

San Jose State University
Health Science Department – Option 1



APPROVED ELECTIVES

Strongly Recommended HS/Gero Courses:

Health Science Courses

HS 169 – Diversity, Stress, & Health
HS 145 – Community Mental Health
HS 150 – Women’s Health
HS 160 – Health Care Economics
HS 171 – Managed Care

Gerontology Courses

Gero 107 – Aging & Society
Gero 108 – Health in Later Life
Gero 117 – Social Policies & Services in Aging
Gero 118 – Long Term Care Services

African American Studies

AFAM 105 – Health Issues in the African American Community

Philosophy

PHIL 111 – Medical Ethics

Anthropology

ANTH 108 – Medical Anthropology
ANTH 140 – Human Sexuality

Psychology

PSYC 110 – Abnormal Psychology
PSYC 126 – Drugs, Brain, & Behavior
PSYC 129 – Neuroscience

Child Development

CD 102 – Development of Self in a Culturally Diverse Society

Recreation & Leisure Studies

RECL 110 – Leisure & Human Development
RECL 113 – Leisure: Philosophy & Education

Kinesiology

KINES 155 – Physiology of Human Performance

Social Work

SCWK 130 – Human Behavior in the Social Environment

Mexican American Studies

MAS 160 – Gender & Sexuality in the Chicana/o Community

Sociology

SOCI 171 – Person & Society
SOCI 172 – Alternative Lifestyles

Nutrition & Food Science

NUFS 105 – Current Issues in Nutrition
NUFS 139 – Science & Hunger
NUFS 163 – Physical Fitness & Nutrition

Women’s Studies

WOMS 101 – Study of Women

These courses have been approved by the HS Faculty for Option 1, however, students should check with the home departments to see when a particular course is offered.