

HEALTH EDUCATION (HED)

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 002E HEALTH EDUCATION – HUMAN SEXUALITY; SELF-ESTEEM 2 unit

Transfer Credit: CSU

General aspects of personal and community health issues. 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

Women's health issues. Topics include the impact of disease and illness on the life stages of women, sexuality, physiology of female reproductive cycles, contraception, pregnancy and menopause. Will explore the effect of diet, physical fitness and disease on the physical and mental well-being of women. Through analysis of these topics, students apply methods to healthy lifestyle choices. Total of 54 hours lecture.

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

HED 020 INDEPENDENT STUDY 1 unit

Transfer Credit: CSU

Prerequisite(s): One semester in Health Education and permission of department chairperson

Student project on topics in health; emphasis on research techniques, written reports. Total of 54 hours laboratory.

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

HED 044 HEALTH EDUCATION 3 unit

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

C-ID: PHS 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 diseases and the importance of health and nutrition. Recommended for majors in physical education, health education, and elementary education, and for 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

The 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: PHS 102

Introduction to 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: PHS 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