

FALL 2026: COURSE RECOMMENDATIONS (FIRST YEARS)

(see plans.ucsd.edu for fall quarter recommendations that include College GE and University Requirements)

The courses listed below are options to consider and are not presented in any particular order of priority.

Public Health:

- PH 40 (4 units) "Introduction to Public Health"
 - Required for all Public Health Majors and MUST be taken through UCSD
 - MUST enroll by FA27 or earlier
- PH 50 (4 units) "Primary Care and Public Health"
 - Fulfills 4 units of Public Health LD Elements (PH LDE) for general BSPH
 - Fulfills 4 units of Public Health LD Elements (PH LDE) for BSPH w/ Concentration in Biostatistics
 - Required for BSPH w/ Concentration in Medicine Sciences
- PH 90 (2 units) "Living Well – Doing Well Dimensions of Well-Being and Staying Healthy for College Success"
 - Great course for new students
 - Fulfills 2 units of Public Health LD Elements (PH LDE) for general BSPH
 - Fulfills 2 units of Public Health LD Elements (PH LDE) for BSPH w/ Concentration in Biostatistics
 - Does not count toward major requirements for the BSPH w/ Concentration in Medicine Sciences
- PH 91 (PH 71) (4 units) "Health Promotion"
 - Required for general BSPH (counts in place of PH 71)
 - Fulfills 4 units of Public Health LD Elements (PH LDE) or Public Health Trending Topics (PH TT) for BSPH w/ Concentration in Biostatistics
 - Fulfills 4 units of Public Health Trending Topics (PH TT) for BSPH w/ Concentration in Medicine Sciences
- PH 91 (4 units) "Climate Change & Infectious Disease"
 - Fulfills 4 units of Public Health LD Elements (PH LDE) for general BSPH
 - Fulfills 4 units of Public Health LD Elements (PH LDE) or Public Health Trending Topics (PH TT) for BSPH w/ Concentration in Biostatistics
 - Fulfills 4 units of Public Health Trending Topics (PH TT) for BSPH w/ Concentration in Medicine Sciences

Biology:

- BILD 1 (4 units)
 - Required for the following BSPH Concentrations: Biostatistics, Medicine Sciences
 - Satisfies 1 LD Biology course for the general BSPH major
- BILD 3 (4 units)
 - Required for the following BSPH Concentrations: Biostatistics, Medicine Sciences
 - Satisfies 1 LD Biology course for the general BSPH major
- BILD 4 (4 units)
 - May need if interested in applying to a traditional health professional program after UC San Diego
 - Does not count toward any BSPH major requirements
- BILD 10 (4 units)
 - Satisfies 1 LD Biology course for the general BSPH major
 - Does not count toward major requirements for the following BSPH Concentrations: Biostatistics, Medicine Sciences

Chemistry (See FA26: Chemistry – NFRS for more details):

- CHEM 4 (4 units)
- CHEM 6A (4 units)
 - Required for the following BSPH Concentration: Medicine Sciences
- CHEM 6B (4 units)
 - Required for the following BSPH Concentration: Medicine Sciences
- CHEM 7L (4 units)
 - Required for the following BSPH Concentration: Medicine Sciences

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Formal Skills (See FA26: Mathematics – NFRS for more details):

- MATH 2 (not for baccalaureate credit)
- MATH 3B (4 units)
- MATH 3C (4 units)
- MATH 4C (4 units)
- MATH 10A (4 units)
 - Required for the following BSPH Concentration: Medicine Sciences
- MATH 10B (4 units)
 - Required for the following BSPH Concentration: Medicine Sciences
- MATH 18 (4 units)
 - Required for the following BSPH Concentration: Biostatistics
- MATH 20A (4 units)
 - Required for the following BSPH Concentration: Biostatistics
- MATH 20B (4 units)
 - Required for the following BSPH Concentration: Biostatistics

Quantitative Methods:

- PSYC 60 (4 units)
 - Satisfies Quantitative Methods area for the following BSPH Concentrations: general BSPH, Medicine Sciences
- HDS 60 (4 units)
 - Satisfies Quantitative Methods area for the following BSPH Concentrations: general BSPH, Medicine Sciences
- COGS 14B (4 units) – requires completion of COGS 14A prior to enrollment
 - Satisfies Quantitative Methods area for the following BSPH Concentrations: general BSPH, Medicine Sciences
- MATH 11 (5 units) – requires completion of both MATH 10A/20A and MATH 10B/20B prior to enrollment
 - Required for the following BSPH Concentration: Biostatistics
 - Satisfies Quantitative Methods area for the following BSPH Concentrations: general BSPH, Medicine Sciences

College GE requirements:

- Check out your College website and talk to your College Advisors for course options

University GE requirements:

- Talk to your College Advisors for any questions regarding this requirement area
 - Entry Level Writing Requirement ([ELWR](#))
 - American History and Institutions ([AHI](#))
 - Diversity, Equity, and Inclusion ([DEI](#))
 - Jane Teranes Climate Change Education Requirement ([JTCCER](#))

Important Information for Students Interested in Traditional Health Professional Programs:

Students interested in applying to traditional health professional programs after UC San Diego should be aware that course requirements vary by profession and program. Medical schools (MD and DO programs) have standardized prerequisite coursework required for eligibility. However, individual MD and DO programs may have additional or slightly different prerequisite or recommended coursework that applicants should take into consideration. Other pre-health careers, such as nursing and physician assistant (PA) programs, also have common prerequisite courses, but requirements can vary significantly by program. This is why early research is so important. Students should research the specific prerequisite and recommended coursework for their top 3–5 programs during their first year, if they have not already done so. Identifying program-specific requirements early allows students to plan their coursework appropriately and avoid discovering additional requirements later in their undergraduate career. Students who need help getting started with this research should attend [Career Center Advising Drop-In Hours](#). As a reminder, Public Health Advisors focus on major advising. While your desired career path will be considered when making course-planning recommendations, all pre-health career and graduate school advising is provided through the Career Center. During Public Health advising appointments, it is the student's responsibility to communicate which pre-health prerequisite courses they need in addition to their major requirements. This information allows us to take your goals into consideration when discussing your academic plan.