

Area: Kinesiology and Athletics
 Dean: Jean Snuggs
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Courses: HEED 310, 311, 315, 316, 323

Area: Science and Engineering
 Dean: Dr. Rina Roy
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Courses: HEED 300, 308, 352

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

Health Education

HEED 300 Health Science 3 Units

General Education: AAIAS Area III(b); CSU Area E1
 Course Transferable to UC/CSU
 Hours: 54 hours LEC

This course focuses upon those elements of human behavior which influence the health status of both the individual and the community. Topics include personal fitness, nutrition, sexuality, sexually transmitted disease, drug dependence including alcohol and tobacco, as well as lifestyle disease especially cancer, cardiovascular disease and lung disease.

HEED 308 Environmental Health Science 3 Units

General Education: AAIAS Area IV
 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 UC/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 315 First Aid .5 Units

Advisory: ENGRD 116 or ESLR 320; or placement through the assessment process.
 Course Transferable to CSU
 Hours: 9 hours LEC

This course provides guidelines that enable the citizen responder to give appropriate care to a victim who is injured or becomes suddenly ill. Topics include controlling bleeding, splinting, and treating seizures and heart attacks. This course may be taken 4 times for credit to maintain certification.

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 UC/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 Rescuer .5 Units**

Prerequisite: 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 352 Stress Management and Health 3 Units

Same As: PSYC 359

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC

This course examines productive and nonproductive stress and the influence of various types of stress on health and wellness. Topics include the physiological aspects of stress and its effects on health, assessments of personal coping style, strategies for coping effectively with stress, relaxation techniques, and positive reinforcers. Emphasis is placed on practical application of stress management techniques in daily life. This course is not open to students who have completed PSYC 359.

HEED 494 Topics in Health Education .5-3 Units

Prerequisite: None

Course Transferable to CSU

Hours: 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.