

# HEALTH EDUCATION (HED)

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## **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 health disciplines. This course introduces the public health discipline and the factors that influence health and disease from a population-based perspective. Topic 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. (C-ID PHS 101)

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  
CSU GE: D IGETC: 4 District GE: D

## **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. Topics to be covered include: global and national public health issues, mental health, nutrition and physical fitness, human sexuality, environmental health, use of tobacco, alcohol, and illicit drugs, and risk factors and prevention of infectious and non-infectious diseases. The primary emphasis is directed towards the six dimensions of wellness (physical, emotional, intellectual, social, spiritual, and environmental). (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  
CSU GE: E IGETC: None District GE: E