

Health Education

Area: Health & Education
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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

Formerly: HEED 1
Prerequisite: None
Course Transferable to UC/CSU
Hours: 54 hours LEC

This class focuses attention upon those elements of human behavior which influence the health status of both the individual and the community. Topics are personal fitness including nutrition, population dynamics, sexuality, sexually transmitted disease, drug dependence including alcohol and tobacco, as well as life style disease especially cancer, cardiovascular disease and lung disease. AA/AS are E2; 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 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 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.