

HEALTH EDUCATION

The objective of the Health Education Program is to enrich the students' education, career, and life by learning integrated wellness strategies. This helps promote a healthy lifestyle as well as to prepare students for higher education and professional careers in the health industry. With a foundation based in liberal arts and the natural and behavioral sciences, the curriculum is directed to prepare students for the multitude of activities in the health profession. Transfer students interested in specializing in Health Education who wish to qualify for an Associate Degree could explore Nursing Science or Holistic Health Studies as a possible major.

HED V01 Health and Wellness 3 Units

Formerly: HED V93, HED 93, PE 93

In-Class Hours: 52.5 lecture

C-ID: PHS 100

This course introduces basic concepts of wellness including ways of achieving optimum health. Topics will include stress management; psychosocial health; components of physical fitness; nutrition; weight management; relationships and sexual health; cancer, diabetes, and heart disease; substance abuse and addictive behavior; infectious diseases, including sexually transmitted infections; preventing violence and abuse; and environmental health.

Grade Modes: Letter Graded

Credit Limitations: see counselor.

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 V02 Health and Wellness: Designed for Women 3 Units

Formerly: HED V95

In-Class Hours: 52.5 lecture

This course introduces basic concepts of wellness, including ways of achieving optimum health. Topics will include history of women's healthcare; concepts of health and wellness; stress management; psychosocial health; physical fitness; nutrition; weight management; relationships and sexual health; reproduction; cancer, diabetes and heart disease; substance abuse and addictive behavior; infectious diseases, including sexually transmitted infections; preventing violence against women; occupational health; consumerism; spirituality; and environmental health.

Grade Modes: Letter Graded

Credit Limitations: see counselor.

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 V03 Fundamentals of Nutrition and Fitness 3 Units

Formerly: HED V97

In-Class Hours: 52.5 lecture

This course is a study of the human body's adaptation to exercise and the role of nutrition in health, athletic performance, and disease prevention. Topics will include: current principles and concepts related to body composition; cardiovascular adaptations to exercise; theory of flexibility, muscle strength and endurance training; nutrition for health and athletic performance, diet analysis, weight management; eating disorders; stress; and, prevention of diabetes and cardiovascular disease.

Grade Modes: Letter Graded

Degree Applicability: Applies to Associate Degree

AA/AS GE: E1

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

HED V04 Health and Wellness: Designed for Men 3 Units

In-Class Hours: 52.5 lecture

This course introduces basic concepts of wellness for men, including ways for men to achieve optimum health and reduce the longevity gap that exists between men and women in the United States. Topics will include concepts of health; the seven dimensions of wellness; stress management; psychosocial health; physical fitness; nutrition; weight management; relationships and sexual health; reproduction; cancer, diabetes and heart disease; substance abuse and addictive behavior; infectious diseases, including sexually transmitted infections; preventing violence; and environmental health.

Grade Modes: Letter Graded

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 V20 Introduction to Public Health 3 Units

In-Class Hours: 52.5 lecture

C-ID: PHS 101

This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts, terminologies, and history of public health. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines is covered. Topics include epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and strategies for eliminating disease, illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management.

Grade Modes: Letter Graded

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: B2, E1

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: D, E

IGETC: 4

HED V22 Health and Social Justice 3 Units*In-Class Hours:* 52.5 lecture*C-ID:* PHS 102

This course provides an introduction to health inequities in the United States which stem from unequal living conditions. Students will explore how education, socioeconomic status, racism, and gender shape health epidemics and policy development. The basic skills necessary for advocating for health and social justice will be theoretically demonstrated.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** B2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** D**IGETC:** 4**HED V24 Drugs, Health, and Society 3 Units***In-Class Hours:* 52.5 lecture*C-ID:* PHS 103

This course provides an overview of the epidemiology and toxicology of substance abuse and its relevance to personal and public health. Students will be introduced to the concept of substance abuse and dependence, the definition of licit and illicit drugs, and the pharmacologic, neurologic, and physiologic effects of selected substances on the human brain. Political, social, and economic factors involved in the supply and demand for drugs will be discussed. Epidemiologic data on the prevalence, incidence, and trends of smoking, alcohol, prescription, and other drug dependencies in the U.S. will be covered, as well as risk factors associated with the use and abuse of these substances. Current options for recovery and a survey of local resources will be reviewed.

