

# Health Education HEED

Division of Physical Education, Health, and Athletics

Mitchell Campbell, Dean/Athletic Director

Hughes Stadium, Sections 1 and 3

916-558-2425

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Health Education

## HEED 300 Health Science 3 Units

*Prerequisite:* None

*Advisory:* ENGRD 310 and ENGWR 100 with grades of "C" or better.

*General Education:* AA/AS Area III(b)

*Course Transferable to UC/CSU*

*Hours:* 54 hours LEC

This course will include, but not be limited to, the study of physical and psychological health, creating healthy and caring relationships, avoiding and overcoming harmful habits, building healthy lifestyles, preventing and fighting disease, and facing life's challenges. Specific topics may include the study of physical, mental, and emotional health; managing stress; violence; sexuality; birth control; pregnancy; childbirth; sexually transmitted diseases, including AIDS; drug, alcohol, and tobacco use and abuse; nutrition and fitness; prevention and fighting communicable disease; aging; environmental health; and consumerism.

## HEED 314 Community First Aid and Safety 2 Units

*Prerequisite:* None

*Course Transferable to UC/CSU*

*Hours:* 36 hours LEC

This course is the official American Red Cross First Aid/Cardio-Pulmonary Resuscitation/Automated External Defibrillator for Schools and the Community course. Students will learn adult, child, and infant cardiopulmonary resuscitation (CPR). Students will also learn to safely operate an automated external defibrillator (AED) and basic first-aid. Students need to purchase face shields to work on manikins. American Red Cross Community CPR, AED and First Aid certificates will be issued upon completion of this course with a grade of "B" or better and payment of a \$5.00 fee. This certification is valid for one year after the course completion date. This course may be taken four times for credit.

## HEED 321 CPR: BLS for the Professional Rescuer 1 Unit

*Prerequisite:* None

*General Education:* AA/AS Area III(b)

*Course Transferable to CSU*

*Hours:* 9 hours LEC; 27 hours LAB

Cardio-Pulmonary Resuscitation (CPR): Basic Life Support (BLS) for the Professional Rescuer is designed to meet the special needs of the people who are expected to respond in emergency situations. Included are methods for adult, child, and infant CPR as well as performing two-rescuer CPR, operating an automated external defibrillator (AED), and using rescue-breathing devices. Students will learn the skills a professional rescuer needs to act as a crucial link in the emergency medical services (EMS) system. Students will need to purchase a pocket mask rescue-breathing device. Students who earn at least a "B" in the course and pay a \$5.00 fee will be eligible to receive an American Red Cross certificate in CPR for the Professional Rescuer. This certification is valid for one year after the course completion date. This course may be taken four times for credit.

## HEED 330 Health and Safety in Child Care Settings 1 Unit

*Same As:* ECE 410

*Prerequisite:* None

*Advisory:* ENGWR 100 and ENGRD 310 with grades of "C" or better.

*Course Transferable to CSU*

*Hours:* 18 hours LEC

This course covers health and safety issues in child care centers and family day care homes. Topics include pediatric cardiopulmonary resuscitation, pediatric first aid, and preventative health practices such as control of infectious diseases, injury prevention, nutrition, sanitation, and emergency preparedness and evacuation. This course meets requirements of mandated training for child care providers. Students may receive credit for HEED 330 or ECE 410, but not both.)

**HEED 340 College Success For The Student Athlete 3 Units**

*Prerequisite: None*

*Advisory: ENGRD 110 and ENGWR 100 with grades of "C" or better*

*General Education: AA/AS Area III(b)*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course is designed to assist student athletes in obtaining the skills and knowledge necessary to reach their educational objective. Topics to be covered include: eligibility and recruitment information as mandated by the California Community College Athletic Association (CCCCAA) and transfer requirements mandated by the National Collegiate Athletic Association. Other topics include: motivation, discipline, memory development, time management, career planning, study skills and techniques, nutrition, drug and alcohol abuse, and violence. Campus resources will be covered. It is highly recommended for student athletes.

**HEED 495 Independent Studies in Health Education 1-3 Units**

*Prerequisite: None*

*Course Transferable to CSU*

*Hours: 54 hours LAB*

This course involves an individual student or small groups of students in study, research, or activities beyond the scope of regular offered courses, pursuant to an agreement among college, faculty members, and students. Independent studies in Health Education offers students a chance to do research that is more typical of community and graduate student work. This course may be taken four times for a maximum of 12 units provided there is no duplication of content areas.

**HEED 499 Experimental Offering in Health Education .5-4 Units**

*Prerequisite: None*

*Course Transferable to CSU*

*Hours: 54 hours LEC; 36 hours LAB*

This is an experimental course offering designed to provide students with courses not normally offered by the Health Education Department. Course topics will be structured around new and emerging issues related to the field of Health Education. This course may be taken four times for a maximum of 16 units as long as there is no duplication of topics.