HEALTH EDUCATION (HEALTH) COURSES

HEALTH 100 3 Units
Introduction to Public Health
Lecture: 54 contact hours
This course introduces students to the purpose, history, organization, and outcomes of public health practice. It also explores the nation's major public health challenges and proposes various strategies to combat them. Topics include epidemiology, prevention and control of diseases, the analysis of the social determinants of health and strategies for eliminating disease and health disparities among minorities, community organization and health promotion programming, environmental health and safety, global health, and healthcare policy and management.
Associate Degree Applicable
Transfers to both UC/CSU
C-ID: PHS 101

HEALTH 101 3 Units
Personal Health and Wellness
Lecture: 54 contact hours
Advisory: Eligibility for college level English based on the SBVC Guided-Self Placement process.
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 physical fitness components, nutrition, weight control, mental health, stress management, violence, substance abuse, disease prevention, aging, basic healthcare, and environmental hazards and safety.
Associate Degree Applicable
Transfers to both UC/CSU

HEALTH 103 3 Units
Introduction to Holistic Health
Lecture: 54 contact hours
Advisory: ENGL 101 or ENGL 101H
This course is an introduction to health and healing practices involving the integration of physical, mental, spiritual, and social resources. Students explore ancient disciplines of Ayurveda, Yoga, and Chinese Medicine, as well as modern Western health systems like Biofeedback, Swedish Massage, Reiki, Meditation, Guided Imagery, Herbalism, Humor and Music Therapy. Emphasis is placed on health promotion and prevention of disease, and how we become self-advocates in promoting our own well-being with the assistance of health care professionals.
Associate Degree Applicable
Transfers to both UC/CSU

HEALTH 104 3 Units
Women's Health
Lecture: 54 contact hours
This course analyzes the biological, psychological, and sociological aspects of women's health, with special emphasis on women cross-culturally. Topics focus on current trends in the prevention of chronic diseases and illnesses, the promotion of positive body image, and self-empowerment of women. Students will also explore the application of the lifespan of lifestyle changes to develop strategies to become self-advocates in promoting one's own well-being.
Associate Degree Applicable
Transfers to both UC/CSU