

ASSOCIATE OF SCIENCE IN PUBLIC HEALTH FOR TRANSFER (AS-T)

The Associate in Science in Public Health for Transfer Degree (AS-T) prepares students for baccalaureate-level studies at the California State Universities (CSU). Public Health focuses on protecting and improving the health of people and their communities by promoting healthy lifestyles, researching disease and injury prevention, as well as detecting, preventing, and responding to infectious diseases. Students who complete the degree will be ensured preferential transfer status to CSU for Public Health majors and majors in related disciplines while fulfilling the lower division major requirements at many CSUs. Students are advised, however, to meet with a counselor to determine the lower-division course requirements for specific CSUs.

Programs Outcomes

Upon successful completion of the program, the student will be able to:

- Demonstrate the ability to comprehend and apply the multi-dimensional approach of public health sciences.
- Identify proactive factors for disease prevention and risk factors for disease and disability.
- Demonstrate and apply behavior-changing techniques to maximize health and wellness.
- Demonstrate the concepts of research, program planning and evaluation strategies.

Transfer & Career Opportunities

The Associate in Science in Public Health for Transfer Degree (AS-T) is intended to meet the lower division requirements for Public Health majors and related programs at the bachelor's degree level. Career opportunities for Public Health majors are plentiful and include positions in/as a community health specialist, quality improvement coordinator, public health/hospital administrator, research assistant, prevention specialist, health educator, occupational health and safety specialist, emergency management director, social and community service manager, mental health and substance abuse Social Worker.

Program Requirements

Code	Title	Units
GENERAL EDUCATION AND SUBJECT REQUIREMENTS		37-39
Select one of the following General Education patterns:		
California State University General Education (CSU-GE) *		
Intersegmental General Education Transfer Curriculum (IGETC-CSU) **		
+		
REQUIRED MAJOR COURSES		24-26
HW 001	Personal and Community Health *	3
PHSC 101	Public and Community Health	3
MATH 021	Introduction to Statistics *,**	4
BIOL 020	Frontiers in Biology *,**	4-5
or BIOL 001	Principles of Biology 1	

CHEM 020	Introduction to General Chemistry *,**	4-5
or CHEM 001	General Chemistry 1	
or BIOL 030	Human Anatomy	
or BIOL 031	Human Physiology	
or BIOL 040	General Microbiology	
PHSC 102	Health and Social Justice	3
HW 104	Drugs and Society *	3
or KINE 093	Women's Health	
or HW 003	First Aid/CPR/AED	
or NUTR 018	Nutrition	
+		
ELECTIVES		7-13
Select additional transferrable courses numbered 1-199 to achieve 60 units.		
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TOTAL		60

* Course(s) meets General Education requirement and 16 may be double counted for CSU GE.

** Course(s) meets General Education requirements and 10 may be double counted for IGETC-CSU. IGETC-CSU requires completion of IGETC AREA 1C.

The Associate in Arts Degree for Transfer requirements include completion of the 60 unit program defined above with at least 12 units taken in residence at College of the Sequoias with a "C" (2.0) average and a "C" or better grade in all required major and restricted electives courses (see Transfer Information and Requirements (<https://catalog.cos.edu/transfer-information-requirements/>) for additional details).