

# HEALTH EDUCATION (HLED)

## HLED A100 3 Units (54 lecture hours)

### Personal Health

**Advisory:** ENGL A099 or equivalent.

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

**Transfer Credit:** CSU; UC.

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is on positive health behaviors and personal responsibility. Topics include mental health, stress, drugs, alcohol, smoking, exercise, nutrition, weight control, chronic and infectious diseases, sexuality, consumer health, violence, aging and environmental health. This course may also be offered online. Graded or Pass/No Pass option. Same as PUBH A100. Lecture. **C-ID:** PHS 100.

## HLED A122 3 Units (54 lecture hours)

### Drugs, Health and Society

**Advisory:** ENGL A099 or equivalent.

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

**Transfer Credit:** CSU; UC.

Examination of the use, misuse and abuse of drugs, both licit and illicit, in American society and the pharmacologic, neurologic and physiologic effects of selected substances on the human brain. Includes psychosocial, legal, historical, political, social, economic and health related aspects; drug dependency, treatment, rehabilitation, and prevention education. Focuses on the impact of psychoactive drugs on the individual and society, including the epidemiology and toxicology of substance abuse and its relevance to personal and public health. Epidemiologic data on the prevalence, incidence, and trends of smoking, alcohol, prescription and other drug dependencies in the U.S. will be covered, as well as risk factors associated with the use and abuse of these substances. Current options for recovery and a survey of local resources will be reviewed. Graded or Pass/No Pass option. This course may also be offered online. Lecture. **C-ID:** PHS 103.

## HLED A160 2 Units (18 lecture hours; 54 lab hours)

### Peer Health Education - Level 1

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

**Transfer Credit:** CSU.

This course prepares students to serve as a member of the Peer Health Action Team (PHAcT) at OCC. Topics covered include strategies for behavior change, referrals, programming, presentation, and group success. Students will be certified as Peer Health Educators through BACCHUS national certification exam. Same as PUBH A160; Students who complete PUBH A160 may not enroll in HLED A160. 36 hours in classroom; 36 hours arranged. Graded or Pass/No Pass option.

## HLED A200 3 Units (54 lecture hours)

### Introduction to Public Health

**Advisory:** ENGL A099 or equivalent.

**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 the history and accomplishments of public health officials 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 is covered. Topics will 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. Same as PUBH A200 Introduction to Public Health and PUBH A200H Introduction to Public Health. Graded or Pass/No Pass option. Lecture. **C-ID:** PHS 101.

## HLED A260 2 Units (18 lecture hours; 54 lab hours)

### Peer Health Education - Level 2

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

**Transfer Credit:** CSU

Second-semester course for students who have complete HLED A160 and have been certified as peer health educators by BACCHUS. Students will continue their development of skills related to health promotion program planning and implementation. Emphasis will be on leadership and organizational skills, bystander intervention, and health topic content, ie, alcohol, sleep, nutrition, exercise, etc. Students will serve as members of the Peer Health Action Team (PHAcT) at OCC. 36 hours in the classroom; 36 hours arranged. Same as PUBH A260; Students who complete PUBH A260 may not enroll in HLED A260. Graded or Pass/No Pass option.

## HLED A270 3 Units (54 lecture hours)

### Fitness and Health

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

**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

Theory and benefits of physical activity to fitness-related health.

The study of human adaptation to exercise includes cardiovascular conditioning, neuromuscular training, body composition, nutrition for performance, stretching, sports injuries, and aging. Same as KIN A270. Students completing HLED A270 may not receive credit for KIN A270. Graded or Pass/No Pass option.