

HEALTH

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. ADGE: 8; Transfer: CSU, UC*; C-ID# PH 100. * HEA 1 and 3 combined: maximum UC credit, one course.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

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. ADGE: 4, 8; Transfer: CSU, UC*; Cal-GETC: 4; C-ID# PH 116. * HEA 1 and 3 combined: maximum UC credit, one course.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

HEA 7 - Introduction to Public Health

3 units

This course presents an overview of the field of public health. Topics include the basic concepts and terminologies of community health / public health; an overview of various public health agencies, professions and organizations; epidemiology; the study, prevention and control of infectious and chronic diseases in the community; the analysis of the social determinants of health; strategies for the prevention of disease, illness, and health disparities among various populations; community organizing and health promotion programming; school health promotion; environmental health and safety; and an overview of the healthcare delivery system in the United States. Emphasis will be placed on the development of knowledge and preliminary skills to serve as an effective advocate for community and public health. 54 hours lecture. ADGE: 4, 8; Transfer: CSU, UC; Cal-GETC: 4; C-ID# PH 101.

Recommended Course Preparation: Eligibility for ENGL C1000.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

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. ADGE: 4, 8; Transfer: CSU, UC; Cal-GETC: 4; C-ID# PH 102.

Recommended Course Preparation: Eligibility for ENGL C1000.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

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 Pass/No Pass