

HEALTH (HLTH)

HLTH 101 Introduction to Public Health (3.0 Units)

This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines is covered. Topics of the discipline include the epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and strategies for eliminating disease, illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management.

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

HLTH 102 Contemporary Problems in Personal and Community Health (3.0 Units)

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include but are not limited to nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety.

Recommended Preparation: ENGL 101.0

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

HLTH 102H Honors Contemporary Problems in Personal And Community Health (3.0 Units)

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include but are not limited to nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety.

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

HLTH 0105 Community Mental Health Preparation I Community Health (0.0 Units)

This noncredit course is an introduction and the first of two classes in a year-long program to a behavioral health care model and for the completion of a Community Mental Health Certificate of Completion. Will explore the range of community-based services. The course explores such topics as wellness, recovery, resiliency, and careers in mental health. Students will plan a service-learning project that will be completed in the second semester, HLTH 0906, to benefit an identified affinity group on campus. Not applicable to an associate degree.

Lecture Hours: 9.0

Transfer: Not transferable

HLTH 0106 Community Mental Health Preparation II Community Health (0.0 Units)

This noncredit course is the second in a year-long program to the behavioral health care model and for the Community Mental Health Certificate of Completion. The course explores such topics as wellness, recovery, resiliency, and careers in mental health. Students will complete a service-learning project that will benefit an identified affinity group on campus. Not applicable to associate degree.

Lecture Hours: 9.0

Transfer: Not transferable

HLTH 202 Nutrition for Fitness (3.0 Units)

Nutrition is an integral part of fitness. Explore the affects of proteins, fats, carbohydrates, water, minerals and vitamins on fitness and health. Grade option.

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

HLTH 203 Women's Health Issues Community Health (3.0 Units)

This course analyzes the biological, psychological, and sociocultural aspects of women's health, and explores health services, health education, and healthcare delivery systems. Social determinants of health and health inequities are examined, as well as contemporary issues including sexual and gender roles, racial inequities, age issues, and the role of women in the family, workforce, community, and society.

Lecture Hours: 54.0

Transfer: Transfers to CSU only