

HEALTH EDUCATION

The Health Education programs at Oxnard College prepare students for a wide range of careers focused on health, wellness, rehabilitation, nutrition, and community health. Students can pursue degrees and certificates designed for transfer to four-year universities, entry into healthcare and wellness professions, or advancement in allied health fields. Programs emphasize scientific knowledge, health promotion, critical thinking, and hands-on application to support individuals and communities across diverse healthcare settings.

Health-related courses also provide valuable life skills that benefit students regardless of their career path. Students gain knowledge about personal wellness, stress management, nutrition, physical activity, mental health, and healthy decision-making that can improve academic success, workplace performance, and overall quality of life. Whether students are interested in public health, nutrition and dietetics, rehabilitation therapy, or broader health sciences pathways, these programs provide a strong academic foundation and practical preparation for continued education, career success, and lifelong wellness.

Students pursuing a local Oxnard College AA or AS degree have the opportunity to take a broader range of health, wellness, fitness, and counseling courses through the Area 7 requirement to support personal well-being and lifelong healthy habits. Students following the Cal-GETC transfer pathway focus instead on courses specifically approved for UC and CSU general education transfer, with select Health Education courses such as HED R113 and HED R115 contributing to the Social & Behavioral Sciences requirement in Area 4.

HED R101 Health and Society 3 Units

In-Class Hours: 52.5 lecture

This course explores the role of health in both individual and society to promote community well-being. Topics include environmental health, communicable and chronic diseases, substance use, fitness, mental health, personal relationships, reproduction and contraception, and consumer health. Emphasis is placed on making informed health choices and promoting wellness within diverse community settings.

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

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7, E1

Transfer Credit: CSU, UC

UC Credit Limitations: 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: 7, E1

Transfer Credit: CSU, UC

UC Credit Limitations: None

HED R103 Women's Health 3 Units

In-Class Hours: 52.5 lecture

Advisories/Rec Prep: Eligibility for English composition and a reading course with an exiting skill of ability to read a college level text
C-ID: PH 116

This course analyzes the biological, psychological, and sociocultural aspects of women's health, and explores health services, health education, and healthcare delivery systems. Social determinants of health and health inequities are examined, as well as contemporary issues relating to LGBTQ+ rights, racism, ageism, gender stereotypes and gender roles, politics, and the role of women in the family, workforce, community, and society.

Grade Modes: Letter Graded

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7, E1, F

Transfer Credit: CSU, UC

UC Credit Limitations: None

HED R104 Personal Health and Wellness 3 Units

In-Class Hours: 52.5 lecture

Advisories/Rec Prep: Eligibility for English composition (ENGL C1000)
C-ID: PHS 100

This course will require students to explore, analyze, personalize, and discuss the following issues as they relate to the essential components of health and wellness: nutrition, physical activity/exercise/fitness, weight control, eating disorders and body image, media influences, mental health, stress, violence, substance use/abuse, sexuality and sexual orientation, sexually transmitted infections, reproductive choices/contraception, relationships, disease prevention, environment, health care, aging, and general public health issues. Students will be taught the knowledge and skills necessary to implement lifestyle behaviors that can improve their health and well-being.

Grade Modes: Letter Graded

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7, E1

Transfer Credit: CSU, UC

UC Credit Limitations: None

HED R113 Introduction to Public Health 3 Units*In-Class Hours:* 52.5 lecture*Advisories/Rec Prep:* Eligibility for English composition (ENGL C1000)*C-ID:* PHS 101

This course presents an overview of the disciplines of community and public health. Topics include 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. Emphasis will be placed on the development of knowledge and preliminary skills to serve as an effective advocate for community and public health.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 4, 7, E1**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**Cal-GETC** 4**HED R114 Introduction to Nutrition Science 3 Units***In-Class Hours:* 52.5 lecture*Advisories/Rec Prep:* Eligibility for ENGL C1000*C-ID:* NUTR 110

This course examines scientific concepts of nutrition. The function of nutrients within the human body, nutrient requirements throughout life, and individual nutritional needs will all be explored. 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:** 7, E1**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**HED R115 Social Determinants of Health, Disparities and Equities 3 Units***In-Class Hours:* 52.5 lecture*Advisories/Rec Prep:* Eligibility for ENGL C1000*C-ID:* PH 113

This course will examine personal and social determinants of health through the examination of the role individuals play in their own health and wellbeing, along with the impact of environmental, social, structural, and cultural factors that play a role both in individual and community and public health. Health disparities and inequities in sexually diverse, gender, racial, and minority populations will be explored, and culturally competent ideas to bridge the health equity gap and improve population health will be developed.

