BS IN PUBLIC HEALTH (HEALTH PROMOTION)

Units required for Major: 53-55
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 two professional areas of study: Health Promotion or Occupational Safety & Health. The program supports 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 in both coursework and field experiences across areas of Public Health practice and within each concentration, such as consumer health issues, alcohol and other drugs, human sexuality, health promotion, unintentional injury causes and prevention, and other personal, occupational, and community health and safety issues.

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.

Admission Requirements

Direct Admission

When applying to Sacramento State through CSU Apply, selecting Public Health (all concentrations) will grant admission without any additional supplemental documentation.

The Bachelor of Science in Public Health program requires 12 units of lower-division courses that should be completed prior to starting upper division coursework.

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 Public Health faculty strongly recommends that all Public Health students consult with an advisor prior to enrollment for any course. This procedure should be followed each semester.

Minimum Grade Requirement

All courses must be completed with at least a "C" grade.

Program Requirements

Code	Title	Units
Required Lower Division Courses (12 Units)		
BIO 20	Biology: A Human Perspective	3
or BIO 10	Basic Biological Concepts	
PUBH 50	Healthy Lifestyles	3
PUBH 98	Public Health Professions Seminar	3
STAT 1	Introduction to Statistics [1]	3
Required Upper Division Courses (18 Units)		
PUBH 100	Fundamentals of Safety and Health	3
PUBH 116	Public Health Policy, Management & Administration	3
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
Concentration in Health Promotion (23-25 Units)		
PUBH 112	Disease Prevention	3
PUBH 114	Human Ecology and Health	3
PUBH 119	Community Health Promotion	3
PUBH 120	Social Marketing in Health Promotion	3
PUBH 122	Health Psychology	3
PUBH 124	Ethical Considerations in Public Health	3
PUBH 144	Community Health Planning and Evaluation	3
Select one course from the following:		2 - 4
PUBH 117	Global Health	
PUBH 130	Alcohol and Other Drugs	
PUBH 134	Understanding Human Sexuality	
PUBH 150	Aging and Health	
PUBH 190	Public Health Study Abroad	
PUBH 195	Fieldwork - Health or Safety	
Total Units		**53-55**

[1] 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.

General Education Requirements[1]

Code	Title	Units
Area 1: English Communication (9 Units)		
1A - English Composition		3
1B - Critical Thinking [2]		3
1C - Oral Communication		3
Area 2: Mathematical Concepts and Quantitative Reasoning (3 Units)		
Area 2 Course - Lower Division		3
Area 3: The Arts and Humanities (6 Units)		
3A - Arts		3
3B - Humanities [3]		3
Area 4: Social and Behavioral Sciences (6 Units)		
Area 4 Course -Lower Division [3]		3
Area 4 Course - Lower Division		3

Area 5: Physical and Biological Sciences (7 Units)	
5A - Physical Science	3
5B - Biological Science	3
5C - Laboratory (Note: Lab experience to be taken with one of the following: 5A or 5B)	1
Area 6: Ethnic Studies (3 Units)	
Area 6 Course	3
Upper Division Courses: (9 Units)	
Area 3 Course - Upper Division	3
Area 4 Course - Upper Division	3
Area 2 OR Area 5 Course - Upper Division	3
Total Units	**43**

[1] 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).

[2] Required in Major; also satisfies GE.

Graduation Requirements [1]

Code	Title	Units
Graduation Requirements (required by CSU) (9 Units)		
American Institutions: U.S. History		3
American Institutions: U.S. Constitution & CA Government		3
Writing Intensive (WI)		3
Graduation Requirements (required by Sacramento State) (6 Units)		
English Composition II		3
Race and Ethnicity in American Society (RE)		3
Foreign Language Proficiency Requirement [2]		0

[1] 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).

[2] 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 Safety and Health), BS in Public Health (Health Informatics and Data Science), or BS in Public Health (Health Promotion) 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 (Health Promotion), BS: 4-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
PUBH 50	Healthy Lifestyles	3
GE Area 1A - English Composition [2]		3
GE Area 3A - Arts [2]		3
GE Area 6 - Ethnic Studies [2]		3
Elective of Choice		3
	Units	**15**
Second Semester		
PUBH 98	Public Health Professions Seminar	3
STAT 1	Introduction to Statistics	3
GE Area 1B - Critical Thinking [2]		3
GE Area 1C - Oral Communication [2]		3
Elective of Choice		3
	Units	**15**
Year 2		
First Semester		
Second Semester Composition [2]		3
GE Area 5A - Physical Science [2]		3
GE Area 5C - Laboratory [2]		1
GR American Institutions (US History) [2]		3
Elective of Choice		2
Elective of Choice		3
	Units	**15**
Second Semester		
BIO 20 or BIO 10	Biology: A Human Perspective or Basic Biological Concepts	3
GE Area 3B - Humanities [2]		3
Elective of Choice		3
GR American Institutions (GOVT) [2]		3
Elective of Choice		3
	Units	**15**
Year 3		
First Semester		
PUBH 112	Disease Prevention	3
PUBH 118	Introduction to Public Health	3
PUBH 148	Epidemiology	3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning [2]		3
Elective of Choice		3
	Units	**15**
Second Semester		
PUBH 100	Fundamentals of Safety and Health	3
PUBH 114	Human Ecology and Health	3
PUBH 119	Community Health Promotion	3
PUBH 122	Health Psychology	3
Elective of Choice		3
	Units	**15**
Year 4		
First Semester		
PUBH 116	Public Health Policy, Management & Administration	3
PUBH 120	Social Marketing in Health Promotion	3

PUBH 147	Health Data Analysis	3
PUBH 151	Introduction to the U.S. Healthcare System	3
Upper Division GE Area 3 - Arts or Humanities [2]		3
	Units	**15**
Second Semester		
PUBH 124	Ethical Considerations in Public Health	3
PUBH 144	Community Health Planning and Evaluation	3
PUBH Elective [3]		3
Writing Intensive [2]		3
Elective of Choice		3
	Units	**15**
	Total Units	**120**

Public Health (Health Promotion), BS: 2-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
PUBH 112	Disease Prevention	3
PUBH 118	Introduction to Public Health	3
PUBH 148	Epidemiology	3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning [2]		3
Elective of Choice		3
	Units	**15**
Second Semester		
PUBH 100	Fundamentals of Safety and Health	3
PUBH 114	Human Ecology and Health	3
PUBH 119	Community Health Promotion	3
PUBH 122	Health Psychology	3
Elective of Choice		3
	Units	**15**
Year 2		
First Semester		
PUBH 116	Public Health Policy, Management & Administration	3
PUBH 120	Social Marketing in Health Promotion	3
PUBH 147	Health Data Analysis	3
PUBH 151	Introduction to the U.S. Healthcare System	3
Elective of Choice		3
	Units	**15**
Second Semester		
PUBH 124	Ethical Considerations in Public Health	3
PUBH 144	Community Health Planning and Evaluation	3
PUBH Elective [3]		3
Writing Intensive [2]		3
Elective of Choice		3
	Units	**15**
	Total Units	**60**

1. Any course not completed in the first semester should be taken in the second or a later semester.
2. 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/)**.
3. Please see an academic advisor for elective options.