

HEALTH (HLTH)

HLTH 101 PRINCIPLES OF HEALTHFUL LIVING 3 UNITS

Pass/No Pass or Grade is Allowed

Recommended Preparation: RDG 158 or equivalent or through the Southwestern College multiple measures placement processes.

Lecture 3 hours

Offered: ALL

Addresses contemporary public health issues and emphasizes development of holistically healthy living. Provides an overview of acute and chronic infectious diseases, human sexuality, drug addiction, alcohol and tobacco dependency, cardiovascular disease and cancer, health and fitness, nutrition, body composition, and environmental and psychological wellness. [D; CSU; UC]

HLTH 106 FUNDAMENTALS OF HEALING TOUCH 1 UNIT

Grade Only

Lecture 1 hour

Offered: ALL

Introduces students to a study of complimentary healing called Healing Touch. Focuses on energy theory, principles, and practice of energy-based interventions. Includes application of techniques to a variety of situations, ranging from self-care to professional use in healthcare, wellness, stress reduction, nursing, and hospice care. [D; CSU]

HLTH 108 STRESS & RESILIENCE IN MODERN SOCIETY 3 UNITS

Pass/No Pass or Grade is Allowed

Lecture 3 hours

Offered: ALL

Provides an overview of social and behavioral theories and core concepts of stress, stress reduction, and stress management. Offers a critical assessment of the health impacts of stress on individuals, communities, and society. Demonstrates evidence-based approaches to reducing stress responses and promoting improved health indicators. Offers experiential exercises with mindfulness stress reduction practices. Explores the nature of stress and physiological, psychological and sociological effects of prolonged stress responses. Evaluates short- and long-term somatic and behavioral techniques (exercise, relaxation, meditation, nutrition, time management, and goal setting) for management of stress. [D; CSU; UC]

HLTH 110 FIRST RESPONDER 3 UNITS

Grade Only

Lecture 2 hours, laboratory 3 hours

Offered: ALL

Focuses on fundamentals of CPR/AED and first aid with an emphasis on knowledge and skills needed for students entering a career in Emergency Medical Services (EMS). Meets and exceeds California Title 22 requirements for public safety first responder and U. S. Department of Transportation national standard curriculum. Includes AHA Healthcare Provider level CPR certification. [D; CSU]

HLTH 116 WOMEN'S HEALTH AND WELL-BEING 3 UNITS

Grade Only

Recommended Preparation: RDG 158 or equivalent or through the Southwestern College multiple measures placement processes.

Lecture 3 hours

Offered: ALL

Provides modern knowledge to the development of understanding, attitudes, and practices essential to healthful living with special emphasis on women's issues. Includes comprehensive coverage of nutrition and personal fitness; injury prevention; chronic and infectious diseases; reproductive health; substance abuse; emotional well-being; and a history of women's health concerns. [D; CSU; UC]

HLTH 121 CULTURAL ASPECTS OF FOOD AND NUTRITION 3 UNITS

Pass/No Pass or Grade is Allowed

Recommended Preparation: HLTH 204 or equivalent; RDG 158 or equivalent or through the Southwestern College multiple measures placement processes.

Lecture 3 hours

Offered: ALL

Examines the impact of regional, ethnic, cultural, religious, historical, and social influences on food patterns, cuisines, food safety, and health. Discusses and analyzes traditional foods of geographic areas and cultures. Discusses various socio-political, industrial, environmental, economic, and psychological factors influencing food cultures and nutritional status of various ethnic food groups. [D; CSU; UC]

HLTH 122 HEALTH AND SOCIAL JUSTICE 3 UNITS

Pass/No Pass or Grade is Allowed

Lecture 3 hours

Offered: ALL

Introduces health inequities in the United States that stem from unequal living conditions. Discusses the impact of socioeconomic status, racism, sexual orientation, disability and gender affect health epidemics, and policy development. Reviews the roles of public health, government, and private sector policies on health outcomes. Explores basic skills and opportunities for health promotion and advocacy in local community. [D; CSU; UC; C-ID PH 102 or PHS 102]

HLTH 200 FOODS AND NUTRITION: OVERVIEW AND OPPORTUNITIES 1 UNIT

Pass/No Pass or Grade is Allowed

Lecture 1 hour

Offered: ALL

Assists students in making educational and career decisions for a wide spectrum of nutrition-related occupations. Provides an overview of the discipline of nutrition, nutrition-related careers and their respective career paths, educational and skill requirements, and certification and licensing requirements. Includes both current and emerging issues, ethical considerations, and professional practice. [D; CSU]

HLTH 201
THE SCIENCE OF NUTRITION
3 UNITS

Grade Only

Prerequisite: BIOL 100 or BIOL 211 and CHEM 100 or CHEM 200 or equivalent.

