

HEALTH EDUCATION

Total Required General Education 37
Total Required Units 75

Graduation Requirements for the Associate in Arts and Associate in Science Degrees: Health Science is not a requirement for enrollment in the college. However, students who wish to earn an Associate in Arts degree must successfully complete a minimum of one Health Education course and one Physical Education activity course, without exemption.

Summer school Health Education classes may count toward fulfilling requirements for an Associate in Arts degree.

Career Opportunities

Health Science Instructor Nutritionist

Faculty

Full-Time

Remy McCarthy
Joyce Parkel
Jerry White

Part-Time

Bill Becktel
Marti Dibble
Marcia Greycloud
Nancy Pierce

Health Information Technology

Associate in Science Degree

This program prepares students for a career working in health care settings with computers and medical records. Health Information Technologists (also referred to as medical record technicians) perform technical and organizational activities with medical records.

Required Courses**	Units
BUS R021 Medical Terminology	3
CIS R020A Introduction to Microcomputers	2
BUS R121 Introduction to Management	3
HIT 100 Introduction to Health Information Management	3
HIT 200 Clinical Classification Systems: ICD-9-CM	3
HIT 210 Clinical Classification Systems: CPT Procedural Coding	2
HIT 220 Statistical Applications in Health Care	2
HIT 230 Alternative Delivery Systems	2
HIT 240 Clinical Quality Assessment and Improvement	1
HIT 250 Data Quality and Reimbursement Methodologies	3
HIT 275 Professional Directed Practice	3
HS M17 Health Care Ethnicities	3
HS M21 Introduction to the U.S. Health Care System	3
HS M23 Pharmacology for Allied Health	2
HSM25 Basic Pathophysiology	3
Total Core Requirements	38

**All HIT classes are with Santa Barbara City College and all HS classes are with Moorpark College, refer to their catalogs for full course information. These courses will be provided through distance learning.

Required General Education Courses	Units
ANAT R100 General Human Anatomy	2
ANAT R100L General Human Anatomy Lab	2
PHSO R100 Human Physiology	3
PHSO R100L Human Physiology Lab	2
SPCH R101 Introduction to Oral Communications	3
ENGL R101 College Composition	4
MATH R105 Introductory Statistics	4
PSYR101 General Psychology	3
OR	
PSYR102A Interpersonal Relations	3
General Education Elective Units	14

(1) = Credit/No Credit only (2) = Credit/No Credit at student's option

Health Education Courses

HED R010—Cardiopulmonary Resuscitation ½ unit
½ hour lecture weekly

Training in the life-saving techniques, which combine artificial respiration and external chest compression. Class also covers obstructed airway management and pediatric resuscitation. Students who successfully complete the course receive certification from the American Heart Association or the American Red Cross. Materials fee is required. Not applicable for degree credit. Course may be taken four times.

HED R011—Fitness Assessment ½ unit
½ hour lecture weekly

Provides instruction which will aid the participant in utilizing the fitness data gathered concerning body composition, blood pressure, flexibility, heart rate, exercise pulse rate and recovery, diet, back, leg, and hand strength, and cardiovascular efficiency. Students will plan individualized fitness programs based on measurable data. Materials fee is required. Course may be taken four times. (1)

HED R098—Short Courses in Health Education ½-10 units

Lecture and/or lab hours as required by unit formula

Short courses or activities designed to inform and/or train interested persons in various disciplines within the scope of health education. Unit/credit hours determined by course format. (2)

HED R101—Health and Society 2 units
2 hours lecture weekly

Consideration of the nature and function of health in our social pattern; an analysis of major health problems designed to contribute to students' understanding of their roles as individuals and as contributing members of the community's efforts to implement advances of medicine and health sciences. (2)

Transfer credit: UC, CSU

HED R102—Fitness/Nutrition/Health 3 units
3 hours lecture weekly

A study of the knowledge and skills required to make wise decisions about personal lifetime fitness, nutrition, and health life styles. Topics include definition and importance of physical fitness components; health related physical fitness self-appraisal; nutrition for health and wellness; principles of exercise program design; designing an individualized physical fitness program; assessment of current personal life style and risk factors; health and fitness consumer awareness and decision-making; exercise benefits and potential exercise risks; exercise options; and AIDS and STD's. Materials fee may be required. (2)

Transfer credit: UC, CSU

HED R103—Women's Health 3 units
3 hours lecture weekly

Consideration of the nature and function of women's health in our society; an analysis of major female health problems designed to contribute to students' understanding of women's role as individuals and contributing members of the community's efforts to implement advances in medicine and health sciences. Materials fee may be required. (2)

Transfer credit: UC, CSU

HED R104—Family and Personal Health 3 units
3 hours lecture weekly

This course is a broad study of the knowledge and skills necessary for family and personal health and wellness. It covers the prevention, assessment, and treatment of common health problems. Topics include health and wellness; communication; substance abuse; human sexuality, behavior, reproduction; sexually transmitted diseases; cardiovascular disease; cancer; stress and stress management; mental health; nutrition;

fitness; weight control; aging, dying, death and health care; and environmental health. Field trips may be required.

Transfer credit: UC, CSU

HED R105—First Aid and Personal Safety 3 units

3 hours lecture weekly

This course develops safety awareness and positive reactions to emergency situations. It covers ways of reacting to persons suffering from traumatic shock as well as ways of interacting with and calming family members of injured persons. The course includes, but, is not limited to recognition and standard treatment procedures for four life threatening situations (unconsciousness, breathing, circulation-pulse, and severe bleeding), use of the Automated External Defibrillator (AED), care for poisoning, fractures, emergencies, shock, identification and prevention of sexually transmitted diseases, injury prevention and safety of infants, toddlers/preschoolers and young children, and preventative drug education. Students successfully completing the course receive an American Red Cross Standard First Aid Card, Adult and Child and Infant CPR Cards, and an Automated External Defibrillation (AED) Card. A material fee will be required. (2)

Transfer credit: UC, CSU

HED R106—Introduction to Athletic Training and Sports Medicine 3 units

3 hours lecture weekly

This is an introductory course designed to present the basic concepts and skills involved in Athletic Training pursuant to the expanded field of Sports Medicine. Emphasis is placed on the basic concepts of the areas of prevention, evaluation, acute care, treatment and rehabilitation of athletic injuries. Introduction to training room activities and practices, and the utilization of techniques used in primary and secondary injury assessments for a variety of injuries are emphasized throughout the course. Field trips may be required. (2)

Transfer credit: UC, CSU