The Pre-Health Education designation allows you to continue to explore various majors by selecting multidisciplinary General Education classes with a focus on coursework/prerequisites that can prepare you to apply for admissions into the Bachelor of Science in Health Education Program, should you determine that this major is most appropriate for your skills, interests and career goals.

**IMPACTION**

The SF State Health Education major is an impacted program, meaning there are more students wanting the major than capacity. Thus, freshmen and sophomores interested in the Health Education program should consider declaring Pre-Health Ed. However, this does not mean that your major is now Health Education, nor does this designation guarantee or increase your chances of acceptance into the major. It may make you eligible to receive news and updates from the department and college regarding the program.

**ABOUT THE MAJOR**

The Health Education program is designed to facilitate voluntary changes in individual health behaviors as well as to advocate for systematic changes which lead to health promotion and disease prevention for all. This program prepares individuals to plan, implement and evaluate programs for health and human services, such as public health departments, voluntary health agencies, community-based organizations, community clinics and hospitals.

**Emphasis Areas**

**Community-based Public Health**

An approach that unites the community by organizing, empowering and participating in shared-leadership partnerships for health. This emphasis gives students the freedom to choose electives from their particular health-related area of interest. Students design programs rooted in the values, experiences, knowledge and interests of the community itself.

**Holistic Health Studies**

Explores diverse cultural, historical and interdisciplinary concepts and practices from around the world, providing students with a deeper understanding of health, healing and optimal well-being. A holistic perspective informs course content, recognizing the fundamental interdependence of life on this planet. Experiential learning is an essential component of the curriculum.
All students interested in applying to the Health Education major must attend an information session during the Fall semester. An overview of the Health Education major program, requirements and expectations will be presented and an application to apply to the major will be sent to you after your information session attendance has been confirmed.

*RSVP is required to orientations, and application to the major will NOT be handed out in advance. Students must RSVP and attend an information session to receive an application. Applications to the major will only be sent to those students who registered and attended an information session. The applications to the major will be emailed after the information sessions.

**Fall 2018 Info Session Dates: TBD. Check department website for updates in August.

Please note: SF State University policy states that students with 96 or more units cannot apply to an impacted major.

### APPLICATION INFORMATION

**Suggested First-Year Course Sequence**

**FALL 2018**
- Area B4 Math 124 or ISED 160
- Area A2 English 114 or English 104
- Area A1 or A3 Oral Communication or Critical Thinking
- Area B2 and B3 Biology 100 and 101
- Area C1 or C3 Arts or Literature

**SPRING 2019**
- Area A2 or A4 English 105 (if needed) or English 214
- Area A1 or A3 Oral Communication or Critical Thinking
- Biology 210 & 211
- Area C1 or C3 Arts or Literature
- Area D2 or D3 U.S. History or U.S. & California Government

* AP and IB exam scores as well as courses taken a community college can also impact the suggested course sequencing. If you are not sure how this will affect your scheduling, please contact an SRC advisor.

** Admission in this major requires that you be at junior standing (60 units) by the time you start the program. If it is important that you start this program by your junior year, you will need to average at least 30 units each academic year. Apply in sophomore year for admission in junior year.

### Suggested First-Year Course Sequence

**FALL 2018**
- Area B4 Math 124 or ISED 160
- Area A2 English 114 or English 104
- Area A1 or A3 Oral Communication or Critical Thinking
- Area B2 and B3 Biology 100 and 101
- Area C1 or C3 Arts or Literature

**SPRING 2019**
- Area A2 or A4 English 105 (if needed) or English 214
- Area A1 or A3 Oral Communication or Critical Thinking
- Biology 210 & 211
- Area C1 or C3 Arts or Literature
- Area D2 or D3 U.S. History or U.S. & California Government

### ADDING, DROPPING AND WITHDRAWING FROM CLASSES AFTER START OF SEMESTER

Please be aware of all deadlines. You may add courses via your Gateway until before the first day of instruction, provided there is space available. Once classes start, you will need permission numbers from your instructor to add classes via Gateway.

Dropping courses via your Gateway without it noted on your official records must occur within the first three weeks of each semester. After this three-week period, you are no longer allowed to drop courses via your Gateway.

You must have a serious and compelling reason to withdraw from a course and submit a petition with objective supporting documentation. If approved, a “W” will appear on your transcript. All withdrawal petitions that lack serious and compelling reasons and/or viable supporting documentation will be denied within the College of Health & Social Sciences. Be conscientious about withdrawing from classes, as you are allowed a maximum of 18 units for withdrawal, and “W”s on your transcript can reflect poorly. Also, keep in mind that you are only allowed to repeat a course once for a maximum of two times.

Lastly, it is ALWAYS students’ responsibility to ensure that they are in the appropriate classes — always check your schedule!

### HED FOUNDATION COURSES

- **BIOL 100**
- **BIOL 101**
- **BIOL 210**
- **BIOL 211**
- **MATH 124 or ISED 160**

### General Education Areas Potentially Met by Courses in this Major

Successfully completing and the Health Education curriculum would also mean that you have met the requirements for AREA B1, B3, and B4 as well as possibly D1 in your lower General Education requirements.

### RESOURCES:

**DEPARTMENT OF HEALTH EDUCATION**
- HSS 326 | hed@sfsu.edu | (415) 338-1413
- hedadvising.youcanbook.me
- healthed.sfsu.edu

**CHSS STUDENT RESOURCE CENTER**
- HSS 254 | srcenter@sfsu.edu | (415) 405-3740
- chss.sfsu.edu/src

**ASSIST**
- www.assist.org