

California State University, Fullerton
Division of Kinesiology & Health Promotion
EFFECTIVE FALL 2005
Health Science Minor (21-22 units total)*

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: *Health Promotion and Disease Prevention* (21 units) and *Environmental and Occupational Health* (22 units). The *Health Promotion and Disease Prevention Advisory track* 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 coursework 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. The requirements for the two Health Science Minor tracks are:

Required Minor Core Courses for Both Tracks (6 units)

HESC 101	Personal Health
HESC 440	Health Behavior OR
HESC 401	Epidemiology***

Health Promotion and Disease Prevention Track (15 units)

Elective Courses from Health Science (9-15 units of any of the following):

HESC 321	Drugs & Society
HESC 325	Consumer Health
HESC 342/KNES 342	Stress Management
HESC 350/KNES 350/NURS 350	Nutrition: Vital Link to Better Health
HESC 353/KNES 353	Phys. Act & Lifelong Well-Being
HESC 358	Contemp. Issues in Children's Health
HESC 405	Worksite Injury Prev and Rehab
HESC 410	Community Health
HESC 411	Promoting Health in MultiCultural Populations
HESC 450	Applied Health Promotion in Aging Populations
HESC 460	Worksite Health Promotion
HESC 461	Occupational Safety and Health

Elective Courses from other Departments (0-6 units of any of the following)

AFRO304	The Black Family
AMST438	American Minds: Images of Sickness and Health
ANTH308	Culture and Aging
ANTH315	Culture and Nutrition
ANTH322	Human Behavioral Ecology
ANTH342	Anthropology and Health
ANTH344	Human Evolution
ASAM342	Asian Pacific American Families
ASAM346	Asian American Psychology
ASAM340	Asian American Communication
ASAM348	Asian Pacific American Persp. On Aging
BIOL300	Environmental Biology
BIOL 302	General Microbiology
BIOL305	Human Heredity and Development
BIOL306	Biology of Aging
BIOL310	Human Physiology
BIOL360	Biology of Human Sexuality
BIOL361	Human Anatomy**
CHEM 301A	Organic Chemistry
CHEM 301B	Organic Chemistry
CHEM 302	Organic Chemistry Lab

CHEM 302A	Organic Chemistry Lab
CHEM 302B	Organic Chemistry Lab
CHEM303A	Biotechnology: Business & Society
CHEM303B	Medical Biotechnology
CHEM303C	Agric./Envir. Biotechnology
CHEM311	Nutrition and Disease
CHEM313A	Air Pollution
CHEM313B	Water Pollution
CHEM313C	Land Pollution
CHIC305	The Chicano Family
GEOG350	Nature & Society**
KNES348	The Physiology of Exercise
KNES351	Principles of Conditioning**
KNES 432	Applied Exercise Psychology
KNES 454	Physical Activity and the Aging Process
NURS 301	Promotion of Optimal Health
PHIL 314	Medical Ethics
PSYCH312	Psych of Human Sexual Behavior
PSYCH341	Abnormal Psychology
PSYCH350	Environmental Psychology
PSYCH351	Social Psychology
PSYCH362	Psychology of Aging
PSYCH 391	Industrial/Organizational Psychology
SOCI300	Introduction to Social Welfare
SOCI333	Sociology of Aging
SOCI354	Sex Roles and Gender
SOCI360	Sociology of Death and Dying
SOCI 361	Population and the Environment
SOCI381	Sociology of Human Sexuality
SOCI385	Family Violence
SPCH345	Communication and Aging
SPED371	Exceptional Individual
WMST410	Women's Health and Aging

Total Units = 21

Environmental and Occupational Health Track (16 units)***

Required Courses (12 units)

HESC 415	Environmental Health
HESC 461	Occupational Health
POSC 320	Intro to Public Management
HESC 349	Measurement & Statistics in Kinesiology & Health, or Math 120 Introduction or Probability and Statistics

Elective Courses (4 units from the following)

BIOL 438	Public Health Microbiology
CHEM 313A	Air Pollution
CHEM 313B	Water Pollution
CHEM 313C	Land Pollution
GEO 335	General Hydrology
CHEM 435	Chemistry of Hazardous Materials

Total Units = 22

*In completing the requirements for the minor, a minimum of twelve (12) units, of which at least six (6) must be upper division, must be distinct and different from the units used to complete the requirements of the major. Any units above this minimum requirement, which can be used to satisfy both the requirements for the minor and for the major may be double counted. General education courses, however, may be used to meet minor requirements.

**Course electives that have been added to the Health Promotion track since original approval of the Health Science minor.

***Students desiring to prepare to take the REHS exam should select the HESC 401, Epidemiology option under core requirements.