

# Health Education

Physical Education & Athletics

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## DEGREE

A.S. – Health

### Red Cross Certification:

**Standard First Aid** (includes First Aid and Adult CPR)

**Community CPR** (includes Adult, Infant and Child CPR)

**CPR for the Professional Rescuer**

### Program Description

This CRC program in Health Education is designed to provide students the essential information for the evaluation, protection and maintenance of individual health as well as providing for Red Cross Certification in several emergency response courses.

The Health Education curriculum fulfills a portion of the General Education graduation requirement for Living Skills and is transferrable to all four-year colleges and universities.

### NOTE:

Transferable courses may or may not satisfy lower division major preparation, general education, and/or elective requirements. Please meet with a counselor for specific transfer course evaluation.

**For information about the student learning outcomes for this program, see <http://www.crc.losrios.edu/pslo>**

## DEGREE

**A.S. – Health**

**CODE #1581**

The program in Health is typical of lower division requirements for four-year colleges and universities (though some requirements tend to vary from college to college). For specific requirements, students should refer to a catalog of the college of their choice. Students are also advised to see a counselor before selecting courses best aligned with their transfer institution.

### REQUIRED PROGRAM.....Units

BIOL 310	General Biology (4)	
or BIOL 400	Principles of Biology (5)	4-5
BIOL 430	Anatomy and Physiology	5
BIOL 431	Anatomy and Physiology	5
CHEM 305	Introduction to Chemistry	
or CHEM 400	General Chemistry	5
HEED 300	Health Science	3
NUTRI 300	Nutrition	3

### A minimum of 6 units from the following: .....6<sup>1</sup>

BIOL 440	General Microbiology (4)	
HEED 350	Personal Wellness (3)	
PSYC 320	Social Psychology (3)	
or ECE 312	Child Development (3)	
or PSYC 372	Child Development (3)	
or PSYC 353	Psychology of Adjustment (3)	
PSYC 300	General Principles (3)	
PSYC 356	Human Sexuality (3)	
SOC 300	Introductory Sociology (3)	
PHYS 310	Conceptual Physics (3)	
or PHYS 350	General Physics (4)	
PSYC 330	Introductory Statistics for the Behavioral Sciences (3)	
or STAT 300	Introduction to Probability and Statistics (4)	
<b>TOTAL UNITS REQUIRED</b>		<b>31-32</b>

<sup>1</sup>The student should choose a minimum of 6 units from these electives based on the requirements for a Health degree at the transfer institution. More than 6 units may be necessary to fulfill the requirements of some transfer institutions. (Also see list of suggested electives).

### Suggested Electives:

ACCT 301  
BIOL 307, 420  
BUS 350  
CHEM 306, 401  
ECON 302, 304  
MATH 400  
PHYS 360

**G.E. Graduation Requirements for this degree** - see pages 20-21

## HEALTH EDUCATION (HEED)

### HEED 300 Health Science 3 Units

*Prerequisite: None*

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

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

The aim of this course is to help people achieve a high level of wellness and prevent disease by assisting them to maximize both their personal lifestyles and their environments. This course will help you to identify the various factors influencing your current and future levels of wellness. Information presented will include, but not be exclusive to: mental health, stress management, nutrition, weight control, fitness, sexuality, addictive substances, and disease.

### HEED 312 Community CPR (Cardiopulmonary Resuscitation)- Basic Life Support 1 Unit

*Prerequisite: None*

*General Education: AA/AS Area III(b)*

*Course Transferable to CSU*

*Hours: 18 hours LEC*

This course includes information essential for first aid knowledge, skill ability, and personal judgment support, introduction in basic life support, introduction of the AED (Automated External Defibrillator), and CPR (cardio-pulmonary resuscitation) for adults, children and infants. Instruction includes adult, child and infant CPR, choke rescues and recognizing symptoms of heart attacks. Students successfully completing this course and qualifying tests will be eligible to receive an American Red Cross certificate in adult, child and infant CPR. This course may be taken four times for credit.

