

PRE-HEALTH
Public Health Option (120 Units)
Valid for Catalog Years: 2024/2025 to Current

Health Science Core Program Requirements	15 Units □
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PH 92: Public Health Statistics (3) (GE Area B4 – Catalog Year 2022 and After)	_____
PH 100: Community Health (3)	_____
PH 109: Epidemiology of Disease (3) (<i>Pre-Requisite:</i> PH 92, MATH 11, PSYCH 42, or DS 73)	_____
PH 161: Environment and Human Health (3) (GE Area IB – Catalog Year 2018 and After)	_____
PH 163: Public Health Administration (3)	_____

Community Health Option Requirements	21 Units □
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PH 90: Contemporary Health Issues (3) (GE Area E)	_____
PH 114: Health Behavior (3)	_____
PH 131: Principles of Health Education (3)	_____
PH 133: Health Education Methods (3) (<i>Pre-Requisite:</i> PH 114 and PH 131)	_____

Community Health Additional Requirements	15 Units □
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BIOL 10: Life Science (3) (GE B2)	_____
<i>OR</i> BIOL 110: Human Ecology (3)	_____
BIOL 33: Introductory Human Anatomy and Physiology (5)	_____
<i>OR</i> BIOL 67A/67B: Anatomy and Physiology I and II (8) (<i>Pre-Requisite:</i> BIOL 20 or CHEM 3A and BIOL 1A)	_____
CHEM 3A: Introductory General Chemistry (4) (GE B1)	_____
CHEM 3B: Introductory Organic and Biochemistry (3) (<i>Pre-requisite:</i> CHEM 3A)	_____
<i>OR</i> BIOL 20: Introductory Microbiology (4) (<i>Pre-requisite:</i> CHEM 1A/1AL or 3A)	_____

Community Health Option Elective Requirements (Select 15 Units from the Following)	15 Units □
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PH 48: First Responder and Emergency Care (3)	_____
PH 49: Emergency Medical Technician Training (3)	_____
PH 91: Human Sexuality (3) (GE Area E)	_____
PH 104: Global and Cultural Issues in Health (3) (MI – Catalog Year 2018 and After)	_____
PH 110: Drugs, Society, and Health (3)	_____
PH 111: Alcohol and Alcoholism (3)	_____
PH 112: Consumer Health (3)	_____
PH 115: Health Issues of Aging (3)	_____
PH 127: Female Sexuality (3) (Formerly PH 126) (SPRING ONLY)	_____
PH 128S: Holistic Health and Alternative Medicine (3) (MI – Catalog Year 2018 and After)	_____
PH 129: Rural Health (3) (SPRING ONLY)	_____
PH 130: Women's Health (3) (FALL ONLY)	_____
PH 135: Introduction to Human Disease (3)	_____
PH 152T: Topics in Health (1-3)	_____
PH 156: Health & Well-being in the San Joaquin Valley (3)	_____
PH 188I: Health Education Internship (1-3)	_____
NUTR 53: Nutrition and Health: Realities and Controversies (GE Area E)	_____

Total Units Required in Major	57 units
Total Units Required in General Education	49 units
Electives needed	14-30 units

PRE-HEALTH Public Health Option, (120 Units) Valid for Catalog Years: 2024/2025 to Current

For assistance or to schedule an
advising appointment, please
contact the **CHHS Advising and
Career Development Center:**
559-278-5027, McLane Hall 194

