



## College of **HEALTH & SOCIAL SCIENCES**

### Student Resource Center

At the College of Health & Social Sciences' Student Resource Center, we can provide you with the support you need to navigate University policies and regulations, direct you towards appropriate support services and offer a compassionate ear in a time of frustration or stress as you deal with the pressures of work, school and family responsibilities. Drop by to make an appointment to see one of our advisors.

#### Services Offered

- Academic Planning (GE/DPR/Major)
- Transition Support for First-time Freshman and Transfers
- Impacted Major Consultation
- Academic Probation Support
- General Life/Support Counseling
- Career Prep and Planning
- Graduation Check (GE and Graduation Requirements)
- Resume and Cover Letter Help

#### CHSS Student Resource Center

HSS 254  
srcenter@sfsu.edu  
(415) 405-3740  
[chss.sfsu.edu/src](http://chss.sfsu.edu/src)



## PRE-HEALTH EDUCATION

FALL 2020

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.

### FINAL YEAR OF IMPACTION

The SF State Health Education major is currently an impacted major, meaning we have a limited number of available spots for upper-division students interested in entering the major in Fall 2020 and Spring 2021. Beginning in Fall 2021, the Health Education major will no longer be impacted on both the freshman and transfer levels. Lifting program impactation allow the University to offer admission to applicants that apply to our major and meet minimum CSU eligibility requirements. Thus, freshmen and sophomores interested in the Health Education program should consider declaring Pre-Health Education. We encourage lower division students to attend one of our virtual Zoom Health Education Group Advising Sessions during the fall or spring semesters to receive news and updates from the department and college regarding the program and admission process. Check our Department of Public Health website for our scheduled zoom dates to register during the beginning of August.

### ABOUT THE MAJOR

The Department of Public Health's B.S. program in Health Education is nationally accredited by the Council on Education for Public Health. Our major promotes 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. Our curriculum is designed in four semester tiers, where the content, knowledge, and skills required for our students build upon each other in sequential semesters. To complete the major course requirements, students have a choice to concentrate on one of our two emphasis areas to complete the total units required for the major (51-54 units):

1. Community Based Public Health (3 courses/9 units)
2. Holistic Health (4 courses/12 units)

#### Emphasis Areas

##### Community-based Public Health (3 courses/9 units)

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 (4 courses/12 units)

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.



## Suggested First-Year Course Sequence

### FALL 2020

Area A1 Oral Communication or  
Area A3 HSS 110 (recommended)  
Area A2 Written English Requirement (ENG 114 or ENG 104)  
Area B4 Math 124 or ISED 160 and support class (if needed)  
Area C1 or C2 Arts or Humanities  
Area D1 Social Sciences

### SPRING 2021

Area A1 Oral Communication or  
Area A3 HSS 110 (recommended)  
Area A2 Written English Requirement (if took ENG 104 in Fall 2019) or  
Area E HSS 210 (preferred) (if ENG 114 completed in Fall 2019)  
Area B2 BIO 100 & B3 BIO 101  
Area B1 Physical Science

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

Must have foundation courses completed by the time you begin the HED program.

Upper division GE Area C (UD-C) and all SF State Studies requirements (AERM, GP, ES, SJ) can be fulfilled with PH 455 (will take when 60 units earned).

## APPLICATION INFORMATION

All students interested in applying to the Health Education major for Spring 2021 must attend a live Zoom Health Education Group Advising Orientation 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 for those eligible and interested in Spring 2021 will be sent to you after your information session attendance has been confirmed. \*RSVP to Zoom is required for link. Applications to the major will only be sent to those students who registered and attended the zoom information session. The applications to the major will be emailed after the live zoom sessions.

\*\*Fall 2020 Health Education Group Advising Information Session Dates: TBD. Check department website for updates in August.

Students must be junior/upper-division standing (completed at least 60 units) by the time they start the Health Education major and have fulfilled the prerequisites: Completed GE Area A2; Area E; taken MATH 124 or equivalent (B4).

Our major requires advanced coursework in Areas B2 and B3. Therefore, it is strongly recommended to have taken and completed Human Biology lecture/lab (BIO 100+101) and Microbiology lecture/lab (BIO 210+211) prior

### HEALTH EDUCATION PREREQUISITE COURSES

GE AREA A1  
GE AREA A2  
MATH 124/ ISED 160/ AU 117 OR OTHER B4 STATISTICAL EQUIVALENCY (PHIL 111; PSY 171; AU 116)

### HEALTH EDUCATION FOUNDATION COURSES

BIOL 100 + BIOL 101  
BIOL 210 + BIOL 211  
PH 210 OR PH 290

### 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.

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

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

Dropping courses via your Gateway without it being noted on your academic record 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. At this point, you must have a serious and compelling reason to withdraw from a course and submit a petition that includes supporting documentation and an unofficial transcript. If approved, a "W" will appear on your academic record. Withdrawals that lack serious and compelling reasons and/or viable supporting documentation may be denied within the College of Health & Social Sciences. Be conscientious about withdrawing from classes, as you are only allowed a maximum of 18 units for withdrawal. Please also keep in mind that you are only allowed to repeat a course once after receiving a failing grade.

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

### RESOURCES:

#### DEPARTMENT OF PUBLIC HEALTH

HSS 326 | hed@sfsu.edu | (415) 338-1413

[healthed.sfsu.edu](http://healthed.sfsu.edu)

Book advising appointment:  
[hedadvising.as.me](http://hedadvising.as.me)

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#### ASSIST

[www.assist.org](http://www.assist.org)