### HEED 313 Standard First Aid 1 Unit

*Prerequisite: None*

*General Education: AA/AS Area III(b)*

*Course Transferable to UC/CSU*

*See UC Limitations & Counselor*

*Hours: 18 hours LEC*

This course includes first aid procedures such as how to deal with cuts, bruises, bone/muscle injuries, shock, bleeding, other first aid emergencies, introduction of the AED (Automated External Defibrillator), and also adult one-rescuer CPR (cardio-pulmonary resuscitation). These instructional methods and techniques meet the requirements from the American Red Cross in Standard First Aid and CPR. This course is recommended for lifeguards, ski patrol, recreation workers, teachers and Physical Education majors. Students successfully completing this course and qualifying tests are issued American Red Cross certificates in Standard First Aid and in Adult CPR. This course may be taken four times for credit.

### HEED 314 Community First Aid and Safety 2 Units

*Prerequisite: None*

*General Education: AA/AS Area III(b)*

*Course Transferable to UC/CSU*

*See UC Limitations & Counselor*

*Hours: 36 hours LEC*

This course includes lecture and practice in Community CPR (Cardio-pulmonary resuscitation), including adult, infant and child CPR. Also included are choke-rescue and how to recognize symptoms of a heart attack. There will also be lecture and practice in First Aid procedures such as how to deal with cuts, bruises, bone/muscle injuries, shock, bleeding and other first aid emergencies. These instructional methods and techniques meet the requirements from American Red Cross in adult, infant, and child CPR and First Aid. Students successfully completing course and qualifying tests are issued American Red Cross certificates in adult, child, and infant CPR and in First Aid. This course may be taken four times for credit.

### HEED 320 CPR: BLS for the Professional Rescuer 2 Units

*Prerequisite: None*

*General Education: AA/AS Area III(b)*

*Course Transferable to CSU*

*Hours: 36 hours LEC*

This course is designed to meet the special needs of the people who are expected to respond in emergency situations. Students will learn adult, child, and infant CPR (Cardio-Pulmonary Resuscitation) as well as two-rescuer CPR, the use of rescue-breathing devices, and use of the AED (Automated External Defibrillator). Instruction will emphasize the skills a professional rescuer needs to act as a crucial link in the emergency medical services (EMS) system. Satisfactory completion of this course results in American Red Cross certificate in CPR for the Professional Rescuer. The course may be taken four times for credit.

### HEED 342 Contemporary Problems of Student Athletes 2 Units

*Prerequisite: None*

*Course Transferable to CSU*

*Hours: 36 hours LEC*

This class is designed to foster the ability of the student-athlete to be successful in both studies and athletics and ultimately, life in general. The course will be presented through a series of various topics that are of interest to the student-athlete such as examining learning styles, motivational speakers, nutrition, marketing yourself to the next level, methods toward academic success and many others.

### HEED 350 Personal Wellness 3 Units

*Same As: PET 301*

*Prerequisite: None*

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

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course takes a personal approach to lifetime healthy habits. The students will relate their own lives to topics that include: fitness, weight management, relationships, nutrition, stress management, sexual health, risky behaviors, and prevention of diseases. Assessment, plans for change and reinforcement will be applied through the use of journals, projects, written assignments and tests. This course is the same as PET 301, and only one may be taken for credit. See "Cross-Listed Courses" in the catalog.

**HEED 360****Weight Management****3 Units***Same As: PET 380**Prerequisite: None**Course Transferable to CSU**Hours: 54 hours LEC*

This course includes all aspects relating to managing your weight, including causes, health risks, assessment, prevention and treatment strategies. It also includes communication, basic health behavior changes, basic nutrition, program planning and implementation. This course is the same as PET 380, and only one may be taken for credit. See "Cross-Listed Courses" in the catalog.

**HEED 495****Independent Studies in Health Education****1-3 Units***Prerequisite: None**Course Transferable to CSU**Hours: 18 hours LEC ; 54 hours LAB***HEED 499****Experimental Offering in Health Education****.5-4 Units***Prerequisite: None**Course Transferable to CSU**Hours: 18 hours LEC ; 54 hours LAB*