

# FALL 2024: PRE-HEALTH Should Start the Following Sequences this Fall (TRAN)

All incoming [BSPH w/ Concentration in Medicine Sciences](#) Transfer students are **REQUIRED** to have completed the following UC San Diego equivalent transfer major and pre-health preparation courses prior to starting UC San Diego in the fall and the following sheet assumes all listed courses are completed:

- General Biology w/ lab (**BILD 1, BILD 2, BILD 3** @ UC San Diego)
- General Chemistry w/ lab (**CHEM 6ABC, CHEM 7L** @ UC San Diego)
- Calculus (**MATH 10A/20A, MATH 10B/20B** @ UC San Diego)
- Statistics (**COGS 14B, HDS 60, MATH 11, or PSYC 60** @ UC San Diego)

**IMPORTANT:** Medical schools (MD/DO programs) have standardized course requirements for eligibility. In contrast, other pre-health careers, such as nursing or physician assistant (PA), generally have typical course requirements across programs, but these can vary depending on the specific program. Students applying to non-medical school programs **MUST** research the specific requirements of each of their top 3-5 programs they are interested in [this fall](#) (if this research has not already been completed). Additional coursework that programs may require or recommend could include: Organic Chemistry (1 semester or 2 quarters, or a full year), Organic Chemistry Lab, Biochemistry, Physics with lab, Physiology with lab, Anatomy with lab, Microbiology with lab, Genetics, Nutrition, etc. Those who need assistance getting started should attend Drop-In hours with the Career Center Advisors ([Career Center Advising](#)). As a reminder, the Public Health Advisors only focus on major advising and will take desired career paths into consideration when making schedule recommendations, but all Pre-Health Career and Graduate School advising is through the Career Center with their general Advisors and their Healthbeat Advisors.

## FA24 Course Recommendations Based on Pre-Health Track:

- **PH 40.** Introduction to Public Health (4 units)
  - Required for all Public Health Majors and must be taken at UC San Diego. **All incoming Declared and Prospective Public Health Transfer students MUST enroll for FA24.** Transfer students are only guaranteed two years at UC San Diego. Failure to enroll will prolong graduation by one academic year and may force student to have to change majors due to negatively affecting time-to-degree. Prospective Public Health Majors are no longer eligible for any of the BSPH Majors if PH 40 is not completed by the end of fall quarter.

## PRE-MED/PRE-DENTAL/PRE-OPTOMETRY:

Transfer students who are on track for their desired pre-health track above will have also already completed the following courses prior to transferring:

- Organic Chemistry w/ lab (**CHEM 40AB, CHEM 43A** or **CHEM 41ABC, CHEM 43A** @ UC San Diego)
- Calculus Physics w/ lab (**PHYS 1ABC + PHYS 1AL-BL-CL** @ UC San Diego)

All Transfer students who have completed the entire Organic Chemistry with lab sequence should enroll in one of the Biochemistry courses listed below for FA24:

- **BIBC 100.** Structural Biochemistry (4 units), or **BIBC 102.** Metabolic Biochemistry (4 units)

Transfer students who have not completed the entire Organic Chemistry sequence should enroll in the next needed Organic Chemistry course in the sequence for FA24.

- **CHEM 40A, or CHEM 40B, or CHEM 43A**

Transfer students who have not completed the entire Physics sequence should enroll in the next needed Physics with lab course in the sequence for FA24.

- **PHYS 1A + PHYS 1AL, or PHYS 1B + PHYS 1BL, or PHYS 1C + PHYS 1CL**

## PRE-NURSING/PRE-PA (NOT LISTED PRE-HEALTH TRACK):

FA24 Pre-Health course recommendations depend on desired Programs and their listed required/recommended coursework. If one of the desired programs require one or more courses in Organic Chemistry, Organic Chemistry lab, Biochemistry, and/or Physics with or without lab please see above. Additional courses that may be helpful to enroll in will depend on whether the following courses were completed prior to transferring:

- Anatomy w/ lab (Not offered through UC San Diego, students who need Anatomy w/ lab will either complete the course(s) through UC San Diego Extension, at a CA Community College, or at another College/University)
- Physiology w/ lab (**BIPN 100, BIPN 105** @ UC San Diego)
- Microbiology w/ lab (**BIMM 120, BIMM 121** @ UC San Diego)
- Genetics (**BILD 20** or **BICD 100** @ UC San Diego)
- Nutrition (**BILD 22** or **BIBC 120** @ UC San Diego)

Many students pursuing a Pre-Health track choose to take these courses outside of UC San Diego for various reasons. If taken at UC San Diego, all course prerequisites must be satisfied prior to enrollment. The UD Biology courses that fulfill the requirements for Physiology with lab and Microbiology with lab are more rigorous than the lower-division versions accepted by many Pre-Health Programs.

