

# BS IN PUBLIC HEALTH (COMMUNITY HEALTH EDUCATION)

Units required for Major: 58-63

Total units required for BS: 120

## Program Description

The academic area of study in Public Health is part of the College of Health and Human Services. Students pursue a Public Health concentration leading to a degree with specialization and job skills applicable to one of three professional areas of study: community health, healthcare administration, or occupational health and safety. The faculty supports the idea of focused academic preparation in each concentration such that Public Health BS graduates will have job appeal in their chosen professional field.

Students can expect to be involved, both in class and field experiences, in areas that deal with significant issues within general Public Health practice and within each concentration, such as health care costs and quality, consumer health issues, alcohol and other drugs, human sexuality, health promotion, health management and administration, unintentional injury causes and prevention, and other personal, occupational, and community health and safety issues.

The Public Health Bachelor of Science program at Sacramento State is a highly sought-after degree. Due to the large number of applications, the program has a pre-major status. Students wishing to become Public Health majors must complete a series of required lower division courses in order to be eligible to declare the major. Students should check the Department website (<https://www.csus.edu/college/health-human-services/public-health/>) for requirements and speak with the Public Health academic advisor to help with their academic plans.

**Note:** Students graduating with a BS in Public Health (all concentrations) will not be subject to the University's Foreign Language Graduation Requirement. Students who change major may be subject to the University's Foreign Language Graduation Requirement.

## Pre-Major Requirements

Freshman or transfer students interested in the Public Health Major are admitted as Pre-Major Public Health students.

To declare the Public Health major, all students are required to complete the following grade and course requirements and submit a Declaration of Major form to the Public Health Department along with transcript copies:

1. An overall GPA of 2.5 and be in good academic standing.
2. Completion of the Pre-Major Required Courses, as identified in the Program Requirements, with a "C" or better in each course. Only first or second attempts will be considered.
3. Completion of more than 45 units.

## Additional Information

**Repeat Policy:** Health Science majors and minors can only repeat Health Science courses one time if they receive less than a "C." Students must meet with their academic advisor before petitioning the department to

repeat the course. Refer to the Repeat Policy section of the Sacramento State Catalog for additional information.

**Credit by Examination:** A student who seeks course credit by examination is to enroll in the course to be challenged. No course may be challenged after the first two weeks of the semester. The instructor of the course will conduct an assessment of the student's readiness for the challenge for credit examination. Refer to Credit by Examination section of the Sacramento State Catalog.

**Advising:** It will be necessary to work very closely with an advisor to complete the BS degree in a timely manner. Therefore, the Health Science faculty strongly recommends that all Health Science students consult with an advisor prior to enrollment for any course. This procedure should be followed each semester.

## Program Requirements


Code	Title	Units
<b>Required Pre-Major (Lower Division) Courses (16 Units)</b>		
BIO 25	Human Anatomy and Physiology I	4
BIO 26	Human Anatomy and Physiology II	4
CHEM 6A	Introduction to General Chemistry <sup>1</sup>	5
STAT 1	Introduction to Statistics <sup>1</sup>	3
<b>Required Upper Division Courses (15-16 Units)</b>		
PUBH 118	Introduction to Public Health	3
PUBH 147	Health Data Analysis	3
PUBH 148	Epidemiology	3
PUBH 151	Introduction to the U.S. Healthcare System	3
PUBH 195	Fieldwork - Health or Safety	3 - 4
<b>Concentrations (27-31 Units)</b>		
Select one concentration from the following:		27
		-
		31
Community Health Education		
Health Care Administration		
Occupational Health and Safety		
<b>Total Units</b>		<b>58-63</b>

<sup>1</sup> Course also satisfies General Education (GE)/Graduation Requirement.

**Note:** Public Health courses depend upon concentration, permission of the faculty advisor, program coordinator, and department chair.

