

HEALTH EDUCATION (HED)

HED 010 Introduction to Public Health 3 Units

Students will learn an overview of public health profession functions and institutions as well as an in-depth examination of the core public and community health disciplines. This course introduces the public health discipline and the factors that influence health and disease from a population-based perspective. Topics to be included: the epidemiology of infectious and chronic diseases, prevention and control of diseases, social determinants of health, illness and health disparities among various populations, community organizing and health promotion programming, environmental health and safety, global health, healthcare policy, and career opportunities in public health. Emphasis will be placed on the development of knowledge and preliminary skills to serve as an effective advocate for community and public health. (C-ID PHS 101)

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L

Advisory Level: Read: 4 Write: 4 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

HED 011 Dynamic Health Concepts 3 Units

Students will explore current issues in public health and wellness with an emphasis on making lifelong healthy choices. This course will examine the following Health Education areas: nutrition, physical activity/exercise/fitness, weight control, eating disorders and body image, media influences, mental health, stress, violence, substance use/abuse, sexuality and sexual orientation, sexually transmitted infections, reproductive choices/contraception, relationships, disease prevention, environment, health care, and aging. The primary emphasis is directed towards the six dimensions of wellness (physical, emotional, intellectual, social, spiritual, environmental, and gain the knowledge and skills necessary to implement lifestyle behaviors that can improve their health and well-being. (C-ID PHS 100)

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

HED 113 Social Determinants of Health, Disparities, and Equities 3 Units

Students will examine personal and social determinants of health through the examination of the role individuals play in their own health and well-being, along with the impact of environmental, social, structural, and cultural factors that play a role both in individual and community and public health. Health disparities and inequities in sexually diverse, gender, racial, and minority populations will be explored, and culturally competent ideas to bridge the health equity gap and improve population health will be developed.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU Degree Applicable: AA/AS

For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.