

PUBLIC HEALTH (PUBH)

PUBH A100 3 Units (54 lecture hours)

Personal Health

Advisory: Eligibility for ENGL A100.

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 on positive health behaviors and personal responsibility. Topics include mental health, stress, drugs, alcohol, smoking, exercise, nutrition, weight control, chronic and infectious diseases, sexuality, consumer health, violence, aging and environmental health. This course may also be offered online. Enrollment Limitation: HLED A100; students who complete PUBH A100 may not enroll in or receive credit for HLED A100. Graded or Pass/No Pass option. **C-ID:** PHS 100.

PUBH A160 2 Units (18 lecture hours; 54 lab hours)

Peer Health Education Level 1

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

This course prepares students to serve as a member of the Peer Health Action Team (PHAcT) at OCC. Topics covered include strategies for behavior change, referrals, programming, presentation, and group success. Students will be certified as Peer Health Educators through BACCHUS national certification exam. 36 hours in the classroom; 36 hours arranged. Enrollment Limitation: HLED A160; students who complete PUBH A160 may not enroll in or receive credit for HLED A160. Graded or Pass/No Pass option.

PUBH A200 3 Units (54 lecture hours)

Introduction to Public Health

Advisory: Eligibility for ENGL A100.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

The factors that influence health and disease from a population-based perspective focused on basic concepts and terminologies of public health and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions and an in-depth examination of the core public health disciplines are covered. Topics will include history; health promotion; determinants of health and burden of disease; legal and ethical issues; epidemiology of communicable and non-communicable disease; environmental health; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management. and career opportunities in public health. Enrollment Limitation: HLED A200/PUBH A200H; students who complete PUBH A200 may not enroll in or receive credit for HLED A200 or PUBH A200H. Graded or Pass/No Pass option. **C-ID:** PHS 101.

PUBH A200H 3 Units (54 lecture hours)

Introduction to Public Health Honors

Advisory: ENGL A099 or English, one level below transfer (ie, eligibility for English composition (CID ENGL 100) and a reading course with an exiting skill of ability to read a college level text).

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

The factors that influence health and disease from a population-based perspective focused on basic concepts and terminologies of public health and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions and an in-depth examination of the core public health disciplines are covered. Topics will include history; health promotion; determinants of health and burden of disease; legal and ethical issues; epidemiology of communicable and non-communicable disease; environmental health; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management. and career opportunities in public health. Enrollment Limitation: HLED A200/PUBH A200; students who complete PUBH A200H may not enroll in or receive credit for HLED A200 or PUBH A200. Graded or Pass/No Pass option.

PUBH A202 3 Units (54 lecture hours)

Drugs, Health, and Society

Advisory: Eligibility for ENGL A100.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

Examination of the use, misuse and abuse of drugs, both licit and illicit, in American society and the pharmacologic, neurologic and physiologic effects of selected substances on the human brain. Includes psychosocial, legal, historical, political, social, economic and health related aspects; drug dependency, treatment, rehabilitation, and prevention education. Focuses on the impact of psychoactive drugs on the individual and society, including the epidemiology and toxicology of substance abuse and its relevance to personal and public health. Epidemiologic data on the prevalence, incidence, and trends of smoking, alcohol, prescription and other drug dependencies in the U.S. 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. Graded or Pass/No Pass option. Enrollment Limitation: HLED A122; students who complete PUBH A202 may not enroll in or receive credit for HLED A122. **C-ID:** PHS 103.

PUBH A203 3 Units (54 lecture hours)

Health and Social Justice

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

This course provides an introduction to the health inequities in the United States that stem from unequal living conditions. Students will explore how education, socioeconomic status, race/ethnicity, sexual orientation, age, and gender and other social factors shape health epidemics and policy development. The basic skills necessary for advocating for health and social justice will be theoretically demonstrated. Graded or Pass/No Pass option. **C-ID:** PHS 102.

PUBH A205 3 Units (54 lecture hours)**Introduction to Health and Healthcare Careers**

Advisory: English, one level below transfer (ie, eligibility for English composition (CID ENGL 100) and reading a course with an exiting skill of ability to read a college level text.

Grading Mode: Standard Letter

Transfer Credit: CSU.

This course provides an overview of healthcare careers and their respective career paths, educational requirements, skill requirements, and professional responsibilities. Essential skills required by health-related professions, such as emphasizing personal attributes, demonstrating professionalism, engaging in teamwork, and building communication skills, will be covered. Students will evaluate the pros and cons of careers they are interested in pursuing to guide them in making educational and career decisions for various public health and healthcare occupations.

PUBH A206 3 Units (54 lecture hours)**Holistic Health: Health and Healing Systems**

Advisory: English, one level below transfer (ie, eligibility for English composition (CID ENGL 100) and reading a course with an existing skill of ability to read a college level text.

Grading Mode: Standard Letter

Transfer Credit: CSU; UC.

This course explores the holistic nature of health. Health, disease, healing, and healers will be examined from a cultural perspective, comparing the perspectives, approaches, and practices of Western and non-Western medicine. The role of a variety of factors that influence disease risk and health outcomes will be addressed.

