

# HEALTH (HLTH)

## HLTH C100 3 Units (54 lecture hours)

### Personal Health

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Examines personal, community, and global health issues and problems. Provides basic information for healthful living, stressing positive health behavior, models of behavior change, and personal responsibility. Areas of emphasis include life cycle changes, emotional and sexual adjustment, disease prevention and control, personal fitness, nutrition, stress, substance use and abuse, environmental and consumer health. Graded or Pass/No Pass option. **C-ID:** PHS 100.

## HLTH C104 3 Units (54 lecture hours)

### Cultural Competence in Health & Social Services

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course examines the political, social, and theoretical perspectives of diverse populations as they relate to health and social services settings. The impact of health status, lifestyle and behavioral patterns, communication styles, socioeconomic status, personal prejudices, ethnic stereotyping, and cultural beliefs on individual and group access to health and social services will be investigated. Emphasis is placed on developing effective strategies to use with diverse populations as well as evaluating the effectiveness of existing health and social service programs. This course is identical to HSVC C106. Graded or Pass/No Pass option.

## HLTH C109 1 Unit (18 lecture hours)

### Career Choices in Healthcare

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This one-unit course explores numerous healthcare career opportunities, including inpatient, outpatient, and ancillary services; as well as professional, allied health, and athletic training careers. Students will also evaluate their own personal interests as they learn about the variety of healthcare careers. Healthcare is one of the largest employers in Southern California and nationwide. This course is identical to BIOL C109. Graded or Pass/No Pass option.

## HLTH C120 3 Units (54 lecture hours)

### Introduction to Wellness Coaching

**Advisory:** HLTH C100.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Skills and strategies for promoting the total well-being of the person, including behavior change strategies, physical fitness, nutritional awareness, coping with stress, and taking responsibility for one's health. Decisions affecting individual and social health will be emphasized. Graded or Pass/No Pass option.

## HLTH C121 3 Units (54 lecture hours)

### Introduction to Health Care Management

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course introduces students to the subject of Health Care Management and prepares them to start their career in that field. It covers all aspects of management such as communication, coordination, leadership, planning, and decision making. In addition, it also covers organization design, staffing, and budgeting within the context of health care management and administration. This course is identical to MGMT C161. Graded or Pass/No Pass option.

## HLTH C220 3 Units (54 lecture hours)

### Introduction to Public Health

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

The factors that influence health and disease from a population-based perspective, with focus on basic concepts and terminologies of public health and an overview of the history, functions, and accomplishments of public health officials and agencies. Topics include history; health promotion; determinants of health and burden of disease; legal and ethical issues; epidemiology of communicable and non-communicable disease; environmental health; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management and career opportunities in public health. Graded or Pass/No Pass option. **C-ID:** PHS 101.

## HLTH C223 3 Units (54 lecture hours)

### Healthy Aging

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Formerly HLTH C175 / GERO C223. This course explores the physical and emotional aspects of healthful living in the later years. An emphasis is placed on the health changes that occur during the aging process, ways of coping with these changes, and preventative measures to maximize good health. This course is identical to AGNG C223. Graded or Pass/No Pass option.

## HLTH C230 3 Units (54 lecture hours)

### Health Psychology

**Advisory:** HLTH C100 and PSYC C100.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course examines the interaction of biological, social, and psychological factors with health and illness; specifically, how to promote and maintain health, prevent and treat illness, and adapt and thrive in the context of chronic illness. Key topics include the roles of stress, coping, immune response, social relationships, personality, in the progression and prevention of disease, and behaviors (e.g., physical activity, nutrition, sleep) that contribute to wellbeing or sickness. This course is identical to PSYC C230. Graded or Pass/No Pass option.

**HLTH C281**

**1 Unit (90 other hours)**

**Work Based Learning**

**Prerequisite(s):** Be employed or volunteer in the field of Health Care Management for 10 hours/week per 1 unit of Work Based Learning.

**Co-requisite(s):** Be enrolled in a total of 7 units including Work Based Learning.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course will enhance students' ability to succeed in the field of Health Care management by providing an opportunity to bridge the gap between theory and practice. Students will have specific performance objectives relative to their career or occupational goal in the field of Health Care Management. Graded or Pass/No Pass option.

**HLTH C282**

**2 Units (180 other hours)**

**Work Based Learning**

**Prerequisite(s):** Be employed or volunteer in the field of Health Care Management for 10 hours/week per 1 unit of Work Based Learning.

**Co-requisite(s):** Be enrolled in a total of 7 units including Work Based Learning.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course will enhance students' ability to succeed in the field of Health Care management by providing an opportunity to bridge the gap between theory and practice. Students will have specific performance objectives relative to their career or occupational goal in the field of Health Care Management. Graded or Pass/No Pass option.

**HLTH C283**

**3 Units (270 other hours)**

**Work Based Learning**

**Prerequisite(s):** Be employed or volunteer in the field of Health Care Management for 10 hours/week per 1 unit of Work Based Learning.

**Co-requisite(s):** Be enrolled in a total of 7 units including Work Based Learning.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course will enhance students' ability to succeed in the field of Health Care management by providing an opportunity to bridge the gap between theory and practice. Students will have specific performance objectives relative to their career or occupational goal in the field of Health Care Management. Graded or Pass/No Pass option.

**HLTH C284**

**4 Units (360 other hours)**

**Work Based Learning**

**Prerequisite(s):** Be employed or volunteer in the field of Health Care Management for 10 hours/week per 1 unit of Work Based Learning.

**Co-requisite(s):** Be enrolled in a total of 7 units including Work Based Learning.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course will enhance students' ability to succeed in the field of Health Care management by providing an opportunity to bridge the gap between theory and practice. Students will have specific performance objectives relative to their career or occupational goal in the field of Health Care Management. Graded or Pass/No Pass option.