Health Education

Area: Health & Education
Dean: Sheryl Gessford
Phone: (916) 484-8902
Counseling: (916) 484-8572

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

**HEED 300  Health Science  3 Units**
Prerequisite: None
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. AA/AS are 3E; CSU area E1.

**HEED 310  Community CPR  1 Unit**
Formerly: HEED 10
Prerequisite: None
Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.
Course Transferable to UC/CSU
Hours: 18 hours LEC
This course is designed for individuals requiring certification in American Red Cross (Community CPR). The course includes rescue breathing, first aid for choking and CPR for adults, children, and infants as well as heart attack prevention. May be taken four times.

**HEED 311  California Child Care Cardio Pulmonary Resuscitation (CPR) and First Aid (same as ECE 414)  1 Unit**
Prerequisite: None
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: 18 hours LEC
This course covers life saving and first aid techniques involving children. Respiratory distress, non-breathing, unconsciousness, choking and other pediatric emergencies are covered. The California Child Care first aid certificate examination is included. HEED 311 and/or ECE 414 may be taken four times for credit for a maximum of 4 units.

**HEED 316  Responding to Emergencies  2 Units**
Formerly: HEED 15
Prerequisite: None
Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320.
Course Transferable to CSU
Hours: 36 hours LEC
This course is designed for anyone desiring a general knowledge of first aid procedures (parents, foster parents, child care workers, teachers, etc.). It includes infant, child, and adult CPR as well as the care of critically injured and ill.

**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 324  Emergency Response  3 Units**
Formerly: HEED 20
Prerequisite: Current Community CPR card.
Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320.
Course Transferable to CSU
Hours: 54 hours LEC
This course meets prerequisites for Emergency Medical Technician (EMT) courses. It is designed for first responders/professional rescuers (i.e., lifeguards, law enforcement, firefighters, search and rescue personnel, etc.). It is recommended for nursing, physical therapy, and athletic training students. This course covers recognition and first aid treatment for: bleeding wounds, fractures, burns, poisoning, respiratory and cardiac emergencies, sudden illnesses as well as primary and secondary victim assessments and emergency rescue and transfer techniques.
HEED 352  Stress Management and Health (Same as PSYC 359)  3 Units

Prerequisite: None
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. AA/AS 3E

HEED 494  Topics in Health Education  .5-3 Units

Prerequisite: None
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.