

## HEALTH EDUCATION (HED)

### 105 HEALTH EDUCATION FOR TEACHERS

1 UNIT

1 hour lecture

Designed for multiple or single subject teacher candidates. Provides introductory knowledge of broad health-related issues relevant to K-12 curriculum. Topics include primary and secondary school health education curriculum design, basic legal issues of health education in California, discussion of community resources, behavior modification techniques, stress management, benefits of regular exercise, nutrition and eating disorders, disease prevention, childhood obesity, sexually transmitted diseases, contraception, substance abuse including alcohol and tobacco, safety in the home and school, and violence including gang and domestic violence. Meets the state of California health education requirement for the K-12 teaching credential.

CSU

### 120 PERSONAL HEALTH AND LIFESTYLES

3 UNITS

C-ID PHS 100

3 hours lecture

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.

AA/AS GE, CSU, CSU GE, UC, UC credit limit

### 155 REALITIES OF NUTRITION

3 UNITS

3 hours lecture

Introduction to the basic principles of nutrition and its relationship to good health. Evaluation of current nutritional information (and misinformation) with an emphasis on critical thinking to determine optimal dietary choices. Study of the major dietary goals and guidelines. Examination of weight maintenance techniques, eating disorders, food labeling, food safety, and special needs at various stages in the life cycle.

AA/AS GE, CSU, CSU GE, UC

### 158 NUTRITION FOR FITNESS AND SPORTS

3 UNITS

3 hours lecture

Investigates the effects of nutrition and various dietary regimens on athletic performance, physical fitness and general health. Compares the physiological effects of optimal nutrition vs. inadequate nutrition for the general population as well as athletes. Cultural, sociological and psychological influences will be examined. Discussion of "fads" and dietary supplements is included.

CSU, CSU GE

### 201 INTRODUCTION TO PUBLIC HEALTH

3 UNITS

C-ID PHS 101

3 hours lecture

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.

AA/AS GE, CSU, CSU GE, UC

### 202 HEALTH PROFESSIONS AND ORGANIZATIONS

3 UNITS

3 hours lecture

A review of health organizations and agencies that operate locally, regionally, nationally and internationally. Information regarding potential careers in medicine, allied health, and public health is included.

CSU

### 203 SUBSTANCE ABUSE AND PUBLIC HEALTH

3 UNITS

C-ID PHS 103

3 hours lecture

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.

AA/AS GE, CSU, CSU GE, UC

### 204 HEALTH AND SOCIAL JUSTICE

3 UNITS

C-ID PHS 102

3 hours lecture

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

AA/AS GE, CSU, CSU GE, IGETC, UC

### 251\* HEALTHY LIFESTYLES: THEORY AND APPLICATION

3 UNITS

2 hours lecture, 3 hours laboratory

A combination of physical activity and lecture providing regular exercise to develop physical fitness and information about basic, sound nutrition as it pertains to weight control. Guidelines that promote lifetime exercise and a healthy lifestyle will be emphasized.

AA/AS GE, CSU, CSU GE

\*Meets the activity requirement for graduation.

### 255 SCIENCE OF NUTRITION

3 UNITS

C-ID NUTR 110

Prerequisite: "C" grade or higher or "Pass" in BIO 130, 131 and CHEM 115 or 120 or equivalent

3 hours lecture

Establishes the relationship between foods and science through the study and integration of chemistry, biology and nutrition science. The metabolism and functions and sources of nutrients will be covered in detail to correlate the role they have in promotion of health

and disease prevention. The challenges that occur during the human life cycle and how nutrient needs change will be studied. Includes evaluation from a scientific perspective of current concepts, controversies, and dietary recommendations. Nutritional issues as they relate to weight maintenance, eating disorders, food labeling, food safety and special needs at various stages in the life cycle will be thoroughly examined.

CSU, CSU GE, UC