

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

Certificate of Achievement:
Pre-Allied Health and Nursing

Division of Science and Allied Health
James Collins, Dean
South Gym 220
916-558-2271

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 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 104 Aging and its Implications for Health Care .5 Unit

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 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 126 Sensation and Daily Life: 1 Unit
Strategies for Success

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 .5 Unit
Applications

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 1-3 Units
Allied Health

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 .5-4 Units
Allied Health

Prerequisite: None

Hours: 90 hours LEC

See Experimental Offerings

AH 301 Health Care in a Multicultural 3 Units
Society

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 1-3 Units
Allied Health

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 .5-4 Units
Allied Health

Prerequisite: None

Course Transferable to CSU

Hours: 54 hours LEC

See Experimental Offering