Student Name: _____

Student ID: _____

Catalog Year: _____

		Year 1 (Freshman)		Year 2 (Sophomore)		Year 3 (Junior)		Year 4 (Senior)		Elective Options:	
		Fall	Spring	Fall	TRANSITION INTO KINESIOLOGY – EXERCISE SCIENCE MAJOR	Spring	Fall	Spring	Fall	Spring	
Major		GE Area E PH 90 (3 Units)	PH 100 (3 Units)	GE Area B4 PH 92 (3 Units)		PH 109 (3 Units)	BIOL 33 (3 Units)	PH 114 (3 Units)	PH 131 (3 Units)	PH 133 (3 Units)	
		Lower Division GE	PH Elective	GE Area B1 CHEM 3A (4 Units)		CHEM 3B (3 Units)	GE Area IB PH 161 (3 Units)	PH 163 (3 Units)	PH Elective	Multicultural International (MI)	
		Lower Division GE	GE Area B2 BIOL 10 (3 Units)	Lower Division GE		Lower Division GE	PH Elective	PH Elective	PH Elective	General Elective	
		Lower Division GE	Lower Division GE	Lower Division GE		General Elective	Lower Division GE	Upper Division GE	Upper Division GE	General Elective	
		HHS 18A	HHS 18B	Lower Division GE		American Government	UDWS (W Course or Exam)	General Elective	General Elective	General Elective	
Milestones		PH 92 Completed	APPLY FOR MAJOR			Additional Requirements Completed		Completion of Core Courses			
											Certificate in Alcohol and Drug Studies Required Courses (9 Units) <div><input type="checkbox"/> PH 110: Drugs, Society, and Health</div> <div><input type="checkbox"/> PH 111: Alcohol and Alcoholism</div> <div><input type="checkbox"/> SWRK 129: Treatment of Chemical Dependency</div> Elective(s) (Select 3 Units) <div><input type="checkbox"/> CRIM 141: Alcohol, Drugs, and Criminality (3)</div> <div><input type="checkbox"/> WS 115: Women, Children, and Alcohol (1)</div> <div><input type="checkbox"/> WS 150T: Women and Alcohol (1)</div> <div><input type="checkbox"/> CRIM 190, PH 190, SWRK 190, or WS 190: Independent Study on selected aspects of alcohol/drug abuse (1)</div>

Certificate in Alcohol and Drug Studies

Required Courses (9 Units)

- ☐ PH 110: Drugs, Society, and Health
- ☐ PH 111: Alcohol and Alcoholism
- ☐ SWRK 129: Treatment of Chemical Dependency

Elective(s) (Select 3 Units)

- ☐ CRIM 141: Alcohol, Drugs, and Criminality (3)
- ☐ WS 115: Women, Children, and Alcohol (1)
- ☐ WS 150T: Women and Alcohol (1)
- ☐ CRIM 190, PH 190, SWRK 190, or WS 190: Independent Study on selected aspects of alcohol/drug abuse (1)

Advising Notes

- A minimum grade of C is required in all Health Science core courses and all core option courses.
- CR/NC grading is not permitted in courses for the Health Science major, except in those courses which are designated CR/NC grading only.
- Courses taken within the Public Health major may be used toward general education requirements, a minor (see departmental minors) or a supplemental credential. Consult the appropriate for further information.
- A minimum GPA of 2.75 is required for students looking for acceptance into the Community Health option.

2024-2025 GENERAL EDUCATION (G.E.) REQUIREMENTS

NOTES: A minimum of 48 G.E. units are required. All classes are three or more semester units. Engineering and Liberal Studies majors complete a different G.E. Pattern—consult department advisor. GE courses may change annually. It is recommended to run your Degree Progress Report (DPR) before and after you register to ensure courses you are registered for satisfy the intended GE Area(s).

♦ FOUNDATION

Four courses: One in A1, one in A2, one in A3, & one in B4 for a minimum of 12 units.

FOUNDATION courses must be satisfied with a minimum of "C" grade.

Area A - Fundamental Skills and Knowledge

A1 Oral Communications: Communication 3, 7, 8

A2 Written Communication: (Pre-Requisite for English 5B is Passing 5A) English 5B, 5BML, 10, 10ML

A3 Critical Thinking: Africana Studies 20; Anthropology 30; Asian American Studies 88; Chicano & Latin American Studies 30; College of Science and Math 10; Communication 5; Geography 25; Interdisciplinary 50; Natural Science 4; Philosophy 24, 45; Sociology 3, 3S; Women's, Gender, & Sexuality Studies 12

B4 Quantitative Reasoning: (Co-Requisite or Pre-Requisite Math Courses May Be Required; Check with an Advisor) Criminology 50; Decision Science 71, 72; Mathematics 6, 11, 11L, 45, 45L, 70, 75A; Psychology 42; **Public Health 92**

Course/
Units/Grade

A1 _____

A2 _____

A3 _____

B4 _____

♦ BREADTH

Area B - Fundamental Skills and Knowledge

Two Courses: One in B1 and one in B2 - See above for B4

B1 Physical Sciences: (Pre-Requisite: Completion of B4) Chemistry 1A & 1AL, 3A, 10; Earth & Environmental Sciences 1, IV, 4, 5; Geography 5*, 7*;
Physical Science 21; Physics 2A, 4A & 4AL, 10

B2 Life Sciences: Biology 1A, 10, 11, 12

B3 Laboratory Component: B1 or B2 must have a lab (*Courses do not have a lab component)

