

# COURSES

## HEALTH COURSES

### HEA 1 - Introduction to Personal Health

#### 3 units

An exploration of major health issues and behaviors in the various dimensions of health (physical, emotional, intellectual/mental, social, spiritual, and environmental). Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include psychological health, mental health, stress management, nutrition, exercise, weight management, chronic and infectious diseases, healthy relationships, sexual health, drug use and misuse, aging, and the health care system. 54 hours lecture. AA GE: VB. Transfer: CSU, UC\*; CSUGE: E; C-ID# PHS 100. \* *HEA 1 and 3 combined: maximum UC credit, one course.*

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### HEA 3 - Women's Health

#### 3 units

Physiological, psychological, social, cultural, and political influences on women's health. Emphasis on diversity of women's health experiences and factors involved with both population level health outcomes and individual decision-making. Focus on empowerment for primary prevention. 54 hours lecture. AA/AS GE: IV, VB. Transfer: CSU, UC\*; CSUGE: D4, D7, E; IGETC: 4D. \* *HEA 1 and 3 combined: maximum UC credit, one course.*

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### HEA 7 - Introduction to Public Health

#### 3 units

An introduction to the discipline of Public Health including basic concepts and terminologies of public health, as well as the history and accomplishments of public health professionals 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 will be covered. Topics include epidemiology of infectious and chronic diseases; prevention and control of diseases in the community; analysis of the social determinants of health; health disparities among various populations; strategies for disease reduction; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy. 54 hours lecture. AA/AS GE: IV, VB. Transfer: CSU, UC; CSUGE: D, IGETC: 4; C-ID# PHS 101.

**Recommended Course Preparation:** Eligibility for ENG 1A.

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### HEA 11 - Health and Social Justice

#### 3 units

This course provides an introduction to the health inequities specifically within the United States that stem from the unequal distribution of power, wealth, education, and services. Students will explore the social determinants of health including socioeconomic status, poverty, racism, violence, and living conditions. Agency, advocacy, community organizing, and policy development will be included. 54 hours lecture. AA/AS GE: IV, VB. Transfer: CSU, UC; CSUGE: D, IGETC: 4; C-ID# PHS 102.

**Recommended Course Preparation:** Eligibility for ENG 1A.

- Credit - Degree Applicable
- Grading Option: Letter or P/NP

### HEA 29 - Independent Study, Health

#### 0.5 - 2 units

Supervised study in the area of Health. Any student interested in registering for an Independent Studies course should contact a full/part-time instructor or dean in the appropriate area. 27-108 hours laboratory. Transfer: CSU.

- Credit - Degree Applicable
- Grading Option: Letter or P/NP