

HEALTH EDUCATION (HED)

HED 100 3.0 UNITS

Contemporary Health Problems

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

Students will identify, analyze, and seek solutions to contemporary health issues. The learner will be exposed to such health components as improving nutrition and physical fitness, enhancing mental and emotional health, creating healthy and caring relationships, avoiding and overcoming destructive habits, preventing and fighting disease, reproduction, healthcare, environmental safety, and facing life's transitions.

Transfer Credit: CSU; UC

C-ID: PHS 100

HED 101 3.0 UNITS

Stress Management

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

This course is designed to give students an understanding of physiological and mental determinants and manifestations of stress. Topics include the nature and physiology of stress, mental stress, stress as it relates to disease, emotions, and personality, behavior modification, communication, time management, physical exercise and nutrition. Students are also trained in a variety of stress management techniques including imagery, progressive muscle relaxation, biofeedback, problem solving techniques, state and trait anxiety inventories, centering, breathing exercises, yoga, meditation, art therapy, music therapy, and humor therapy.

Transfer Credit: CSU

HED 102 3.0 UNITS

Introduction to Public Health

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines are covered. Topics of the discipline include the epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and strategies for eliminating disease, illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management. This course is not open to students who are enrolled in or have completed HO 102.

Transfer Credit: CSU

C-ID: PHS 101

HED 103 3.0 UNITS

Women, Their Bodies and Health

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

This course will examine contemporary women's health issues and body image concerns. General topics will include images of women, lifespan changes, mental health, eating disorders, prevention of abuse and self-harm, social roles, sexual identity and sexuality, relationships, birth control and pregnancy. Current research on cardiovascular disease, cancer and other chronic conditions will be discussed as they pertain to women's issues. Students will develop the skills necessary to become wiser consumers of health and beauty-enhancing products. This course is not open to students currently enrolled in or who have completed WGS 103 or WS 103.

Transfer Credit: CSU

HED 104 3.0 UNITS

Introduction to Health and Society

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

Recommendation: Completion of ENGL 100 or ENGL 100S or equivalent with a grade of "C" or higher, or "Pass".

This course will examine different lifestyles among diverse populations in the United States by evaluating the influences of various living conditions within diverse environments. The class will address how education, racism, socioeconomic status, and gender affect health epidemics and policy development. Students will learn skills for understanding and developing important cultural competencies in regards to health and social justice.

Transfer Credit: CSU

C-ID: PHYS 102

HED 105 3.0 UNITS

Mind, Body, and Health

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

This course focuses on the mind/body interaction and how attitudes and emotions directly affect physical health and well-being. Special attention will be placed upon the importance of social support and interpersonal relationships and how they affect well-being. Health as it pertains to psychology, psychoneuroimmunology, relationships, faith, personality types, and other issues related to consciousness will be discussed.

Transfer Credit: CSU

HED 110 3.0 UNITS

Community First Aid and CPR

Class Hours: 3.0 Lecture

Total Contact Hours: 54 Lecture

This course introduces the skills required to provide basic life support in an emergency illness or injury. The course includes adult, infant, and child Cardiopulmonary Resuscitation (CPR) and First Aid. Upon successful completion of all tests, student will be issued an American Red Cross card for Community First Aid and CPR. (This course is not open to students who are currently enrolled in or have received credit for KIN 110).

Transfer Credit: CSU; UC

C-ID: KIN 101

<p>HED 200 Nutrition for Health, Fitness and Wellness Class Hours: 3.0 Lecture Total Contact Hours: 54 Lecture</p> <p>This course is an introduction to the basic nutritional principles important for a healthy lifestyle. Material will cover the scientific concepts of nutrition related to the function of nutrients in basic life processes, current health issues, and disease prevention with emphasis on individual needs. The role of food in enhancing body composition, energy production, and physical activity will be evaluated. Current research and practical activities will be presented. This course is not open to students enrolled or received credit for KIN 201. Transfer Credit: CSU; UC C-ID: NUTR120</p>	<p>3.0 UNITS</p>	<p>HED 204 Work Experience in Community Health Worker Prerequisite: HED 201 or equivalent with a grade of "C" or higher or "Pass".</p> <p>One unit of Work Experience in a community health setting requiring 54 non-paid hours of work per semester. Work Experience/Career Internship provides the opportunity for students to apply skills and knowledge learned in the classroom. This class will be required for the Certificate of Achievement in Community Health Worker. It will provide work experience for the student before entering the workforce. Work experience education courses may be taken for a maximum of 7 units per semester. The total work experience units taken by a student may not exceed 14 units. This creates greater communication with increased understanding between the students/workers, the college, and the employers. Students pursue a program of self-evaluation to determine individual job weaknesses and strengths. Semester projects that relate to their major and job skills must be completed on the job/training site. Transfer Credit: CSU</p>	<p>1.0 UNITS</p>
<p>HED 201 Principles of the Community Health Worker Class Hours: 3.0 Lecture Total Contact Hours: 54 Lecture</p> <p>This course focuses on the principles and foundations of health promotion and education for the community health worker. The course materials will provide students from different backgrounds with essential knowledge and preparation to work in community health programs. Students will apply the lessons learned in this course by helping people make healthy choices through different philosophies and theories of the community health worker profession. Transfer Credit: CSU</p>	<p>3.0 UNITS</p>		
<p>HED 202 Health Systems and Perspectives Class Hours: 3.0 Lecture Total Contact Hours: 54 Lecture</p> <p>Prerequisite: Completion of HED 100 or equivalent with a grade of "C" or higher, or "Pass". Recommendation: Completion of ENGL 100 or ENGL 100S or equivalent with a grade of "C" or higher, or "Pass".</p> <p>This course focuses on the availability and delivery of the healthcare systems in the United States. The course materials will provide students with knowledge in which health care services are organized and delivered, the forces that impact health care public policy decisions, factors that determine the allocation of health care resources and the establishment of priorities, the relationship of health care costs to measurable benefits, and the contributions of medical technology, research findings, and societal values on the health care delivery system. Transfer Credit: CSU</p>	<p>3.0 UNITS</p>		