

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

General Education: AA/AS 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 310 Community CPR 1 Unit

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 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 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

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 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

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.