

BA IN PUBLIC HEALTH (OCCUPATIONAL SAFETY AND HEALTH)

Units required for Major: 55-58
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 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

Repeat Policy: Public Health majors can only repeat Public Health 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 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 or BIO 10	Biology: A Human Perspective ¹ Basic Biological Concepts	3
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 (This has been revised to Introduction in 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 Occupational Safety and Health (25-28 Units)		
Required courses		
CHEM 6A	Introduction to General Chemistry ¹	5
PUBH 106	Occupational Health	3
PUBH 107	Occupational Safety	3
PUBH 108	Occupational Health and Safety Laws and Regulations	3
PUBH 109	Cause and Control of Occupational Loss	3
Choose one of the following (Risk Management):		3
FIN 138	Principles of Risk Management and Insurance	
HROB 155	Conflict Management and Negotiation	
HROB 153	Employment Law	
MGMT 102	Business Communications	
PSYC 108	Organizational Psychology	
PUBH 154	Healthcare Organizational Behavior	
Choose one from the following (Environmental Science):		3
ENVS 128	Environment and the Law	
ENVS 130	Environmental Toxicology	
ENVS 140	Energy, Society, and the Environment	
ENVS 144	Sustainability Science & Policy	
ENVS 165	American Environmental History	
Choose one from the following (Other):		2 - 5
BIO 39	Microbiology for Allied Health Students	
BIO 140	Medical Microbiology and Emerging Infectious Diseases	
CHEM 6B	Introduction to Organic and Biological Chemistry	
CM 20	Construction Materials and Processes	
CRJ 169	Emergency Management	
PHYS 5A	General Physics: Mechanics, Heat, Sound	

PUBH 110	Issues in Occupational Health and Safety
PUBH 112	Disease Prevention
PUBH 119	Community Health Promotion
PUBH 190	Public Health Study Abroad
PUBH 195	Fieldwork - Health or Safety
Total Units	55-58

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 Requirements¹

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.

³ Department offers students a "select from the following option":

- If student chooses to take ENVS 165, they will meet upper division Area 4.

Graduation Requirements¹

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

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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 (Occupational Safety and Health), BS: 4-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
STAT 1	Introduction to Statistics	3
GE Area 1A - English Composition ²		3
GE Area 3A - Arts ²		3
GR American Institutions (US History) ²		3
Elective of Choice		3
Units		15
Second Semester		
BIO 20 or BIO 10	Biology: A Human Perspective or Basic Biological Concepts	3
GE Area 1B - Critical Thinking ²		3
GE Area 1C - Oral Communication ²		3
GR American Institutions (GOVT) ²		3
Elective of Choice		3
Units		15
Year 2		
First Semester		
GE Area 3B - Humanities ²		3
GR American Institutions (US History) ²		3

Second Semester Composition ²	3
Elective of Choice	3
Elective of Choice	3

Units 15

Second Semester

GE Area 3A - Arts ²	3
GE Area 4 - Social & Behavioral Sciences ²	3
GE Area 6 - Ethnic Studies ²	3
Elective of Choice	3
Elective of Choice	3

Units 15

Year 3

First Semester

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 ²		3

Units 15

Second Semester

PUBH 118	Introduction to Public Health	3
PUBH 147	Health Data Analysis	3
PUBH 148	Epidemiology	3
Upper Division GE Area 3 - Arts or Humanities + Writing Intensive ²		3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning ²		3

Units 15

Year 4

First Semester

CHEM 6A	Introduction to General Chemistry	5
PUBH 106	Occupational Health	3
PUBH 107	Occupational Safety	3
PUBH 151	Introduction to the U.S. Healthcare System	3
Elective of Choice		1

Units 15

Second Semester

PUBH 108	Occupational Health and Safety Laws and Regulations	3
PUBH 109	Cause and Control of Occupational Loss	3
PUBH Elective (Risk Management) ³		3
PUBH Elective (Environmental Science) ³		3
PUBH Elective (Other) ³		3

Units 15

Total Units 120

Public Health (Occupational Safety and Health), BS: 2-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
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
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Upper Division GE Area 4 - Social & Behavioral Sciences + American Institutions (GOVT)² 3

Units 15

Second Semester

PUBH 118	Introduction to Public Health	3
PUBH 147	Health Data Analysis	3
PUBH 148	Epidemiology	3
GR American Institutions (US History) ²		3
Upper Division GE Area 3 - Arts or Humanities + Writing Intensive ²		3

Units 15

Year 2

First Semester

CHEM 6A	Introduction to General Chemistry	5
PUBH 151	Introduction to the U.S. Healthcare System	3
PUBH 106	Occupational Health	3
PUBH 107	Occupational Safety	3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning ²		3

Units 17

Second Semester

PUBH 108	Occupational Health and Safety Laws and Regulations	3
PUBH 109	Cause and Control of Occupational Loss	3
PUBH Elective Risk Management ³		3
PUBH Elective Environmental Science ³		3
PUBH Elective (Other) ³		3

Units 15

Total Units 62

- 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.