

# Health Education

The objective of the Health Education major is the development and education of students in preparation for professional careers in a variety of health fields. The curricula, based upon a foundation in the liberal arts and the natural and behavioral sciences, are directed to special preparation for the various activities in the specific health fields.

## Transfer Information

Students planning to transfer need to consult with a counselor, prepare a Student Education Plan, and take advantage of support services available in the Career Transfer Center located in Fountain Hall, (805) 378-1536.

### **HED M01 Health and Society 2 Units**

*In-Class Hours:* 35 lecture

Focuses on the nature and function of health in our society and emphasizes major health concepts designed to contribute to the students' understanding of healthy living. Includes: personal fitness, nutrition, mental health, personal relationships, harmful substances, environmental health, communicable diseases, chronic and degenerative diseases, reproduction and contraception, and consumer health.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E1

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** [HED M01](#) and [HED M07](#) combined: maximum credit, 1 course

**CSU GE-Breadth:** E

**IGETC:** None

### **HED M03 Nutrition, Fitness, and Stress Management 3 Units**

*In-Class Hours:* 52.5 lecture

Presents an integrated approach to health and physical fitness through the study of basic principles of exercise, nutrition and human behavior. Focuses on a holistic approach to lifestyle choices for the prevention of heart disease, cancer, type 2 diabetes, and obesity. Emphasizes personal responsibility in the application of nutrition, fitness, and stress management principles for weight control and prevention of chronic disease.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E1

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

### **HED M05 First Aid, CPR, AED & Emergency Procedures 3 Units**

*In-Class Hours:* 52.5 lecture

**Materials Fee:** \$9.00

*C-ID:* KIN 101

Introduces the background knowledge and practical skills necessary for rendering assistance in emergency and sudden illness First Aid situations. Evaluates lifestyle for health and safety concerns and sets appropriate personal goals for achieving a safer and healthier lifestyle.

**Catalog Notes:** A \$9.00 materials fee will be assessed at registration for Emergency Care and Safety Institute (ECSI) Certification for Adult CPR AED, and Child and Infant CPR.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E1

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

### **HED M07 Personal Health 3 Units**

*In-Class Hours:* 52.5-105 lecture

Introduces components and skills of health and wellness, reviewing positive behavioral changes and their effect on life. Emphasizes self-responsibility based on self-analysis and assessment.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E1

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** [HED M01](#) and [M07](#) combined: maximum credit, 1 course

**CSU GE-Breadth:** E

**IGETC:** None

### **HED M80 Internship in Health Education 1-4 Units**

*In-Class Hours:* 60-240 unpaid cooperative, 75-300 paid cooperative

*Prerequisites:* Completion of or concurrent enrollment in one course in the discipline and instructor approval

Provides on-the-job learning to develop effective work habits, attitudes, and career awareness in paid or unpaid internships that are related to the discipline. Involves the development and documentation of learning objectives and the completion of an internship paper, presentation, or project. Includes both

workplace supervisor and faculty adviser feedback and/or written evaluations. Course Credit Limitation: To take this course, contact the Career Transfer Center. Requires orientation session. Students receive one unit of credit for each 60 hours unpaid or 75 hours paid work. May enroll in up to 4 units a semester with a maximum of 16 total units of any type of work experience.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU

**UC Credit Limitations:** None

**CSU GE-Breadth:** None

**IGETC:** None

## **HED M122 Independent Study - Health Education 0.5-3 Units**

*Formerly:* HED M22A

*In-Class Hours:* 26.25-157.5 laboratory

*Prerequisites:* Completion of one course in Health Education and instructor approval

Allows independent study for students who wish to extend their knowledge of a particular area of Health Education through research and study. Utilizes an approved independent project. Includes one-on-one work with instructor. Interested students should contact a Health Education instructor for assistance in developing a contract for learning about a specific topic.

**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** None

**Transfer Credit:** CSU

**UC Credit Limitations:** None

**CSU GE-Breadth:** None

**IGETC:** None

## **Dean**

Matt Calfin, Phone (805) 378-4063

## **Faculty**

Adam Black, Traycie Kephart, Jeff Kreil, Kenneth Plummer, Michael Stuart

## **Counselors**

Eddie Beltran, Chuck Brinkman, Pablo Diaz, Jodi Dickey, Ashley Lajoie