



Bachelor of Science in Health Science

College of Health and Human Development

Why should I major in health science at Cal State Fullerton?

Innovative academic studies, hands-on experience, networking opportunities and extensive resources create an exciting learning environment for the health science major at Cal State Fullerton. In addition, the program offers internships and other community-based learning experiences to provide students with opportunities to work with individuals and groups in diverse socioeconomic and cultural communities. Our goal is prepare our graduates to confront the challenges faced by today's health science professionals and to promote optimal health for people everywhere.

The major in health science offers:

Outstanding Faculty - The Health Science Department faculty are accomplished teachers and researchers who are actively involved in their field and are committed to providing high-quality instruction with small class sizes. Members of the faculty are involved in maintaining an active role in the health science field through research and other scholarly activities, professional and community service, and public speaking. Additional information regarding faculty members' backgrounds and areas of expertise is available by visiting the Health Science website (<http://hdcs.fullerton.edu/hesc>).

Competency-Based Curriculum - As a health science major, you will learn how to effectively plan, implement and evaluate health promotion programs that are effective in improving the health of individuals and communities. Our curriculum has been carefully developed to reflect the current trends and regional needs, offers sequential learning opportunities that build on previous experiences, and provides numerous opportunities for hands-on experiences. The competency-based curriculum prepares our graduates for certification as health education specialists.

Flexibility - The program offers courses to fit your needs whether you are a full- or part-time student. Classes are offered during both day and evening hours for your convenience.

Laboratory - Our brand new computer laboratory provides access to e-mail accounts, software that complements classroom activities, as well as links to the World Wide Web and the latest technological advances in the field.

What is a health science major?

The Health Science degree program focuses on the understanding and promotion of health in populations. Health science bridges the gap between scientific discoveries and the application of this knowledge to improve the quality of people's lives, and research reflects the range of diverse health problems, settings and populations. The health science program is unique in that it offers a strong emphasis on problem-solving skills and critical thinking while providing a solid foundation in basic and health-related sciences. As such, the health science program offers both undergraduate and graduate degrees. At the undergraduate level are the Bachelor of Science in Health Science degree and the minor in health science, and students can choose to focus on one of three tracks: health promotion and disease prevention, environmental and occupational health and safety, and special studies. At the graduate level is the Masters in Public Health (MPH) degree.

What types of career opportunities are available?

Health Promotion and Disease Prevention - Careers include: health education specialist, worksite health educator, health fitness specialist/coordinator, program manager for a non-profit organization, wellness coordinator, and grant writer.

Environmental and Occupational Health and Safety - Careers include: public health educator/inspector, health and safety manager, environmental health specialist/consultant, county/governmental environmental investigator, loss control representative, health and safety trainers, and occupational health specialist/consultant.

Special Studies - Careers include: researcher/epidemiologist, instructor/school health educator/teacher in health related field, and professional school preparation for advanced education in optometry, dentistry, physician's assistant, dietetics and a variety of other fields.

What courses are required for a health science major?

The Bachelor of Science degree in Health Science offers the education required to launch or advance a career in the field. The degree program consists of 52 units with the following 13-unit prerequisite course work requirement applicable to general education: Biology 101 Elements of Biology (3), Chemistry 100 Survey of Chemistry (3), Chemistry 100L Survey of Chemistry Lab (1), Psychology 101 Introduction to Psychology (3), and Human Communication 102 Public Speaking (3). As part of the 52 total units, all health science majors take 28 units of core requirements, 9 units in an advisory track, 12 units of electives and 3 units in advanced college writing.

Core Requirements (28 units)

Health Science 101 Personal Health (3)

Kinesiology 210 Human Anatomy and Physiology (3)

Health Science 220 Concepts in Health Science (3); concurrent with

Health Science 494 Practicum in Health Science (1)
Health Science 349 Measurement and Statistics in Kinesiology and Health (3)
Health Science 400 Program Design for Kinesiology and Health Science (3)
Health Science 401 Epidemiology (3)
Health Science 440 Determinants of Health Behavior (3)
Health Science 475 Health Science Planning, Research, and Evaluation (3)
Health Science 495 Internship in Health Science (3)

Advisory Tracks (9 units)

Students select one of the following three advisory track areas in which to concentrate and successfully complete those requirements.

Health Promotion and Disease Prevention

Health Science 410 Community Health Education
Health Science 411 Promotion of Health in Multicultural Populations
Health Science 460 Worksite Health Promotion

Environmental and Occupational Health and Safety

Health Science 405 Worksite Injury Prevention and Rehabilitation
Health Science 415 Environmental Health
Health Science 461 Occupational Health and Safety

Special Studies (9 units selected with advisor approval to prepare for graduate or professional school)

Electives (12 units)

Majors select elective course work with the approval of their adviser.

English Proficiency Requirement (3 units)

In order to satisfy the upper-division writing requirement of the university, health science majors must pass English 301 Advanced College Writing with a grade of C (2.0) or better.

Second Language Graduation Requirement

Students in the B.S. in Health Science program who enter Cal State Fullerton as first-time freshmen in fall 2006, or who enter a community college in fall 2006 with intent to transfer to Cal State Fullerton, will be required to show proficiency in a second language as a condition of graduation with a bachelor's degree. (See "Graduation Requirements for the Bachelor's Degree" in the 2005-2007 University Catalog.)

What courses transfer from my community college?

Many of your courses will transfer as general education classes. Consult your college's articulation document for specifics. The 13-unit prerequisite course work in health science is applicable to General Education requirements. Kinesiology 210 can be satisfied with either a single course that combines human anatomy and physiology or separate courses in each. The Health Science 101 requirement can be satisfied with a similar introductory personal health course. These courses can also be taken at Cal State Fullerton. Please see the University Catalog for specific details.

What is a minor in health science?

For students interested in personal growth, community service, intellectual stimulation, and professional career opportunities in the health field, a minor in health science is a method to achieve these goals. The minor provides a concentration of health-related courses that can enhance skills for students majoring in fields such as biology, chemistry, child development, human services, kinesiology, psychology, and sociology. The minor consists of two advisory track options. The Health Promotion and Disease Prevention track (21 units) provides students with a broad overview of health and well-being, health behavior theory, and specialized content areas to meet student's interests. The Environmental and Occupational Health track (22 units), designed to complement majors such as chemistry and biology, provides students with the necessary course work to become eligible for the Registered Environmental Health Specialist (REHS) Exam offered by the California Department of Health Services. CSUF has the only approved REHS program in Orange County.

What scholarships and awards are available?

You may qualify for various scholarships and awards offered both on and off campus. Health Science offers a Scholarship Award and a Most Outstanding Undergraduate Student Award. Check the bulletin boards in the Kinesiology and Health Science building for application dates and qualifications, and be sure to apply.

What activities can I join?

There are many different opportunities for health science majors to become actively involved within the university, including Eta Sigma Gamma, the Student Leadership Institute, the Student Health Center's Peer Health Education program, and other campus-wide activities. In addition, most health science professional associations have a section specifically designed for students.

Who advises me?

You will receive extensive advisement in Health Science 220 including completion of an academic plan. In addition, you are encouraged to consult with our health science adviser, Laura Chandler at least once each semester. The adviser is available to meet with new and continuing students during office hours or by appointment. You are welcome to call, email or stop by, (714) 278-7995, KHS-251, Lchandler@fullerton.edu

How can I learn more?

Many of your questions can be answered by visiting the university's website at www.fullerton.edu and the Health Science Department website at <http://hdcs.fullerton.edu/hesc>