

HEALTH EDUCATION (HED)

HED 010 Introduction to Public Health 3 Units

This course explores current issues in health with emphasis on making lifelong healthy choices. Topics include the latest information on defining health; global and national health issues; mental health; use of tobacco, alcohol and illicit drugs; nutrition; common infectious and non-infectious diseases including risk factors and prevention; human sexuality; and environmental health issues. Primary emphasis is directed to the individual's total emotional, intellectual and social health across the life span. Students are empowered to make intelligent, analytical decisions related to personal and community health.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: D, E IGETC: 4 District GE: D, E

HED 011 Dynamic Health Concepts 3 Units

This course surveys current health issues. Topics include the latest information on defining health; global and national health issues; mental health; use of tobacco, alcohol and illicit drugs; nutrition; common infectious and non infectious diseases including risk factors and prevention; human sexuality; and environmental health issues. Primary emphasis is directed to the individual's total emotional, intellectual and social health across the life span. Students are empowered to make intelligent, analytical decisions related to personal and community health. (C-ID PH 100)

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: E IGETC: None District GE: E