**Health Education**

**LOWER DIVISION**

**HED 100. Sound Mind Sound Body** (3). Optimum health. Sound mind in a sound body (interrelationship), exercise physiology, human sexuality and childbirth, nutrition, stress, death/dying, psychophysical and behavior; holistic medicine, somatology. [E-LD.]

**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 345. Health Messaging and Mass Media** (3). Study of theories of mass communication and health evidence dissemination with practical application in development of culturally appropriate messaging on various communication platforms for the promotion of health programs and behaviors.

**HED 388. Community Based Health Promotion** (3). In-depth study of engaging the community in the process of health promotion. An emphasis on building relationships with community stakeholders, conducting community needs assessment, developing and assessing community based health promotion programs. [Prereq: HED 390.]

**HED 390. Design & Implement HP Program** (3). Planning, implementing and evaluating health promotion programs for different populations and different 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.]

**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 and 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 451. Nutrition and Chronic Disease** (3). Relationships between nutrition and chronic disease. The role of nutrients, foods, and diet patterns in the prevention or treatment of several chronic diseases including, obesity, diabetes, and hypertension. [Prereq: NRSG 348, NRSG 350, NRSG 390, NRSG 372, Coreq: NRSG 460, NRSG 490.]

**HED 495. Directed Field Experience** (1-6). Assigned field experience under supervision of college staff. [Department approval required. 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 and dying, human sexuality, and stress. CPR training and certification. Meets health education requirement for teaching credential.