## Concentration in Community Health Education (27 units)

Code	Title	Units
PUBH 100	Fundamentals of Safety and Health	3
PUBH 112	Disease Prevention	3
PUBH 114	Human Ecology and Health	3
PUBH 116	Public Health Policy, Management & Administration	3
PUBH 119	Community Health Promotion	3
PUBH 134	Understanding Human Sexuality	3
PUBH 144	Community Health Planning and Evaluation	3
PUBH 150	Aging and Health	3
Select one of from the following:		3

PUBH 117	Global Health	
PUBH 122	Health Psychology	
PUBH 124	Ethical Considerations in Public Health 	
PUBH 130	Alcohol and Other Drugs	
<b>Total Units</b>		<b>27</b>

<sup>1</sup> Course also satisfies General Education (GE)/Graduation Requirement.

## General Education Requirements <sup>1</sup>

Code	Title	Units
<b>Area A: Basic Subjects (9 Units)</b>		
A1 - Oral Communication		3
A2 - Written Communication		3
A3 - Critical Thinking		3
<b>Area B: Physical Universe and Its Life Forms (6 Units)</b>		
B1 - Physical Science <sup>2</sup>		0
B2 - Life Forms		3
B3 - Lab (Note: Lab experience to be taken with one of the following: B1, B2 or B5 <sup>2</sup> )		0
B4 - Math Concepts <sup>2</sup>		0
B5 - Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area & upper division requirements.		3
<b>Area C: Arts and Humanities (12 Units)</b>		
C1 - Arts		3
C2 - Humanities		3
C1/C2 - Area Course C		3
C1/C2 - Area C Course - Take upper-division course to complete Area & upper division requirements.		3
<b>Area D: The Individual and Society (6 Units)</b>		
Area D Course		3
Area D Course		3
Area D Course - Take upper-division course to complete Area & upper division requirements. <sup>2</sup>		0
<b>Area E: Understanding Personal Development (3 Units)</b>		
Area E Course		3
<b>Area F: Ethnic Studies (3 Units)</b>		
Area F Course		3
<b>Total Units</b>		<b>39</b>

<sup>1</sup> To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<https://catalog.csus.edu/colleges/academic-affairs/general-education/>).

**Note:** There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email ([advising@csus.edu](mailto:advising@csus.edu)).

<sup>2</sup> Required in Major; also satisfies GE.

## Graduation Requirements <sup>1</sup>

Code	Title	Units
<b>Graduation Requirements (required by CSU) (9 Units)</b>		
American Institutions: U.S. History		3

American Institutions: U.S. Constitution & CA Government	3
Writing Intensive (WI)	3
<b>Graduation Requirements (required by Sacramento State) (6 Units)</b>	
English Composition II	3
Race and Ethnicity in American Society (RE)	3
Foreign Language Proficiency Requirement <sup>2</sup>	0

<sup>1</sup> To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<https://catalog.csus.edu/colleges/academic-affairs/general-education/>).

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<sup>2</sup> If not satisfied before entering Sacramento State, it may be satisfied in General Education Area C2 (Humanities). "C- or better required." The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: <https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html>

**Note:** Students with a declared major of BS in Public Health (Occupational Health and Safety), BS in Public Health (Health Care Administration), or BS in Public Health (Community Health Education) are exempt from the Foreign Language Graduation Requirement.

The following roadmaps are sample planning resources. Please consult your academic advisor and Academic Catalog for graduation requirements as you develop your individualized academic plan.

## Public Health (Community Health Education), BS: 4-Year Roadmap

Course	Title	Units
<b>Year 1</b>		
<b>First Semester</b>		
GE Area 1A - English Composition <sup>2</sup>		3
GE Area 3A - Arts <sup>2</sup>		3
GE Area 6 - Ethnic Studies <sup>2</sup>		3
GR American Institutions (US History) <sup>2</sup>		3
Elective of Choice		3
<b>Units</b>		<b>15</b>
<b>Second Semester</b>		
BIO 20 or BIO 30	Biology: A Human Perspective <sup>3</sup>  or Anatomy & Physiology - Brief Course	3 - 4
GE Area 1B - Critical Thinking <sup>2</sup>		3
GE Area 1C - Oral Communication <sup>2</sup>		3
GR American Institutions (GOVT) <sup>2</sup>		3
Elective of Choice		3
<b>Units</b>		<b>15-16</b>
<b>Year 2</b>		
<b>First Semester</b>		
ENGL 20	College Composition II	3
GE Area 3B - Humanities <sup>2</sup>		3
GE Area 5A - Physical Science <sup>2</sup>		3
GE Area 5C - Laboratory <sup>2</sup>		1
Elective of Choice		3
Elective of Choice		3
<b>Units</b>		<b>16</b>

