

**Allied Health AH**

**Degree:**  
A.S. – Pre-Allied Health and Nursing

**Certificate of Achievement:**  
Community Health Care Worker  
Pre-Allied Health and Nursing

**Division of Science and Allied Health**  
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**Community Health Care Worker**

**Certificate of Achievement**

**Program Information**

The Community Health Care Worker Certificate of Achievement consists of multi-disciplinary coursework to prepare individuals to work within the social service, public health, or health care workforce as Community Health Workers. This certificate program is designed to provide training in front-line public health care with an understanding of and connection to the communities served. It also provides training in facilitating patient access to health and social services to improve the quality and cultural competence of service delivery. Students will develop the skills to provide culturally appropriate health education and information, assist people in receiving the care they need, give informal counseling and guidance on health behaviors, and advocate for individuals and community health needs.

**Career Opportunities**

Common job titles for CHWs include: patient/health navigator, case manager/case worker, health educator, community health educator, community outreach worker, and enrollment specialist. Community health workers (CHW) serve as liaisons/intermediaries between health and social services and the community to promote, maintain and improve individual and community access to health care services; assist individuals and communities to adopt healthy behaviors; and improve the quality and cultural competence of services delivered. Common tasks/responsibilities include: facilitating access to health services (scheduling appointments, completing provider forms, scheduling transportation); conducting outreach to community members; and providing community and health education.

**Upon completion of this program, the student will be able to:**

- clarify roles, responsibilities, and scope of practice of Community Health Workers.
- investigate complex service delivery systems within the U.S. healthcare system and key legal responsibilities within the context of health service delivery systems.
- compile and define accepted terminology to describe findings, patterns, habits, and behaviors of clients.
- report and record abnormal findings, patterns, habits, and behaviors of clients for purpose of clinical documentation.
- recommend prevention methodologies that decrease the development of common diseases/disorders and reduce high-utilization of unnecessary healthcare services by applying culturally-appropriate and evidenced-based health education practices.
- identify conditions in which people are born, grow, work, live, and age and the wider set of forces and systems shaping the conditions of daily life.
- evaluate and inventory available community resources, including health and social services.
- demonstrate knowledge and proficiency with technology, including web-based applications, MS Office, and electronic health record systems.
- develop communication skills used with patients, community partners, and medical personnel.
- demonstrate the ability to advocate for individual and community health.
- incorporate professional and ethical boundaries, conflict resolution, self-care, time management, and skills for providing and receiving constructive feedback to assist in working within a professional setting.

**Required Program**

	<b>Units</b>
AH 101 Introduction to Community Health Work .....	1.5
AH 103 U.S. Healthcare Systems and Third Party Payers .....	2
AH 105 Community Health Resources .....	2
AH 106 Communication for Allied Health Careers (2) .....	2
AH 110 Medical Language for Health-Care Providers .....	3
AH 121 Social Determinants of Health .....	2
AH 301 Health Care in a Multicultural Society .....	3
HEED 314 Community First Aid and Safety .....	2
SOC 375 Introduction to Community Development .....	3
SOC 382 Introduction to Casework in Social Services .....	3
SOC 385 Practicum in Sociology .....	1 – 4

A minimum of 3 units from the following:..... 3

- ADMJ 303 Substance Abuse: Effects on Body and Behavior (3)  
or PSYC 405 Substance Abuse: Effects on Body and Behavior (3)
- ADMJ 304 Juvenile Delinquency (3)
- ADMJ 340 Introduction to Correctional Services (3)
- ECE 312 Child Development (3)
- ECE 314 The Child, the Family and the Community (3)
- ECE 402 Infants with Atypical Development (3)
- ECE 415 Children’s Health, Safety and Nutrition (3)
- ETHNS 300 Introduction to Ethnic Studies (3)
- SOC 301 Social Problems (3)  
or SOC 481 Social Problems – Honors (3)
- SOC 335 Sociology of Aging (3)  
or GERON 300 Sociology of Aging (3)
- SOC 344 Sociology of Women’s Health (3)

**Total Required Units** **27.5-30.5**

**Certificate of Achievement**

The Certificate of Achievement may be obtained by completion of the required program with grades of “C” or better or equivalent.