B1 _____

B2 _____

B3 _____

Area C - Arts and Humanities

Three Courses: One in C1, one in C2, and a third from C1 or C2

C1 Arts: Armenian Studies 20; Art 1, 20, 40, 50; Art History 10, 11, 12; Chicano & Latin American Studies 9; Drama 22, 62; English 41, 43, 44; Media, Communications & Journalism 9; Music 9 (not for music majors), 9A, 74, 75

C2 Humanities: Arabic 1A, 1B; Armenian 1A, 1B, 2A; Chinese 1A, 1B; Communicative Sciences & Deaf Studies 90, 92; English 20, 30; French 1B, 2A, 2B; German 1B, 2A, 2B; Greek 1A, 1B; Hebrew 1A; Hmong 1A, 1B; Humanities 10, 11, 15, 20; Italian 1A, 1B, 2A, 2B; Japanese 1A, 1B; Latin 1A, 1B; Linguistics 10, Persian 1A, 1B; Philosophy 1, 2, 10, 20; Portuguese 1A, 1B; Spanish 1B, 2A, 2B, 3, 4A, 4B

C1 _____

C2 _____

C1 or
C2 _____

Area D - Social, Political & Economic Institutions and Behavior, Historical Background

One course in each sub-area (Pre-Requisite: GE Foundation A2 for students in English college-readiness Category III and IV)

D1 American History: History 11, 12

D2 Social Science: Africana Studies 36; Agricultural Business 1; American Indian Studies 50; Anthropology 2, 3; Armenian Studies 10; Asian American Studies 7, 166; Child & Family Science 31; City & Regional Planning 80; Communicative Sciences & Deaf Studies 98; Criminology 10; Economics 25, 40, 50; Geography 2, 4; History 20, 21; Industrial Technology 20; Jewish Studies 10; Media, Communications & Journalism 1; Middle East Studies 10; Political Science 1; Psychology 10; Sociology 1 or 1S; Women's, Gender, & Sexuality Studies 10, 11, 166

D1 _____

D2 _____

Area E - Lifelong Understanding & Self-Development One course

Animal Science 67; Art 13; Asian American Studies 8; Child & Family Sciences 38, 39; College of Science and Math 15; Dance 16, 70; Drama 32; Finance 30; Gerontology 10S, 18, 111; Kinesiology 32 & Concurrent Enrollment in any KAC; Linguistics 30; Nutrition 53; Peace and Conflict Studies 110; Psychology 61; **Public Health 90, 91, 110**; Recreation Administration 80; University 1; Women's, Gender, & Sexuality Studies 18

E _____

Area F - Ethnic Studies One course

Africana Studies 10, 15, 27, 40, 68; American Indian Studies 5, 10, 103; Anthropology 120, 175; Asian American Studies 10, 15, 20, 50, 108, 120, 143, 175, 185; Chicano & Latin American Studies 3, 5, 120, 128, 163; Media, Communications, & Journalism 6; Philosophy 108

F _____

UPPER DIVISION G.E. CONSISTS OF 9 UNITS

IB, IC, & ID courses can be taken no sooner than the term in which 60 units of coursework are completed.

♦ INTEGRATION Three Upper Division – One in Each Area

IB - Physical Universe & Its Life Forms: (Pre-Requisite: Completion of FOUNDATION and Area B)

Anthropology 161; Chemistry 170; Civil Engineering 121; Computer Science 100, 100N; Earth & Environmental Science 102S, 112, 167, 168; Geography 115, 128, 129; Natural Science 115, 120, 121, 125; Physical Science 131, 168; Physics 100; Plant Science 105; **Public Health 161**; Sociology 158

IB _____

IC - Arts & Humanities: (Pre-Requisite: Completion of FOUNDATION and Area C)

Africana Studies 129; Architectural Studies 145; Armenian 148; Art 102; Art History 140; Arts & Humanities 105; Asian American Studies 148; Chicano & Latin American Studies 130; Dance 171; Drama 163; English 101, 102, 103, 112, 113, 114, 174; French 109, 124, 125, 149; Humanities 104, 108, 110, 118, 120, 129; Interdisciplinary Art Studies 108; Italian 110, 130; Jewish Studies 108; Linguistics 115, 130, 138; Media, Communications, & Journalism 183; Music 170A, 171, 187; Philosophy 120, 150, 151; Portuguese 101, 102, 103; Spanish 125, 129; Women's, Gender, & Sexuality Studies 110, 111

