

HEALTH EDUCATION

HEALTH EDUCATION (HED)

DIVISION: Kinesiology, Health and Athletics

HED 002A HEALTH EDUCATION – CONTEMPORARY HEALTH ISSUES

2 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Contemporary health issues as they relate to personal health and dispels myths and misconceptions. Health issues covered include stress management, substance abuse, alcoholism, smoking as an addiction, sexuality, marriage, birth, sexually transmitted diseases, nutrition, cancer, aging and death, and obesity. No credit if taken after HED 044. Total of 36 hours lecture.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

HED 003 WOMEN'S HEALTH

3 unit

Transfer Credit: CSU; UC

Analyze the biological, psychological, and sociocultural aspects of women's health, and explore health services, health education, and healthcare delivery systems. Social determinants of health and health inequities are examined, as well as contemporary issues relating to LGBTQ+ rights, racism, ageism, gender stereotypes and gender roles, politics, and the role of women in the family, workforce, community, and society. Strategies for social and political change are developed. Total of 54 hours lecture.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

HED 044 HEALTH EDUCATION

3 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

C-ID: PH 100

Physical and mental health factors; individual, community and school health concepts; the effects of the use of tobacco, alcohol, narcotics and other drugs and dangerous substances; effects of sexually transmitted infections and the importance of health and nutrition. For physical education, health education, and elementary education majors, and students seeking a teaching credential but open to all qualified students. Total of 54 hours lecture.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

HED 050 INTRODUCTION TO PUBLIC HEALTH

3 unit

Transfer Credit: CSU; UC

C-ID: PHS 101

Basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. Overview of the functions of various public health professions and institutions, and an in-depth examination of the field of public health. Total of 54 hours lecture.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

HED 051 HEALTH AND SOCIAL JUSTICE

3 unit

Transfer Credit: CSU; UC

C-ID: PH 102

Health inequities in the United States. How education, socioeconomic status, racism, and gender impact health outcomes, access to health care, and policy development. Analysis of public health issues and social justice. Total of 54 hours lecture.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

HED 052 DRUGS, HEALTH, AND SOCIETY

3 unit

Transfer Credit: CSU; UC

C-ID: PH 103

Concepts, theories, epidemiology and toxicology of substance abuse and its relevance to personal and public health. Emphasis on the biological, psychological, and social effects of drug use on the health of individuals, and on society. Discussion of concepts such as substance use versus misuse, abuse, and dependence. Risk factors, signs and symptoms, mental illnesses, and treatments and prevention theories associated with addiction. Total 54 hours of lecture.

Grade Mode: Audit, Letter Grade, Pass/No-Pass