Lecture 3 hours

Offered: ALL

Studies the role of nutrition in health promotion and disease prevention. Investigates current concepts, controversies, and dietary recommendations from a scientific perspective. Discusses nutrition-related challenges and changes over the human lifecycle with an emphasis on individual nutrient needs, including biological, chemical, and physiological implications. [D; CSU; UC]

HLTH 202
NUTRITION FOR ATHLETES
3 UNITS

Grade Only

Recommended Preparation: RDG 158 or equivalent or through the Southwestern College multiple measures placement processes.

Lecture 3 hours

Offered: ALL

Introduces a comprehensive presentation of nutritional topics related to athletic performance and fitness. Incorporates nutrition and exercise physiology beliefs, accentuating scientific reasoning, and examining research studies to clarify the evidence for current nutritional recommendations. Includes basic scientific ideologies of the absorption of nutrients in the digestive system and how it is related to optimal athletic performance. [D; CSU; UC]

HLTH 204
FUNDAMENTALS OF NUTRITION
3 UNITS

Grade Only

Recommended Preparation: RDG 158 or equivalent or through the Southwestern College multiple measures placement processes.

Lecture 3 hours

Offered: ALL

Introduces nutrition as applied to the stages of the human life cycle. Focuses on the basic principles of nutrition, including knowledge of daily nutritional requirements. Describes the function of the digestive organs. Emphasizes effects of over and under eating. Includes fitness standards, genetics and psychological homeostasis. [D; CSU; UC; C-ID NUTR 110]

HLTH 205
SCIENTIFIC PRINCIPLES OF FOODS WITH LAB
4 UNITS

Grade Only

Fee: \$67

Prerequisite: CHEM 100 or CHEM 170 or equivalent.

Corequisite: CHEM 110 or equivalent (may be taken previously).

Lecture 2 hours, laboratory 6 hours

Offered: ALL

Explores the science of food with an emphasis on the chemical compounds, chemical reactions, and physical changes that occur during food preparation. Examines the function and interaction of ingredients, food safety, and sanitation standards, and effects of preparation methods on the nutrient composition and palatability of foods. Includes hands-on experience in sensory evaluation techniques and standards, as well as a variety of food preparation and preservation techniques. [D; CSU]

HLTH 212
INTRODUCTION TO PUBLIC HEALTH
3 UNITS

Grade Only

Recommended Preparation: RDG 158 or equivalent or through the Southwestern College multiple measures placement processes.

Lecture 3 hours

Offered: ALL

Introduces the environmental, biological, and socio-cultural determinants of public health. Emphasizes environmental, community, and personal health, as well as health policy implementation and regulation. Examines determinants of health and overviews public health professions and institutions. Focuses on epidemiology of infectious and chronic disease, environmental health, and global and public health policy. [D; CSU; UC]

HLTH 214
HISTORY & FUTURE OF PUBLIC HEALTH
3 UNITS

Grade Only

Lecture 3 hours

Offered: ALL

Explores significant diseases that have affected the U.S. population.

Provides an understanding of contemporary issues Public Health faces through the development of public health policy. Guides students with an interest in Public Health as to its origins and future impact upon America. [D; CSU; UC]

HLTH 220
MINDFULNESS OF AWE TRAINING
1 UNIT

Pass/No Pass or Grade is Allowed

Lecture 1 hour

Offered: ALL

Focuses on the benefits of incorporating mindfulness in one's lifestyle and the multiple strategies for increasing it, with a focus on incorporating the science of awe. Includes reviewing research on awe and integrating mindfulness into lifelong health. Techniques will be oriented towards working with both mindfulness and awe. Hours may be applied toward continuing education requirements for yoga instructors, but everyone is welcome. [D; CSU]

HLTH 280
HEALTH EDUCATION FOR TEACHERS
1 UNIT

Grade Only

Recommended Preparation: RDG 158 or equivalent or through the Southwestern College multiple measures placement processes.

Lecture 1 hour

Offered: ALL

Provides K-12 teachers and teacher candidates with introductory knowledge of a broad scope of health topics that can be applied to K-12 general curriculum. Meets the state of California health education requirement for multiple or single subject teacher candidates. [D; CSU]

HLTH 299

INDEPENDENT STUDY

1-3 UNITS

Pass/No Pass or Grade is Allowed

Limitation on Enrollment: Eligibility for independent study.

Lecture 3 hours

Offered: ALL

Individual study or research in some area of health of particular interest to the student and not included in regular courses of the college. [D; CSU]