

Health Education HEED

Division of Kinesiology, Health, and Athletics
 Mitchell Campbell, Dean/Athletic Director
 Hughes Stadium, Section 1B
 916-558-2425

Health Education (HEED)

HEED 300 Health Science 3 Units

Prerequisite: None.

Advisory: ENGRD 310 and ENGWR 101 with grades of "C" or better.

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to UC/CSU

Hours: 54 hours LEC

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. 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, spiritual, social, and emotional health; managing stress; prevention of violence; sexuality; birth control; pregnancy; childbirth; prevention of sexually transmitted diseases, including AIDS; drug, alcohol, and tobacco use and abuse; nutrition and fitness; prevention of communicable diseases.

HEED 301 Health and Societal Issues 3 Units

Prerequisite: None.

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC

This course will include the study of behavior change modalities, genetic health history, stress management, and sleep; and how they relate to alcohol and tobacco, drugs, infectious diseases, cardiovascular diseases, diabetes, chronic lung disease, cancer, injury and violence, complementary and alternative medicine, and environmental issues.

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.

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 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.

HEED 330 Health and Safety in Child Care Settings 1 Unit

Same As: ECE 410

Prerequisite: None.

Advisory: ENGWR 101 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 preventive 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. Student may receive credit for ECE 410 or HEED 330, but not both.

HEED 340 College Success For The Student Athlete 3 Units

Prerequisite: None.

Advisory: ENGRD 110 and ENGWR 101 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 (CCCAA) 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 353 Healthy Eating, Stress Management, and Weight Control 3 Units

Prerequisite: None.

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC

This course focuses on healthy eating through understanding the various macronutrients and how to obtain the necessary variety needed for weight management goals while striving to eat whole foods. Weight loss programs and their effectiveness in obtaining a healthy balance will be reviewed. The role of stress management in one's personal health choices or those issues that are outside of a person's control will be addressed. A variety of stress management strategies will be discussed. The importance and application of functional fitness designed to train muscles to work together and prepare for daily tasks will be discussed and applied during the course of the semester.

HEED 495 Independent Studies in Health Education 1-3 Units

Prerequisite: None.

Course Transferable to UC/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. Independent studies in Health Education offers students a chance to do research that is more typical of community and graduate student work.

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

Prerequisite: None

Course Transferable to UC/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. UC transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted towards the minimum 60 units required for admissions.