

# 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 Kinesiology (KIN) 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) (<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

*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.

*Advisories/Rec Prep:* Eligibility for English composition (ENGL R101)

**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*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.

*Materials Fee:* \$12.00**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*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.

*Advisories/Rec Prep:* Eligibility for English composition (ENGL R101)**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*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. *Advisories/Rec Prep:* ENGL R097 or ENGL R100 or eligibility for ENGL R101

**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 R115 Social Determinants of Health, Disparities and Equities 3 Units***In-Class Hours:* 52.5 lecture*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.

*Advisories/Rec Prep:* Eligibility for ENGL R101**Grade Modes:** Letter Graded**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**HED R116 Stress Management and Health 3 Units***In-Class Hours:* 52.5 lecture

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.

*Advisories/Rec Prep:* Eligibility for ENGL R101**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*For more information, contact:*

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