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## **Additional FA24 Courses to Consider (enroll in courses that have available seats during pass time):**

- **PH 91.** Gender and Public Health (4 units)
  - Strongly recommended if can fit in FA24 schedule and seats are available.
  - Counts towards LD PH Trending Topics Area for all BSPH Majors.
- **PH 98.** Living Well - Doing Well: Dimensions of Well-Being and Staying Healthy to Succeed in College (2 units P/NP only)
  - This class is open to first- and second-year students and first quarter transfers. “Living Well - Doing Well” will provide students a framework to encourage healthy choices to foster holistic well-being as they pursue their educational goals at UC San Diego. The 8 Dimensions of Well-Being will be the focus of this course as students learn about campus and community partners and resources. ([Flyer](#))
  - Strongly recommended if can fit in FA24 schedule and seats are available.
  - Counts towards LD Public Health Elective Area for all BSPH Majors.
  - Must submit an [Enrollment Authorization System \(EASy\)](#) request to enroll or waitlist.
- **PH 157.** Race, Intersectionality, and Public Health (4 units)
  - Strongly recommended if can fit in FA24 schedule and seats are available.
  - Instructor has approved concurrent enrollment in PH 40 and PH 157 for any declared Public Health Transfer student or any student who completed FMPH 40 in the summer (this fall only). This course will explore the intersection of oppressions based on social identities such as race, ethnicity, socioeconomic class, gender, and citizenship status. This course will introduce the framework of intersectionality, with an emphasis on its use within the field of public health and explore and analyze how race and ethnicity are socially constructed and intersect with identities to influence health behavior and outcomes.
  - Counts towards PH UDE for all BSPH Majors.
- **BICD 100.** Genetics (4 units)
  - ONLY recommended if student has not already completed a Genetics course prior to transferring.
  - Counts towards Concentration UDE for BSPH w/ Concentration in Medicine Sciences Major.
- **BIMM 100.** Molecular Biology (4 units)
  - ONLY recommended for students who have already completed Organic Chemistry and are on the Pre-Med Track, or any of the following Pre-Health Tracks attending programs with this course or BIMM 120 as recommended/required: Pre-Dental, Pre-Optometry, Pre-PA, Pre-Nursing.
  - Counts towards Concentration UDE for BSPH w/ Concentration in Medicine Sciences Major.
- **BIPN 100.** Human Physiology I (4 units)
  - ONLY recommended if student has not already completed a Physiology course prior to transferring.
  - Counts towards Concentration UDE for BSPH w/ Concentration in Medicine Sciences Major.
- **BILD 60.** Exploring Issues of Diversity, Equity, and Inclusion in Relation to Human Biology (4 units)
  - ONLY recommended for students following a Pre-Health Track that doesn't require Organic Chemistry or Physics OR students who could benefit from completing a DEI.
  - Counts towards Natural Science Area for the BSPH w/ Concentration in Medicine Sciences Major.
- **PSYC 134.** Eating Disorders (4 units)
  - ONLY recommended for Pre-Health Track students who do not need three other listed Concentration UDEs from list.
  - Counts towards Concentration UDE for BSPH w/ Concentration in Medicine Sciences Major.
- **PSYC 181.** Drugs And Behavior (4 Units)
  - ONLY recommended for Pre-Health Track students who do not need three other listed Concentration UDEs from list.
  - Counts towards Concentration UDE for BSPH w/ Concentration in Medicine Sciences Major.
- **SOCI 138.** Genetics and Society (4 Units)
  - ONLY recommended for Pre-Health Track students who do not need three other listed Concentration UDEs from list.
  - Counts towards Concentration UDE for BSPH w/ Concentration in Medicine Sciences Major.
- **SOCI 173.** Sociology of Health, Illness, and Medicine (4 Units)
  - ONLY recommended for Pre-Health Track students who do not need three other listed Concentration UDEs from list.
  - Counts towards Concentration UDE for BSPH w/ Concentration in Medicine Sciences Major.
- **College GE**
  - Check out <https://plans.ucsd.edu> to see if your College has any course recommendations for FA24.
  - Ask your College if you have any questions regarding College GEs that you could enroll in for FA24.
- **Diversity, Equity and Inclusion Requirement (DEI)**
  - A knowledge of diversity, equity, and inclusion is required of all students at UC San Diego. A list of approved courses can be found online ([link](#)). Ask your College if you have any questions.

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## **NOTES:**

- LD = Lower Division
- UD = Upper Division
- LD PH \_\_ (Trending Topics): Lower-division public health trending topics (PH 70-85)
- LD PH \_\_: Lower-division public health elective (PH 50-95, 98, 99)
- PH UDE: Upper-division public health elective (PH 140-191, 195, 198, 199)
- Concentration UDE: Upper-division concentration public health elective (accepted courses listed on our website)
- Please use <https://assist.org> to verify course equivalency from a CA Community College to UC San Diego
- PH 40 MUST be completed at UC San Diego after transferring
- Students should NOT enroll in more than three Science courses and no more than 18 total units in a single quarter

## **GENERAL CAREER & GRADUATE SCHOOL ADVISING:**

- <https://career.ucsd.edu/advising/>

## **PRE-HEALTH (INCLUDING PUBLIC HEALTH) CAREER & GRADUATE SCHOOL ADVISING:**

- <https://healthbeat.ucsd.edu>

## **PLANNING YOUR FUTURE IN PUBLIC HEALTH:**

- <https://ph.ucsd.edu/undergrad/planning-your-future/index.html>