**Second Semester**

PUBH 50	Healthy Lifestyles	3
GE Area 4 - Social & Behavioral Sciences <sup>2</sup>		3
GE Area 5B - Biological Science <sup>2</sup>		3
GE Area 6 - Ethnic Studies <sup>2</sup>		3
Elective of Choice		3
<b>Units</b>		<b>15</b>

**Year 3****First Semester**

PUBH 98	Public Health Professions Seminar	3
PUBH 100	Fundamentals of Safety and Health	3
PUBH 116	Public Health Policy, Management & Administration	3
Upper Division GE Area 4 - Social & Behavioral Sciences <sup>2</sup>		3
Elective of Choice		3
<b>Units</b>		<b>15</b>


**Second Semester**

PUBH 118	Introduction to Public Health	3
PUBH 147	Health Data Analysis	3
PUBH 148	Epidemiology	3
PUBH 151	Introduction to the U.S. Healthcare System	3
Upper Division GE Area 3 - Arts or Humanities <sup>2</sup>		3
<b>Units</b>		<b>15</b>

**Year 4****First Semester**

PUBH 112	Disease Prevention	3
PUBH 114	Human Ecology and Health	3
PUBH 119	Community Health Promotion	3
PUBH 122	Health Psychology	3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning <sup>2</sup>		3
<b>Units</b>		<b>15</b>

**Second Semester**

PUBH 120		
PUBH 124	Ethical Considerations in Public Health 	3
PUBH 144	Community Health Planning and Evaluation	3
PUBH Elective <sup>3</sup>		3
Elective of Choice		3
<b>Units</b>		<b>12</b>

**Total Units 118-119****Public Health (Community Health Education), BS: 2-Year Roadmap**


Course	Title	Units
<b>Year 1</b>		
<b>First Semester</b>		
PUBH 50	Healthy Lifestyles	3
PUBH 98	Public Health Professions Seminar	3
PUBH 100	Fundamentals of Safety and Health	3
PUBH 116	Public Health Policy, Management & Administration	3
Upper Division GE Area 4 - Social & Behavioral Sciences + American Institutions (GOVT) <sup>2</sup>		3
<b>Units</b>		<b>15</b>
<b>Second Semester</b>		
PUBH 118	Introduction to Public Health	3

PUBH 147	Health Data Analysis	3
PUBH 148	Epidemiology	3
PUBH 151	Introduction to the U.S. Healthcare System	3
Upper Division GE Area 3 - Arts or Humanities <sup>2</sup>		3

**Units 15****Year 2****First Semester**

PUBH 112	Disease Prevention	3
PUBH 114	Human Ecology and Health	3
PUBH 119	Community Health Promotion	3
PUBH 122	Health Psychology	3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning <sup>2</sup>		3

**Units 15****Second Semester**

PUBH 120		
PUBH 124	Ethical Considerations in Public Health 	3
PUBH 144	Community Health Planning and Evaluation	3
PUBH Elective <sup>3</sup>		3
GR American Institutions (US History) <sup>2</sup>		3
<b>Units</b>		<b>12</b>

**Total Units 57**

- Any course not completed in the first semester should be taken in the second or a later semester.
- Please see General Education/Graduation Requirement **course options** (<https://catalog.csus.edu/colleges/engineering-computer-science/engineering-civil/bs-in-civil-engineering/colleges/academic-affairs/general-education/>).
- Please see an academic advisor for elective options.