

# COMMUNITY HEALTH AND HEALTH EDUCATION, CERTIFICATE OF ACHIEVEMENT

The Community Health and Health Education Certificate of Achievement offers students an opportunity to enrich their education with an emphasis on improved personal health, as well as prepare them to earn the AS-T in Public Health Science and transfer to bachelor's degree programs in Public Health Science, Health Education, Health Administration, or Health Science. A Certificate of Achievement in Community Health and Health Education prepares students for further study and entry-level employment in a variety of health careers. Examples include Community Health Outreach Worker, Public Health Educator, Wellness Coordinator, Health Promotion Specialist, Patient Navigator, Patient Access Coordinator, Medical Insurance Representative, Diabetes Educator, Professional Health Consultant, and jobs related to Gerontology.

Course ID	Title	Units/ Hours
<b>Required Core Courses (9 units):</b>		
HED V01	Health and Wellness	3
HED V20	Introduction to Public Health	3
HED V24	Drugs, Health, and Society	3
<b>Required Additional Courses:</b>		
<b>List A: Select one (1) of the following courses (3 units):</b>		
CHST V01/AES V20	Introduction to Chicano Studies	3
CHST V02/AES V23	Chicana/o/x and Latina/o/x Studies Issues	3
CHST/AES V03	Chicana Contemporary Issues	3
<b>List B: Select one (1) of the following courses (3 units):</b>		
CJ V03	Community Relations and Diversity	3
COMM V12	Intercultural Communication	3
PSY V30	Multicultural Psychology	3
SOC V03/AES V11	Racial and Ethnic Group Relations	3
<b>List C: Select one (1) of the following courses (1 unit):</b>		
KIN V20	Walking to Restore Fitness	1
KIN V21	Fitness Walking/Jogging	1
KIN V24	Life Fitness	1
KIN V52	Self-Defense and Assault Prevention	1
KIN V70A	Yoga I	1
<b>List D: Select one (1) of the following courses (3 units):</b>		
HED V22	Health and Social Justice	3
HED V87	Nutrition	3
<b>Total Required Major Units</b>		<b>19</b>

## Year 1

Fall Semester		Units/Hours
HED V01	Health and Wellness	3
HED V20	Introduction to Public Health	3

KIN V20 or KIN V21 or KIN V24 or KIN V52 or KIN V70A	Walking to Restore Fitness or Fitness Walking/Jogging or Life Fitness or Self-Defense and Assault Prevention or Yoga I	1
<b>Units/Hours</b>		<b>7</b>
<b>Spring Semester</b>		
CHST V01/AES V20 or CHST V02/AES V23 or CHST/AES V03	Introduction to Chicano Studies or Chicana/o/x and Latina/o/x Studies Issues or Chicana Contemporary Issues	3
HED V22 or HED V87	Health and Social Justice or Nutrition	3
HED V24	Drugs, Health, and Society	3
<b>Units/Hours</b>		<b>9</b>
<b>Summer Semester</b>		
CJ V03 or COMM V12 or PSY V30 or SOC V03/AES V11	Community Relations and Diversity or Intercultural Communication or Multicultural Psychology or Racial and Ethnic Group Relations	3
<b>Units/Hours</b>		<b>3</b>
<b>Total Units/Hours</b>		<b>19</b>

- Identify health promotion strategies for prevention, detection, and control of infectious and chronic disease.
- Communicate factors associated with the abuse of alcohol and other drugs and discuss strategies for prevention.
- Enhance one's (student's) own personal health.
- Discover employment opportunities within the Community Health and Health Education fields.