

# HEALTH EDUCATION (A.A.)

## ASSOCIATE OF ART

The Health Education Associate of Arts degree will prepare students to enter a people-oriented, diverse field in promoting lifestyle wellness and improvement in health for all individuals of society. Community health workers assist individuals in changing behaviors and making responsible decisions to achieve a healthier lifestyle. Opportunities for community health education professionals include outreach programs, social support, assessing community needs, and collecting data.

## Program Student Learning Outcomes

- Describe the concepts of healthy living, lifelong wellness, and stress reduction techniques
- Distinguish the components of the U.S. health systems as it relates to their options in healthcare
- Identify the behavior concepts that enhance their quality of life
- Explain the importance of interpersonal relationships and health

## Program Requirements

Code Number	Course Title	Units
<b>Required Core Courses</b>		
HED 100	Contemporary Health Problems	3.0
HED 110	Community First Aid and CPR	3.0
or KIN 110	Community First Aid and CPR	
HED 202	Health Systems and Perspectives	3.0
BIOL 120	Introduction To Biological Science	4.0
Select one of the following:		4.0-4.5
MATH 112	Elementary Statistics	
MATH 112S	Enhanced Elementary Statistics	
PSYC 210	Elementary Statistics	
Select one of the following:		3.0
HED 101	Stress Management	
HED 103	Women, Their Bodies and Health	
or WGS 103	Women, their Bodies and Health	
HED 105	Mind, Body, and Health	
HED 104	Introduction to Health and Society	
HED 201	Principles of the Community Health Worker	
HED 200	Nutrition for Health, Fitness and Wellness	
<b>Total Units</b>		<b>20-20.5</b>

## ASSOCIATE OF ART DEGREE REQUIREMENTS

To qualify for an Associates in Arts degree in Health Education, students must take the courses that are designated as having (health education emphasis - major requirements). Complete the General Education requirements and electives to achieve a minimum of 60 units