

# 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 University Transfer Center located in Fountain Hall, (805) 378-1536.

**NOTE:** Some courses may have credit limitations. Refer to the **Credit Limitation** and **UC Credit Limitations** areas, and the UC Transfer Course Agreement (<http://catalog.vcccd.edu/moorpark/transfer-information/transfer-uc/#uctcatext>) page for details.

### 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 and Wellness 3 Units

*In-Class Hours:* 52.5-105 lecture

*Advisories/Rec Prep:* Eligible for English Composition (ENGL C1000 or ENGL C1000H) as determined by the college's multiple measures assessment process

Focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasizes individual responsibility for personal health and the promotion of informed, positive health behaviors. Includes nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety. 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 M20 Introduction to Public Health 3 Units***In-Class Hours:* 52.5 lecture*Advisories/Rec Prep:* Eligible for English Composition (ENGL C1000 or ENGL C1000H) or placement as determined by the college's multiple measures assessment process*C-ID:* PH 101

Presents an overview of the disciplines of community and public health. Includes the basic concepts and terminologies of public health; an overview of various public health professions and organizations; the study, prevention and control of diseases in the community; the analysis of the social determinants of health; strategies for eliminating disease, illness, and health disparities among various populations; community organizing and health promotion programming; school health promotion; environmental health and safety; and an overview of the healthcare delivery system in the United States. Emphasizes the development of knowledge and preliminary skills to serve as an effective advocate for community and public health.

**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**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**HED M80 Internship in Health Education 1-4 Units***In-Class Hours:* 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, Pablo Diaz, Jodi Dickey, Ashley Lajoie