**Pre-Allied Health and Nursing**

**Associate in Science Degree**

**Program Information**

The Pre-Allied Health and Nursing degree offers an interdisciplinary approach of study for students seeking to enter the world of health care in a variety of ways. The degree will allow students to pursue a rigorous course of study before selecting an area of concentration that best suits their career and study interests. With an emphasis on basic science, cultural competency in healthcare, the degree offered will prepare students to excel in a wide-range of health care fields. Students completing the degree will be prepared to enter programs for careers in nursing, dental hygiene or assisting, occupational therapy assisting, physical therapist assisting, and others.

The Pre-Allied Health and Nursing major will prepare students to serve as committed, culturally competent professionals with a focus on patient care, healthcare delivery, and healthcare management. This will occur through both classroom education and lab experiences. Completion of the program does not guarantee enrollment in any health occupations program.

**Career Opportunities**

Upon completion students are prepared to enter a range of Allied Health and Nursing training programs. This may include training programs for professions such as: Nursing, Dental Hygiene, Physical Therapist Assistant, Occupational Therapy Assistant, Respiratory Therapy, and Radiology Technician.

**Upon completion of this program, the student will be able to:**

- adhere to safety protocols and proper lab techniques, including infection control.
- comply with legal and regulatory requirements in academic and clinical situations.
- demonstrate professionalism in a range of interactions and settings, with respect for diversity and disability.
- apply ethical considerations to a variety of situations, including patient care and scientific decision making.
- demonstrate self-responsibility as part of an academic community and a health care team.
- identify areas for “soft skills” improvement for professional development.
- receive feedback as a tool for personal and professional growth.
- articulate career options and necessary educational pathways.
- express knowledge of current scientific and social issues affecting health care systems.
- state concepts of patient-centered and culturally competent health care.
- demonstrate literacy skills in a range of disciplines, including reading, writing, math, information, and health.
- distinguish between subjective viewpoints and objective data.
- use qualitative and quantitative methods to interpret data.
- use evidence as a foundation for critical thinking and decision-making.

**Required Program**

**Units**

AH 100 Professional Ethics of Health Team Members (1) .....	1 – 2
or AH 106 Communication for Allied Health Careers (2)	
AH 110 Medical Language for Health-Care Providers.....	3
AH 112 Strategies for Student Success in Health Occupations.....	3
AH 301 Health Care in a Multicultural Society .....	3
ANTH 310 Cultural Anthropology (3) .....	3
or ANTH 481 Honors Cultural Anthropology (3)	
or SOC 300 Introductory Sociology (3)	
or SOC 480 Introductory Sociology – Honors (3)	
BIOL 430 Anatomy and Physiology .....	5
BIOL 431 Anatomy and Physiology.....	5
BIOL 440 General Microbiology .....	4
CHEM 309 Integrated General, Organic, and	
Biological Chemistry (5) .....	5 – 10
or CHEM 305 Introduction to Chemistry (5)	
and CHEM 306 Introduction to Chemistry (5)	
COMM 301 Introduction to Public Speaking .....	3
ENGRD 310 Critical Reading as Critical Thinking (3) .....	3 – 4
or ENGRD 312 Academic Textbook Reading (3)	
or ESLR 340 Advanced Reading Skills Through Literature (4)	
ENGWR 300 College Composition (3) .....	3 – 4
or ESLW 340 Advanced Composition (4)	
or ENGWR 488 Honors College Composition and Research (4)	
FCS 324 Human Development: A Life Span (3) .....	3
or PSYC 370 Human Development: A Life Span (3)	
NUTRI 300 Nutrition (3) .....	3
or NUTRI 480 Nutrition Honors (3)	
PSYC 300 General Principles (3).....	3
or PSYC 480 Honors General Principles (3)	

**Total Required Units**

**50 – 58**

**Associate in Science Degree**

The Pre-Allied Health and Nursing Associate in Science (A.S.) degree may be obtained by completion of 60 transferable, semester units, including (a) the major or area of emphasis described in the Required Program, and (b) one of the following: the SCC General Education, the Intersegmental General Education Transfer Curriculum (IGETC), or the California State University General Education-Breadth Requirements.

