

HEALTH EDUCATION

Students who wish to earn an A.A. or A.S. degree must successfully complete a minimum of one Health Education course and one Physical Education course.

The University of California (UC) has a limitation on transfer credits of Health Education (HED) and Physical Education (PE) courses. For current limitations, see Transfer Course Agreement (<http://catalog.vcccd.edu/oxnard/transfer-information/transfer-uc/#uctcatext>) (UC TCA) or www.assist.org (<http://www.assist.org>).

The AA-T in Kinesiology is intended for students who plan to complete a bachelor's degree in Kinesiology, or a similar major at a CSU campus including emphases in Physical Education, Exercise Science, Human Movement, Coaching, Health and Wellness, Rehabilitation and Therapeutic Exercise, among others.

University of California Limitation on Transfer of Health Courses

The UC will only give credit for **one** Health course from:

Course ID	Title	Units/ Hours
HED R101	Health and Society	3
HED R102	Fitness/Nutrition/Mental Wellness	3
HED R103	Women's Health	3
HED R104	Personal Health and Wellness	3

The UC will only give credit for one course in each of the following areas:

- Health Education
- First Aid
- Life Saving

UC Credit for Physical Education/Kinesiology Theory courses is limited to a maximum of **8** semester (12 quarter) units for all of these courses combined.

UC Credit for Physical Education activity courses is limited to **4** semester (6 quarter) units.

HED R101 Health and Society 3 Units

In-Class Hours: 52.5 lecture

This course explores the nature and function of health in our society. An overview of major health concepts designed to contribute to the students' understanding of healthy living will be the focus of this course. Environmental health, communicable diseases, harmful substances, chronic and degenerative disease, fitness, personal relationships, mental health, reproduction and contraception, as well as consumer health will also be explored.

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 R102 Fitness/Nutrition/Mental Wellness 3 Units

In-Class Hours: 52.5 lecture

This course explores the principles and concepts that aid individuals in making informed decisions about fitness and nutrition, and how those decisions impact their own mental wellness. The five components of fitness are addressed, along with a self-appraisal of health-related physical fitness; nutrition for physical health and mental wellness; assessment of current personal lifestyle on mental wellness; principles of exercise program design; principles of nutrition program design; stress management techniques; strategies for improving sleep; exercise as a method to reduce symptoms of anxiety and depression; with an emphasis placed on the connection between a healthy body and a healthy mind.

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 R103 Women's Health 3 Units

In-Class Hours: 52.5 lecture

This course considers the nature and function of women's health in our society. The course offers an analysis of major female health problems; and is designed to contribute to students' understanding of women's roles both as individuals and as contributing members of the community's efforts to implement advances in medicine and health sciences.

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: D, E

IGETC: None

HED R104 Personal Health and Wellness 3 Units

In-Class Hours: 52.5 lecture

Advisories/Rec Prep: ENGL R100 or ENGL R097

C-ID: PHS 100

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety.

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 R105 CPR, AED, First Aid, and Personal Safety 3 Units*In-Class Hours:* 52.5 lecture*Materials Fee:* \$12.00*C-ID:* KIN 101

This course develops safety awareness and positive reactions to emergency situations. It covers ways of reacting to persons suffering from traumatic shock as well as ways of interacting with and calming family members of injured persons. The course includes, but is not limited to, recognition and standard treatment procedures for four life-threatening situations (unconsciousness, breathing, circulation-pulse, and severe bleeding); use of the Automated External Defibrillator (AED); care for poisoning, fractures, heat- and cold-related emergencies, shock; injury prevention and safety of infants, toddlers/preschoolers and young children; and preventative drug education. There will also be brief instruction on identification and prevention of sexually transmitted infections, pregnancy prevention, family health history, and nutrition. Students successfully completing the American Heart Association Basic Life Support requirements receive a 2-year certification for Healthcare Providers. This will include include Adult and Infant CPR, Automated External Defibrillation (AED) instruction and certification. Students will not earn a separate First Aid certification but will learn skills associated with First Aid.

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 R113 Introduction to Public Health 3 Units***In-Class Hours:* 52.5 lecture*Advisories/Rec Prep:* ENGL R101*C-ID:* PHS 101

This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. 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 of the discipline include the 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:** E1**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** D, E**IGETC:** 4**HED R114 Introduction to Nutrition Science 3 Units***In-Class Hours:* 52.5 lecture*Advisories/Rec Prep:* ENGL R097 or ENGL R100 or eligibility for ENGL R101*C-ID:* NUTR 110

This course examines scientific concepts of nutrition related to the function of nutrients within the human body, nutrient requirements throughout the life cycle, and individual nutritional needs. Students will learn how to analyze and evaluate nutritional information and apply this information and dietary guidelines to their personal food choices. In addition, the course will explore current issues in nutrition including food safety, environmental contaminants, food technology, and food additives.

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*For more information, contact:***Jonas Crawford (805) 678-5870** jcrawford1@vcccd.edu