IC _____

ID - Social, Political, & Economic Institutions & Behavior, Historical Background: (Pre-Requisite: Completion of

FOUNDATION, Area D, and PLSI 2) Africana Studies 144; Agricultural Business 155; Anthropology 116W, 145; Art History 143; Asian American Studies 111, 121, 122, 155; Chicano & Latin American Studies 114, 115; City & Regional Planning 125; Civil Engineering 161; Construction Management 124; Criminology 101, 120, 120S; Curriculum & Instruction 152; Earth and Environmental Sciences 115S; Economics 146, 167, 176, 183; Electrical & Computer Engineering 118; Forensic Behavioral Science 153; Geography 133, 173; Gerontology 100; History 101, 154; Jewish Studies 122; 154; Kinesiology 111; Media, Communications & Journalism 101, 175, 178, 180; Peace & Conflict Studies 100, Social Science 110; Sociology 131, 143, 163; Women's, Gender, & Sexuality Studies 101, 124, 149, 155

ID _____

Total Units _____

07/10/24

Graduation Requirements

PLANNING YOUR DEGREE

- ☐ Meet with an Academic Counselor to complete a My Degree Plan (roadmap)
- ☐ Units per semester to graduate:
4 years: 15 units x 8 semesters = 120 units
5 years: 12 units x 10 semesters = 120 units
- ☐ Complete your US and California Government requirement during your sophomore year
- ☐ Complete your upper-division writing skills during your junior year (60 - 90 units)
- ☐ Complete your Application for Degree and pay the fee during the first four weeks of your final semester

- ♦ 120 unit minimum—comprised of:
 - 48 General Education (or modified version per Major)
 - Major
 - Electives if needed to reach 120 units (minor/certificate/other)

- ♦ 2.00 GPA in:
 - Major
 - Campus units
 - Cumulative units

- ♦ Specific course requirements:
 - English Composition (GE Area A2—English 5A & 5B, 10 or equivalent) -
 - US History (GE Area D1—History 11, 12 or equivalent) -
 - US and California Government -

Courses: Political Science 2, or equivalent course

- Multicultural/International course (M/I) -

Completed Course: _____

Courses: Africana Studies 143, 150, 164; Anthropology 105W, 120, 123, 125; Art History 141, 142; Asian American Studies 110, 110S, 138, 140; Business Administration 104; Capstone 177, 188S; Chicano & Latin American Studies 160, 170; Communication 164; Child & Family Science 134; Communicative Disorders & Deaf Studies 139; Economics 181; Geography 167, 174; Gerontology 161; History 186; Humanities 105, 140; Italian 100; Jewish Studies 143; Linguistics 147; Media, Communications & Journalism 176, 179; Marketing 100S; Music 171A; Nursing 141, 141LS; **Public Health 104, 128S**; Philosophy 131, 132; Political Science 120; Recreation Administration 130; Social Sciences 180; Sociology 111, 142; Social Work 136; Women's, Gender, & Sexuality Studies 120, 122, 135

- ♦ Writing Skills Requirement:

Completed Course: _____

- Upper-division writing skills -

Courses: Africana Studies 104W; Agricultural Business 170WS; American Indian Studies 105WS; Anthropology 105W, 116W, 126W; Asian American Studies 151W, 161W; Aerospace Studies 105AW*, 105BW; Biology 118W; Business Administration 105W; Chemistry 161W*; Chicano & Latin American Studies 102W; Economics 102W; Earth & Environmental Sciences 104W, 135W; English 106W, 115W, 117W*, 160W, 170W; Engineering 105W*; Health & Human Services 116W; History 100W*; Industrial Technology 198W; Jewish Studies 100W; Literacy & Early Education 180W; Linguistics 110W*, 111W; Media, Communications & Journalism 102W*, 114W*, 155SW, 158WS; Philosophy 125W, 133W; Plant Science 110W; Political Science 100W; Sociology 130W, 130WS; Women's, Gender, & Sexuality Studies 118W

Note: a few majors require a specific "W" course; see catalog requirements for your major

Completed Course: _____

*Enrollment may be restricted or have additional prerequisites. Check the course description in the catalog or my.fresnostate.edu

- ♦ Fresno State Residency unit minimums:

- 30 units
- 24 upper-division units
- 12 units in major
- 9 General Education units

Please Note: General Education course area completion is based on which area the course fulfills during the semester the course is completed, not catalog year. Be sure to double check courses are completing the intended area using the class search or degree progress report (DPR).