

# 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. Same as HLED A100. **C-ID:** PHS 100.

## PUBH A160 2 Units (18 lecture hours; 72 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; 54 hours arranged. Same as HLED A160 - Peer Health Education Level 1.

## 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, with focus 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. Same as HLED A220 - Concepts in Public Health. **C-ID:** PHS 101.

## 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. Same as HLED A122 - Drugs, Health, and Society. **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. **C-ID:** PHS 102.

## 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. Same as INHL A210. Students who complete INHL A210 may not enroll in PUBH A210. May be taken for grades or on a pass-no pass basis.

**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. Same as INHL A220. Students who complete INHL A220 may not enroll in PUBH A220. May be taken for grades or on a pass-no pass basis.

**PUBH A230 3 Units (54 lecture hours)**

**Assessing and Analyzing Health Information**

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

**Transfer Credit:** CSU.

Students develop skills and knowledge required to locate and critically appraise online health information; review measurements and methods to access public health data located in surveillance systems and vital records, and provide an overview of public health informatics. Same as INHL A230.

**PUBH A260 2 Units (18 lecture hours; 72 lab hours)**

**Peer Health Education Level 2**

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

**Transfer Credit:** CSU

Second-semester course for students who have complete 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, i.e., alcohol, sleep, nutrition, exercise, etc. Students will serve as members of the Peer Health Action Team (PHAcT) at OCC. 36 hours in the classroom; 54 hours arranged. Same as HLED A260 - Peer Health Education.