

Health Education

LOWER DIVISION

HED 120. Responding to Emergencies — CPRFPR

(1). Course includes American Red Cross First Aid, Adult CPR, Adult AED, Child CPR, Child AED, and infant CPR. Leads to first-time certification or re-certification of these courses. [Rep 4 times.]


HED 231. Basic Human Nutrition (3). Nutrient requirements for healthy living. Analyze food sources, function of nutrients, chemical processing, and food absorption. [Rec: chemistry.]

UPPER DIVISION

HED 342. Nutrition for Athletic Performance

(3). How food consumption and nutrition affect energy production and physical performance in sports activities. Analyze diet modifications, such as carbohydrate loading and use of ergogenic aids, to improve performance.

HED 344. Weight Control (3). Theories and practices related to maintaining safe and healthy weight levels. Diet analysis; body composition and effects of exercise; behavior modification.

 **HED 388. Health-Related Behavior Change** (3). Determinants of health-related behavior. Principles of behavior change applied to personal and environmental health. Methods for promoting sustainable health behavior change at the individual, group, and community levels.

HED 390. Design & Implement HP Program

(3). Planning, implementing and evaluating health promotion programs for different populations and different settings.

HED 392. Community & Population Health

(3). Introduction to public health, epidemiology, structure, and function of the health care system and environmental health. Methods for addressing health needs in different populations and settings.

HED 400. A Sound Mind in a Sound Body:

Human Integration (3). Optimum health. Sound mind in a sound body (interrelationship), exercise physiology, human sexuality and childbirth, nutrition, stress, death/dying, psychophysiology and behavior; holistic medicine, somatology. [Prereq: minimum junior standing. GE.]

HED 405. School Health Programs

(3). Basic personal and school health issues: drug use and abuse, nutrition, sexually transmitted diseases, safety and liability, consumer education, common school-age illnesses, death and dying, human sexuality, and stress. CPR training and certification. Meets health education requirement for teaching credential.

HED 446. Optimal Bone & Muscle Development

(3). An in-depth study of energy systems, hormonal regulatory mechanisms, and the synergistic aspects of exercise and nutrition related to maintenance, repair, and strength development of bone and muscle. [Prereq: HED 342 or HED 231.]

HED 495. Directed Field Experience

(1-6). Assigned field experience under supervision of college staff. [Prereq: DA. Rep.]

HED 499. Directed Study (1-6). Supervised independent study of areas not covered by scheduled courses. [Rep.]

CREDENTIAL/LICENSURE

HED 705. School Health Programs

(3). Basic personal and school health issues: drug use and abuse, nutrition, sexually transmitted diseases, safety and liability, consumer education, common school-age illnesses, death/dying, human sexuality, and stress. CPR training and certification. Meets health education requirement for teaching credential.