

Recommended Electives

(Subject to Change)

Some courses may have limited availabilities

Aging & the Lifecourse

CHAD 102 – Development of Self in a Culturally Diverse Society (S)
CHAD 106 – Concepts of Childhood (V)
GERO/PH 117 – Social Policies & Services in Aging
NUFS 116 – Aging & Nutrition
PSYC 114 – Psychology of Aging
REC 185 – Leisure, Recreation, & Aging
PH 107 - Aging and Society (S)

Community Engagement & Service Learning

EDUC 157 – Community Action & Service
PH 164 – Social Marketing
PH 166 A and 166B – Field Experience & Seminar – last taught Fall 2021

Ethics, Values, & Social Justice

JS 171 – Human Rights & Justice (V)
PHIL 110 – Science, Tech, & Human Values (V)
PHIL 133 – Ethics in Science (V)
PHIL 160 – Philosophy of Science (R)
REC 113 – Leisure: Philosophy & Education

Gender & Sexuality

ANTH 140 – Human Sexuality (S)
HIST 153 – History of Women in Europe (V)
HIST 188 – Hist of Women in the United States (S)
MAS 160 – Gender & Sexuality in the Chicana/o Community (S)
SOC 171 – Person & Society
SOC 172 – Lesbian, Gay, Bisexual, Transgender Studies
WOMS 101 – The Study of Women (S)
WOMS 102 – The Global Study of Women (V)

Global Topics

AMS 159 – Nature & World Cultures (V)
ANTH 108 – Medical Anthropology
ANTH 115 – The Emerging Global Culture (V)
ANTH 146 – Culture & Conflict (V)
COMM 179 – Media & Resistance (V)
GEOG 112 – Nations, Cultures, & Territorial Disputes (V)
PH 176 – Introduction to Global Health, Fall only
HUM 114 – Legacy of Asia (V)
JS 127 – Immigration and Justice
MAS 175 – Human Migration & Global Reach
NUFS 139 – Hunger & Environmental Nutrition (R)
RELS 145 – Middle Eastern Traditions (V)

Healthcare

PH 170 – Healthcare Economics – last taught Fall 2021
PH 174 - Fundamentals of Health Information Technology – last taught Fall 2021
SCWK 130 – Human Behavior in the Social Environment

Human Health

KIN 155 – Exercise Physiology
NUFS/PH 105 – Current Issues in Nutrition
NUFS 115 – Issues in Food Toxicology
NUFS 163 – Physical Fitness & Nutrition (R)
NUFS 144 -- Food Culture (V)
RECL 110 – Leisure, Life, & Contemp Society (S)

Human Health & the Environment

BIOL 110 – Biodiversity (R)
ENVS 119 – Energy & the Environment (R)
ENVS 152 – Globalization & the Environment (R)
PH 172 – Environmental health Issues (R)
METR 112 – Global Climate Changes (R)
UNVS 109 – Climate Solutions Initiative (R)

Mental Health

PH 145 - Community Mental Health, Spring only
JS 136 – Family & Community Violence (S)
JS 137 – Collaborative Resp to Family Violence
PSYC 110 – Abnormal Psychology
PSYC/PH 126 – Drugs, Brain, & Behavior
PSYC 191 – Psychology of Prejudice (S)
SOC 159 – Violence & War

Race & Ethnicity in the United States

AAS 175 – Asian American Communities (S)
AAS 185 – Multicultural Perspective within Amer. Society (S)
AFAM 105 – Health Iss. in the African Amer. Comm.
COMM 174 – Intercultural Comm. & Struct. Inequality (S)
JS 132 – Race, Gender, Inequality & the Law (S)
KIN /PH 169 – Diversity, Stress, & Health (S)
SOC 162 – Race and Ethnic Relations (S)
SOC 166- Immigration & Identity
SPAN 102B – Hispanic American Culture (V)

How to choose your 21 units of upper division electives (UDEs):

1st choice: Take PH classes outside of the core, #
higher than 100 and SJSU Studies Area R & V
2nd choice: Take classes from this list, RECL
classes, or BIOL 65, BIOL 66
3rd choice: Any SJSU class # 100 or higher not
already a part of the major