

**BSPH with Concentration in Medicine Sciences**  
**PRE-OPTOMETRY Track**  
**Sample Four-Year Plan**

| FALL  | WINTER   | SPRING  |
|---|--|---|
| <b>Year 1</b>   |  |   |
| BILD 1<br>CHEM 6A<br>MATH 10A/20A<br><br>_____  | BILD 2<br>CHEM 6B<br>MATH 10B/20B<br><br>_____   | BILD 3<br>CHEM 6C<br>CHEM 7L<br><br>_____   |
| <b>Year 2</b>   |  |   |
| CHEM 40A<br>PH 40<br>Quantitative Methods (STATS)<br><br>_____                          | CHEM 40B<br>PH 45<br>LD PH __<br><br>_____   | CHEM 43A<br>LD PH __ (Trending Topics)<br>PH 110<br><br>_____                         |
| <b>Year 3</b>   |  |   |
| BIBC 100/102<br>PH 101 or 102<br><br>if have room consider ^pre-opt course<br><br>_____ | Concentration UDE<br>PH 101 or 102<br><br>if have room consider ^pre-opt course<br><br>_____ | Concentration UDE<br>PH UDE<br><br>if have room consider ^pre-opt course<br><br>_____ |
| <b>Year 4</b>   |  |   |
| PH 120<br>PH UDE<br><br>_____   | PH 193<br>PH UDE<br>USP 143<br><br>_____   | UD Bio Lab<br>PH 130<br>PH 194<br><br>_____   |

\*Many Concentration UDEs have additional Biology and/or Chemistry Sciences prerequisites that must be completed prior to enrollment. Students should plan out Concentration courses early to avoid time-to-degree delays.

**NOTE:**

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)

**^HIGHLY RECOMMENDED COURSEWORK (depending on program - not all programs require courses listed below):**

LD: PSYC 1, BILD 22, CHEM 40AB/41ABC, CHEM 43A, PHYS 1A+1A, PHYS 1B+BL, PHYS 1C+CL

Anatomy w/ lab, Microbiology w/ lab - Take at CC or through UC San Diego Extended Studies

Medical Terminology, Medical Spanish - Take at CC or through UC San Diego Extended Studies

UD: BICD 100, BIPN 100, BIPN 105, BIMM 100, BIMM 120 - All listed courses satisfy Concentration UDE

BIMM 121

**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>