**Pre-Allied Health and Nursing**

**Certificate of Achievement**

**Program Information**

The Pre-Allied Health and Nursing Certificate of Achievement consists of general education and prerequisite coursework for students preparing to enter nursing and allied health programs. Opportunities for career exploration are provided, as well as skill development in professionalism and cultural competency. The certificate program is designed to help students develop self-advocacy skills and a strong academic foundation necessary to study in a health occupations program. Upon successful completion of this coursework, students achieve recognition in the form of a certificate. Completion of the certificate does not guarantee enrollment in any health occupation programs.

**Career Opportunities**

The need for nursing and allied health providers has increased in the last several years. This program is designed for students contemplating a career in vocational or registered nursing, dental assisting, dental hygiene, occupational therapy assisting or physical therapy assisting as well as other allied health careers.

**Upon completion of this program, the student will be able to:**

- describe career options in the healthcare field and their related educational pathways.
- demonstrate basic academic strategies for success in health programs.
- demonstrate ability to read and understand basic medical terminology.
- list all eleven body systems and describe the structure and function of each system.
- discuss the milestones in physical, cognitive, social, and emotional development of humans from conception through the lifespan and how these relate to healthcare practice.
- explain general principles of psychology and the psychological factors that influence health and illness in human conditions.
- examine cultural factors that influence communication, compliance, and outcomes in healthcare settings and develop strategies for cultural competency.
- recognize the professional behavior that is required of healthcare providers.

**Required Program**

**Units**

AH 100 Professional Ethics of Health Team Members (1) .....	1 – 2
or AH 106 Communication for Allied Health Careers (2)	
AH 110 Medical Language for Health-Care Providers.....	3
AH 112 Strategies for Student Success in Health Occupations.....	3
AH 301 Health Care in a Multicultural Society .....	3
BIOL 100 Introduction to Concepts of Human Anatomy and .....	3
Physiology	
FCS 324 Human Development: A Life Span (3) .....	3
or PSYC 370 Human Development: A Life Span (3)	
PSYC 300 General Principles (3).....	3
or PSYC 480 Honors General Principles (3)	

**Total Required Units**

**19-20**

**Certificate of Achievement**

The Certificate of Achievement may be obtained by completion of the required program with grades of “C” or better or equivalent.

## Allied Health (AH)

### AH 100 Professional Ethics of Health Team Members 1 Unit

*Prerequisite: None.*

*Hours: 18 hours LEC*

This course is an introduction to professional and ethical behaviors of health team members. Students utilize a problem-solving process for analysis of common ethical dilemmas in health care. Emphasis is on integration of personal values, ethical principles, and legal regulations in ethical decision making.

### AH 101 Introduction to Community Health Work 1.5 Units

*Prerequisite: None.*

*Advisory: ENGRD 110 and ENGWR 101 with grades of "C" or better*

*Hours: 27 hours LEC*

This course is designed to introduce students to the broad perspective of community health work by applying different concepts with emphasis on health promotion and primary health care. The course will examine different health promotion and disease prevention strategies that are used as primary health and population-based methods. Public health, home health care settings, and clinic/hospital-based services will be addressed. Emphasis is placed on family-wellness and illness in various community settings using examples of various communities and cultural settings throughout California. Aspects of community health are explored based on a demographic and epidemiological approach as well as building an environmental awareness and acquiring problem-solving and critical thinking skills.

