

Area: Health & Education  
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The college program in health education is designed to provide students the essential information for the evaluation and maintenance of individual health.

### **HEED 308 Environmental Health Science 3 Units**

*General Education: AA/AS Area IV (effective Summer 2009)*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course provides a survey of society's interaction with the environment, current environmental factors, and the influence of these interactions on human health. These factors include population dynamics, poverty, hunger, the atmosphere, climate change, air pollution, the water cycle, water resources, water pollution, solid and hazardous wastes, food management, pests and pesticides, toxic substances, and environmental diseases that are associated with these factors. The focus is on sustainable solutions and the reduction of environmentally related disease in humans. Field trips may be required.

### **HEED 310 Community CPR and Adult AED 1 Unit**

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 18 hours LEC*

This course provides knowledge and skills for emergency life-saving techniques involving infants, children, and adults. Respiratory and cardiovascular distress, non-breathing, unconsciousness, choking, and cardiac arrest are addressed. The infant and child and the adult cardiopulmonary resuscitation (CPR)/Automatic External Defibrillator (AED) certification examinations are included. This course may be taken four times.

### **HEED 311 CPR and Pediatric First Aid 1.5 Units**

*Same As: ECE 414*

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.*

*Course Transferable to CSU*

*Hours: 27 hours LEC*

This course covers emergency life saving and first aid techniques involving infants and children. Respiratory distress, non-breathing, unconsciousness, choking, and other pediatric emergencies are addressed. CPR for adults is another major component of this course. The California Child Care first aid certificate examination, the Adult CPR, and the Infant and Child CPR examination are included. ECE 410 and this course fulfill Title 22 (California Department of Social Services) Health and Safety requirements for staff. ECE 414/HEED 311 may be taken four times.

### **HEED 316 First Aid: Responding to Emergencies**

**2 Units**

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.*

*Course Transferable to CSU*

*Hours: 36 hours LEC*

This course provides consistent guidelines that enable the citizen responder to give appropriate care, regardless of the type of emergency. It is designed for anyone desiring a general knowledge of first aid procedures (parents, foster parents, teachers, recreation majors, police officers, lifeguards, etc.). Situations involving heart attacks, breathing difficulties, lack of pulse, and severe bleeding are covered. Injuries and sudden illnesses are also addressed. The following certification examinations are included: Responding to Emergency (first aid), Adult CPR/AED, and Infant and Child CPR.

### **HEED 323 Cardio Pulmonary Resuscitation (CPR)/ Automated External Defibrillators (AED) for the Professional Responder 1.5 Units**

*Enrollment Limitation: Current American Red Cross Community CPR or American Heart Association Basic Life Support Certification.*

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; or ESLR 320 and ESLW 320 with a grade of "C" or better; or placement through assessment process.*

*Course Transferable to CSU*

*Hours: 9 hours LEC*

This course meets the requirements for Red Cross certification as a professional rescuer. It includes legal considerations, disease transmission, severe bleeding, and moving the victims, as well as professional rescuer situation practice sessions. May be taken four times for credit.

### **HEED 494 Topics in Health Education 1.5-3 Units**

*Course Transferable to CSU*

*Hours: 9-54 hours LEC*

This course provides opportunities to study contemporary topics in health which are not included in current offerings or which require emphasis beyond existing courses. The course may be taken four times for a maximum of 6 units providing there is no duplication of topics.