Grade Modes: Letter Graded**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 4, 7, E1**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**Cal-GETC** 4**HED R116 Stress Management and Health 3 Units***In-Class Hours:* 52.5 lecture*Advisories/Rec Prep:* Eligibility for ENGL C1000*C-ID:* PH 107

This course covers theoretical and research-based frameworks of stress, stress response, and stress management techniques. Topics include the definition of stress, physiological and psychological effects of stress, sources and causes of stress, and health consequences of chronic stress. Numerous evidence-based techniques to manage and cope with stress will also be covered and practiced.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7, E1**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**HED R117 Health Careers Exploration 3 Units***In-Class Hours:* 52.5 lecture*Advisories/Rec Prep:* Eligibility for ENGL C1000

This course focuses on assessment and career research in the development of a healthcare career plan. Careers include, but are not limited to: EMT, paramedic/fire science, nursing, pharmacy technology, dental hygiene, dental assisting, respiratory therapy, and radiologic technology. Emphasis is on interest, personality testing, values clarification, career information, research skills, individual skills assessment, decision making, communication, teamwork, inter-professional education, and goal setting, specifically in the healthcare field. The course also covers healthcare job trends, education, and licensure requirements.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU**UC Credit Limitations:** None**HED R120 Medical Terminology 3 Units***In-Class Hours:* 52.5 lecture*C-ID:* HIT 103X

This course introduces the language of medicine through the study of word structure, pronunciation, and meaning. Students learn the origins and components of medical terms, including prefixes, suffixes, roots, and combining forms, and apply them to anatomy, physiology, pathology, diagnostic tests, and procedures across all major body systems. Emphasis is placed on correct usage, spelling, and interpretation of medical vocabulary related to body structure, systems, and common diseases. Students will also learn acronyms and common abbreviations used within healthcare. This course is designed for students pursuing careers in health, fitness, and medical fields.

Grade Modes: Letter Graded, Credit by exam, license etc., 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

HED R121 Navigating the U.S. Health Care System, Health Insurance, Public Assistance, and Benefits Programs 3 Units*In-Class Hours:* 52.5 lecture*Advisories/Rec Prep:* Eligibility for ENGL C1000 or ENGL C1000H

This course provides students with an understanding of the U.S. healthcare system and health insurance options to provide for efficient navigation through the healthcare system. Topics include the history of health insurance in the U.S. and the role of government in healthcare; the U.S. healthcare workforce; basic health insurance terminology; types of insurance and the healthcare marketplace; different types of care, including outpatient, ambulatory and long-term care; public assistance programs and disability programs; and ethical and bioethical issues.

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**HED R122 Cultural Competence in Health and Social Services 3 Units***In-Class Hours:* 52.5 lecture*Advisories/Rec Prep:* Eligibility for ENGL C1000 or ENGL C1000H

This course examines the political, social, and theoretical perspectives of diverse populations as they relate to health and social services settings. The impact of health status, lifestyle and behavioral patterns, communication styles, socioeconomic status, personal prejudices, ethnic stereotyping, and cultural beliefs on individual and group access to health and social services will be investigated. Emphasis is placed on developing effective strategies to use with diverse populations as well as evaluating the effectiveness of existing health and social service programs.

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**HED R446 Optimizing Health Across the Lifespan: Key Considerations 3 Units***In-Class Hours:* 52.5 lecture*Enrollment Limitations:* Admitted to the program.

This course explores the fundamental principles that shape the growth, development, and health of individuals throughout their lifespan.

Methodological, conceptual and substantive issues are presented that are necessary for understanding and evaluating empirical evidence about growth, development and health at different stages of life from a public health perspective. The course covers several themes including contributions of biological and environmental factors to health and human development, measuring population health, and assessing the implications of health disparities and cultural considerations in healthcare.

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

- Public Health, Associate in Science for Transfer (<https://catalog.vcccd.edu/oxnard/programs-courses/public-health-science/public-health-ast/>)
- Nutrition and Dietetics, Associate in Science for Transfer (<https://catalog.vcccd.edu/oxnard/programs-courses/nutrition-dietetics/nutrition-dietetics-ast/>)
- Health Sciences, Associate in Science (<https://catalog.vcccd.edu/oxnard/programs-courses/health-education/health-sciences-as/>)

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Dr. Dianne Habring Frehlich is professor and department chair of Kinesiology and Health Education at Oxnard College. She holds an Ed.D. in Kinesiology from University of North Carolina at Greensboro with a focus on physical activity and mental health, and an M.S. in Kinesiology with an emphasis in Exercise Physiology from California State University, Northridge, where she studied the impact of physical activity on bone mineral density. Her teaching and program development work emphasizes public health, exercise science, health education, and workforce pathways that prepare students for careers in health, fitness, rehabilitation, and wellness.

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Dr. Ron McClurkin is a professor in Kinesiology and Health Education at Oxnard College and head coach of the men's and women's basketball programs. He holds an Ed.D. from the University of La Verne and is committed to student success through teaching, coaching, and community outreach, including involvement with Coaches vs. Cancer. His classes emphasize the practical application of health concepts, mental health awareness, health disparities, wellness, and the positive impact of physical activity on individuals and communities.

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Erin Marquez-Lawley is a professor in Kinesiology and Health Education at Oxnard College. She holds an M.A. in Coaching and Athletic Administration from Concordia University Irvine and teaching credentials in Health Science and Physical Education from Sonoma State University. Her background includes eight years teaching high school health and physical education, as well as coaching high school, travel, and NCAA Division II softball. Her work emphasizes student wellness, inclusive education, leadership development, and supporting diverse student populations, with a particular passion for LGBTQIA+ and Rising Scholars students.