### AH 102 Health Education of Patients and Family 1 Unit

*Prerequisite: None.*

*Advisory: LIBR 307*

*Hours: 18 hours LEC*

This course is an introduction to the role of the health care professional as an educator of patients/clients and health care staff. Students will explore the major teaching and learning theories, and how they are applied to health care practice. This course covers characteristics of the learner including determinants of learning, adult literacy, compliance and motivation, cultural influences, and learning styles. Techniques and strategies for teaching and learning are presented.

### AH 103 U.S. Healthcare Systems and Third Party Payers 2 Units

*Prerequisite: None.*

*Advisory: ENGRD 110 and ENGWR 101 with grades of "C" or better*

*Hours: 36 hours LEC*

The United States healthcare system is complex, organized by systems and programs by which health services are made available to the population and financed by government entities, private enterprises, or both. Various systems work on different aspects of providing care throughout the spectrum of health. This course provides an overview of the United States healthcare system as it has developed during the past century. Students are expected to achieve a basic understanding of the building blocks in anticipation of future careers and employment in the healthcare industry of the United States.

### AH 104 Aging and its Implications for Health Care .5 Units

*Prerequisite: None.*

*Enrollment Limitation: Dental Hygiene and Dental Assisting students working towards degree completion have priority registration for this course.*

*Hours: 9 hours LEC*

This course introduces topics related to aging and their implication for health care providers. Emphasis is on socioeconomic and psychological aspects of aging, as well as normal age-related physiological changes. An overview of community resources that serve the older populations' health and dental needs is also included.

### AH 105 Community Health Resources 2 Units

*Prerequisite: None.*

*Advisory: CISC 300 or LIBR 307*

*Hours: 36 hours LEC*

This course is designed to introduce students to the broad perspective of community health resources in the Greater Sacramento Service Area. Through various lectures from representatives of area organizations, students will gather community resources to assist clients with addressing their health needs.

### AH 106 Communication for Allied Health Careers 2 Units

*Prerequisite: None.*

*Hours: 36 hours LEC*

This course is an introduction to communication as a therapeutic intervention for health care team members. Aspects of verbal and nonverbal communication that affect interactions with patients, family members, and other health care providers are explored. Cultural differences and the need to adjust communication approaches with sensitivity to ethnicity, religion, gender, age, sexuality, disability, and health status are included. The course requires both personal reflection and class participation in role-play activities.

### AH 108 Introduction to Allied Health 1 Unit

*Prerequisite: None.*

*Hours: 18 hours LEC*

This course provides an introduction to the health care field. Topics include various types of health care delivery systems and allied health careers, history of health care, law and ethics pertaining to health care, personal qualities of health care workers, confidentiality and reportable incidents. Students will be introduced to research tools in the campus library and on the Internet. Students will use these tools to research health care careers and relate them to their own interests, values, and abilities. This course is open to all students wishing to explore the health care industry. A field trip to a local hospital may be required.

### AH 110 Medical Language for Health-Care Providers 3 Units

*Prerequisite: None.*

*Hours: 54 hours LEC*

This course is an orientation to medical language. Topics addressed include: basic structure of medical terms and their word-part components, term building and translation, spelling, pronunciation, and medical documentation formats. The course builds a medical vocabulary applicable to the specialties of medicine, the systems of the body, names of major diseases, and terms used in physical examination, diagnosis, and treatment.

**AH 112 Strategies for Student Success in Health Occupations 3 Units**

*Prerequisite:* None.

*Advisory:* ENGRD 110, ENGWR 101, ESL 114, ESLR 320, and ESLW 320; with grades of "C" or better

*Hours:* 54 hours LEC

This course introduces the student to career opportunities in health care. The course provides realistic and useful strategies to enhance student success in reaching career goals associated with health occupations. Students will gain the knowledge and skills to determine a career path based on an in-depth assessment of their own interests, values, and abilities along with a realistic understanding of specific health occupations. Off campus field trips and job shadowing may be required.

**AH 121 Social Determinants of Health 2 Units**

*Prerequisite:* None.

