent of instructor.
Community-Based Participatory Research (CBPR) advocates collaboration between researchers and research. Examination of CBPR theory and practice; presentation by community-academic partners; gain 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 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 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, conducting workshops. Work 4 hours per week in Student Health Center plus supervision seminar. [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 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.)
H ED 688 Neoliberalism and Public Health Education (Units: 3)
Prerequisites: Restricted to upper division standing; HSS majors; H ED 400GW; or consent of 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 epidermics, 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 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 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 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 grade of B- or higher; concurrent enrollment in H ED 821 required.

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 grade of B- or higher; concurrent enrollment in H ED 820 required.

Application of public health professional skills. Building solid understanding how to develop and implement community assessments, including qualitative research methods. Skill-building in working in teams, managing public health projects, delivering professional presentations, 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. Students will 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; must have concurrent enrollment in H ED 829

Review and apply bio-statistical concepts and procedures typically employed in public health research.

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.

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.

H ED 855 Environmental Health (Unit: 1)
Prerequisite: MPH student or consent of 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 885 Advanced Seminar in Applied Community Health Education Research (Units: 3)
Prerequisite: H ED 822.
MPH culminating experience proposal development course. Topics include a review of research methods, design, instruments; special focus on survey design; conducting online searches; literature review preparation and process; practical writing and critical thinking exercises. (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.

H ED 895 Applied Research Project in Community Health Education (Units: 3)
Prerequisites: 3.0 or higher cumulative GPA; consent of 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.