PUBH A208 3 Units (54 lecture hours)**Investigating Disease Outbreaks and Epidemics**

Advisory: English, one level below transfer (ie, eligibility for English composition (CID ENGL 100) and reading a course with an exiting skill of ability to read a college level text.

Grading Mode: Standard Letter

Transfer Credit: CSU; UC.

This introductory course examines the social, cultural, political, and historical impact of epidemics and disease outbreaks. It will include the applications of epidemiology to public health practice and our society, and the study of the ethical and social context of epidemiology through great works of literature and selected historical narratives.

PUBH A209 3 Units (54 lecture hours)**Global Health**

Advisory: English, one level below transfer (ie, eligibility for English composition (CID ENGL 100) and reading a course with an exiting skill of ability to read a college level text.

Grading Mode: Standard Letter

Transfer Credit: CSU; UC.

This course introduces the broad and growing field of global health, global health challenges, programs, and policies. Students will discuss how health and illness are defined and explore the biological, cultural, social, and political factors that influence health at a global level. Topics include comparative health systems; emerging global health priorities, such as infectious conditions, poverty, conflicts, and emergencies; social determinants of health; health systems reform; and major global health initiatives for disease prevention and health promotion. An emphasis is placed on global health ethics, health inequities, and issues of social justice.

PUBH A210 3 Units (36 lecture hours; 54 lab hours)**Navigating the U.S. Health Care System, Health Insurance, Public Assistance, and Benefits Programs**

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

This course provides students with an understanding of the U.S. healthcare system and health insurance options to provide for efficient navigation through the healthcare system. Topics include the history of health insurance in the U.S. and the role of government in healthcare; the U.S. healthcare workforce; basic health insurance terminology; types of insurance and the healthcare marketplace; different types of care, including outpatient, ambulatory and long-term care; public assistance programs and disability programs; and, ethical and bioethical issues. Enrollment Limitation: INHL A210; students who complete PUBH A210 may not enroll in or receive credit for INHL A210. Graded or Pass/No Pass option.

PUBH A213 3 Units (54 lecture hours)**Social Determinants of Health, Disparities and Equities**

Grading Mode: Standard Letter

Transfer Credit: CSU; UC.

This course will examine personal and social determinants of health through the examination of the role individuals play in their own health and well-being, along with the impact of environmental, social, structural, and cultural factors that play a role both in individual and community and public health. Health disparities and inequities in sexually diverse, gender, racial, and minority populations will be explored, and culturally competent ideas to bridge the health equity gap and improve population health will be developed.

PUBH A214 4 Units (72 lecture hours)**Public Health Statistics**

Advisory: English, one level below transfer (ie, eligibility for English composition (CID ENGL 100) and reading a course with an existing skill of ability to read a college level text.

Grading Mode: Standard Letter

Transfer Credit: CSU; UC.

This course emphasizes the calculation, interpretation, and application of descriptive and inferential statistics in public health and related fields. Topics include statistical principles and the use of probability techniques, hypothesis testing, and predictive techniques to facilitate evidence-based practices. Topics include descriptive statistics; probability and sampling distributions, statistical inference; correlation and linear regression; analysis of variance, chi-square, and t-tests. Application of statistical concepts will incorporate data from public health sources, including research and governmental datasets. The application of technology for statistical analysis, including the interpretation of the relevance of the statistical findings, will be covered.

PUBH A220 3 Units (54 lecture hours)**Techniques and Topics in Health Education****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU.

This course will provide students with the skills and knowledge to be successful health educators in both group and individual setting. Topics will include the principles and practice in the planning, facilitation, and evaluation of public health education and training. This course covers basic theories and participatory training methods, with a focus on meeting the needs of diverse communities and adult learners. Enrollment Limitation: INHL A220; students who complete PUBH A220 may not enroll in or receive credit for INHL A220. Graded or Pass/No Pass option.

PUBH A230 3 Units (54 lecture hours)**Assessing and Analyzing Health Information****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU.

Students develop the skills and knowledge required to locate and critically appraise different sources of health information, including online sources, video, print, and others. The review of measurements and methods to access public health data in surveillance systems and vital records will be explored, along with an overview of public health informatics. Enrollment Limitation: INHL A230; students who complete PUBH A230 may not enroll in or receive credit for INHL A230. Graded or Pass/No Pass option.

PUBH A260 2 Units (18 lecture hours; 54 lab hours)**Peer Health Education Level 2****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU.

Second-semester course for students who have completed PUBH A160/HLED A160 and have been certified as peer health educators by BACCHUS. Students will continue their development of skills related to health promotion program planning and implementation. Emphasis will be on leadership and organizational skills, bystander intervention, and health topic content, ie, alcohol, sleep, nutrition, exercise, etc. Students will serve as members of the Peer Health Action Team (PHAcT) at OCC. Enrollment Limitation: HLED A260; students who complete PUBH A260 may not enroll in or receive credit for HLED A260. Graded or Pass/No Pass option. 36 hours in the classroom; 54 hours arranged.