**Health Education for Moorpark College 2025 - 2026**

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| **C-ID (if applicable)** | **Moorpark College****Health Education (HED) Course** | **Oxnard College Comparable Course** | **Ventura College Comparable Course** |
|  | HED M01 Health and Society (2 units) | HED R101 (3 units) | No comparable course |
|  | HED M03 Nutrition, Fitness, and Stress Management (3 units) | HED R102 (3 units) | HED V03 (3 units) |
| KIN 101 | HED M05 First Aid, CPR, AED & Emergency Procedures (3 units) | KIN R101 (3 units) | KIN V80 (3 units) |
| PH 101 | HED M20 Introduction to Public Health (3 units) | HED R113 (3 units) | HED V20 (3 units) |
| PH 113 | HED M21 Social Determinants of Health, Disparities and Equities (3 units) | HED R115 (3 units) | No comparable course |
| PH 100 | HED M22 Personal Health and Wellness (3 units) | HED R104 (3 units) | HED V01 (3 units)  |
|  | HED M26 Behavior Modification for Health & Fitness Coaching (1 unit) | No comparable course | No comparable course |
|  | HED M80 Internship in Health Education (1 to 4 units) | No comparable course | No comparable course |
|  | HED M122 Independent Study - Health Education (0.5 to 3 units) | No comparable course | No comparable course |