Grade Modes: Letter Graded**Field Trips:** May be required**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 V32 Principles of Food with Lab 3 Units***In-Class Hours:* 35 lecture, 52.5 laboratory*C-ID:* NUTR 120

This is an introductory course covering the principles of nutrition and food preparation. Topics include food science principles, terminology, weights and measures, food techniques, ingredient functions and interactions, sanitation, safety, equipment, storage standards, menu planning, nutrient composition, and retention.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**HED V70 Spiritual Health 3 Units***In-Class Hours:* 52.5 lecture

This course will allow students to explore, in depth, the impact of the spiritual dimension of health within their own individual state of wellness, and to explore different ways to build a spiritual life. Topics include the difference between spirituality and religiosity; spiritual practices throughout the world; breath work; exploring the soul and the spirit; shadow work; components of spiritual health; review of current mind-body research; self-directed neuroplasticity; connecting; building and strengthening one's spiritual life; opening one's heart; meditation; contemplation; mindfulness; imagery; and the dying process and grief. Students will practice techniques in mindfulness, visual imagery, breath work, and meditation.

Grade Modes: Letter Graded**Field Trips:** May be required**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 V71 Survey of Alternative and Integrative Medicine 3 Units***Formerly:* HED V91*In-Class Hours:* 52.5 lecture

This course introduces students to various alternative medicine modalities and health practices. Topics include: history of medicine, Reiki, Traditional Chinese Medicine, herbal medicine, hypnosis, nutrition therapy, chiropractic, massage therapy, bio-feedback, homeopathy, ayurvedic medicine, detoxification, naturopathy, body/mind healing and bio-energy. Students will learn to analyze and evaluate the efficacy of the alternative medicine practices and discuss how they can be integrated with allopathic medicine.

Grade Modes: Letter Graded**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E1**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**HED V73 Introduction to Holistic Health and Healing 3 Units***In-Class Hours:* 52.5 lecture

Students will explore and examine global, cultural, ecological, scientific, spiritual, and historical influences and practices of health and healing. A comparison of holistic traditions and therapeutic modalities will be analyzed and discussed. Topics will include: healing philosophies; homeopathic and allopathic approaches; healing sources and systems; and the power of intention. Holistic healing processes involving the interconnectedness of mind, body, and spirit and the dimensions of health will be emphasized.

Grade Modes: Letter Graded**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E1**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None

HED V76 Managing Stress 3 Units*In-Class Hours:* 52.5 lecture

This course introduces the student to the physiology of the stress response and the return to homeostasis. Topics include the symptoms of stress overload and burnout; psychoneuroimmunology, technostress, the effects of stress on the cardiovascular, immune, and digestive systems; and the effects of chronic stress on a person's psychological health, including problems of sleep, concentration, aging, and memory. Coping strategies, including downshifting, time management, assertiveness techniques, communication skills, overcoming procrastination, accessing campus and community support resource agencies, and developing a social support system and a code of ethics will be introduced. Stress reduction techniques, including breathing exercises, mind-body movement techniques, music therapy, visual imagery, physical activity, autogenics, mindfulness, progressive muscle relaxation, the relaxation response, and meditation will be explored.

Grade Modes: Letter Graded**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 V87 Nutrition 3 Units***Formerly:* HEC V10*In-Class Hours:* 52.5 lecture*C-ID:* NUTR 110

Human nutrition will be studied through a critical examination of the principles of nutrition science as they relate to health. Topics will include health and food choices, nutrient needs and dietary analysis, energy nutrients and energy balance, vitamins, minerals, sports nutrition, supplements, food safety, diet and disease, fad diets, genetically modified foods, and global nutrition.

Grade Modes: Letter Graded**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 V90 Directed Studies in Health Education 1-6 Units***In-Class Hours:* 52.5-315 laboratory*Prerequisites:* varies with topic*Enrollment Limitations:* Interview.

This course offers specialized study opportunities for students who wish to pursue projects not included in the regular curriculum. Students are accepted only by a written project proposal approved by the discipline prior to enrollment.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None

- Public Health Science, Associate in Science for Transfer (<http://catalog.vcccd.edu/ventura/programs-courses/health-education/public-health-science-ast/>)
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