*Advisory:* ENGRD 110 and ENGWR 101 with grades of "C" or better  
*Hours:* 36 hours LEC

Social determinants of health are the conditions in which people are born, grow, live, work, and age. These factors can all have an impact on health. This course will help students understand health inequalities and how they are socially driven. Students will look at how health is affected by wider determinants and how they can make a difference as health professionals to close the health inequality gap. Through a range of case studies from high to low income countries, the student will gain a better understanding of social determinants of health, why health inequalities exist, and the role of health professionals and systems in reducing health inequality.

**AH 126 Sensation and Daily Life: Strategies for Success 1 Unit**

*Prerequisite:* None.

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

*Hours:* 18 hours LEC

The world is filled with sensory experiences that can have both positive and negative effects on how we function. This applies to those who are in good health as well as to those who have some type of illness or impairment. With knowledge of one's sensory preferences and dislikes, individuals are able to better adapt to or modify situations and environments for improved performance in daily life. This course will enable students to identify their sensory profile and develop strategies they can use to optimize their performance in academic and life situations. In addition, this course will provide an overview of how others with illness or impairment may react to certain sensory experiences.

**AH 290 Allied Health Skills and Applications .5 Unit**

*Prerequisite:* None.

*Corequisite:* Concurrent enrollment in an allied health, dental assisting or hygiene, nursing, occupational therapy assistant, or physical therapist assistant course.

*Hours:* 27 hours LAB

This course offers individualized instructional modules designed to provide or improve skills in the various allied health courses. A partial list of skills may include the following: textbook comprehension, principles of learning and retention, note taking, annotating, discipline-based vocabulary, paraphrasing, reading graphics, test taking, spatial ability, proportionality, and problem solving. Registration is open through the fifth week of the semester. This course is graded Pass/No Pass.

**AH 295 Independent Studies in Allied Health 1-3 Units**

*Prerequisite:* None.

*Hours:* 162 hours LAB

This course involves an individual student or small group of students in study, research, or activities beyond the scope of regular offered courses, pursuant to an agreement among the college, faculty member, and student(s).

**AH 299 Experimental Offering in Allied Health .5-4 Units**

*Prerequisite:* None

*Hours:* 90 hours LEC

See Experimental Offerings

**AH 301 Health Care in a Multicultural Society 3 Units**

*Prerequisite:* None.

*Advisory:* ENGRD 110 and ENGWR 101 with grades of "C" or better.

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

*Course Transferable to CSU*

*Hours:* 54 hours LEC

In all health professions and settings, culture is a factor that affects communication, compliance, and outcome. For best practice, cultural competency is a clinical skill that improves the relationship between patient and provider and is a skill desired by health care organizations. This course is designed to establish fundamental elements of cultural competency. Topics include cultural self-awareness and sensitivity, exploration of cultural beliefs about health and illness, health traditions and rituals, folk medicine, communication strategies, the use of language interpreters, and the influence of family roles.

**AH 312 Medical Terminology In Spanish 1 Unit**

*Prerequisite:* None.

*Course Transferable to CSU*

*Hours:* 18 hours LEC

This one-unit course for allied health students and practicing health care professionals will cover basic Spanish medical terminology and conversational skills normally used within a hospital or clinical setting. Videos, readings, everyday clinical situations, and activities such as role play and improvisation will be used to introduce the grammar structures, colloquial terms, and specialized medical vocabulary that health care professionals need to communicate effectively with the growing Spanish-speaking population. Cultural issues important to successful interactions with the Spanish-speaking patient will also be discussed. Knowledge of Spanish is not a prerequisite.

**AH 495 Independent Studies in Allied Health 1-3 Units**

*Prerequisite:* None.

*Course Transferable to CSU*

*Hours:* 162 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.

**AH 499 Experimental Offering in Allied Health .5-4 Units**

*Prerequisite:* None

*Course Transferable to CSU*

*Hours:* 54 hours LEC

See Experimental Offering