

# HEALTH EDUCATION (HLED)

**HLED G100** 3 Units (54 lecture hours)

## Personal Health

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on positive health behaviors, individual responsibility. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, chronic and infectious diseases, aging, healthcare, and environmental health and safety. Graded or Pass/No Pass option. **C-ID:** PHS 100.

**HLED G107** 3 Units (54 lecture hours)

## Drugs, Health, and Society

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

This course provides an overview of the epidemiology and toxicology of substance abuse and its relevance to personal and public health. Students will be introduced to the concept of substance abuse and dependence, the definition of licit and illicit drugs, and the pharmacologic, neurologic and physiologic effects of selected substances on the human brain. Political, social and economic factors involved in the supply and demand for drugs will be discussed. Epidemiologic data on the prevalence, incidence, and trends of smoking, alcohol, prescription and other drug dependencies in the United States will be covered, as well as risk factors associated with the use and abuse of these substances. Current options for recovery and a survey of local resources will be reviewed. Students will engage in critical discussion about the role drugs play in our society and the choices individuals make in regard to using all types of drugs. The course will also cover the history of drug enforcement and current judicial best practices in relation to enforcement of United States law. Graded or Pass/No Pass option. **C-ID:** PHS 103.

**HLED G135** 3 Units (54 lecture hours)

## Nutrition and Health

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU; UC.

This course provides an integrated overview of the scientific concepts of nutrition and health relating to the functioning of nutrients in the basic life processes. Topics will cover many different aspects and views of nutrition and how it affects health throughout the life cycle with an emphasis on individual needs, food sources of nutrients, metabolism, current nutrition and health issues, and diet analysis. Graded. **C-ID:** NUTR 110.

**HLED G220**

3 Units (54 lecture hours)

## Introduction to Public Health

**Grading Mode:** Standard Letter

**Transfer Credit:** CSU; UC.

This course is an overview of the functions of various public health professions and institutions. An in-depth examination of the core public health disciplines is covered and provides students with an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. Topics will include history; health promotion; determinants of health and the burden of disease; legal and ethical issues; the epidemiology of infectious and chronic disease; prevention and control of diseases in the community; illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management. Graded. **C-ID:** PHS 101.