

# 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 recertification 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. E-UD.]

**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.