

Area: Kinesiology and Athletics
 Dean: Dr. Derrick Booth
 Phone: (916) 484-8201
 Counseling: (916) 484-8572

Courses: HEED 310, 311, 315, 323, 495

Area: Science and Engineering
 Dean: Dr. Rina Roy
 Phone: (916) 484-8107
 Counseling: (916) 484-8572

Courses: HEED 300, 308, 495

The college program in health education is designed to provide students the essential information for the evaluation and maintenance of individual health.

Health Education

HEED 300 Health Science **3 Units**

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course focuses upon factors which influence the health status of both the individual and the community. Topics include personal fitness, nutrition, sexuality, sexually transmitted disease, drug dependence including alcohol and tobacco, as well as diseases related to lifestyle.

HEED 308 Environmental Health Science **3 Units**

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340

General Education: AA/AS Area IV

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course covers society's interaction with the environment, current environmental factors, and the influence of these on human health. Topics include the scientific method, ecology, population dynamics, poverty, atmospheric pollution including climate change, the water cycle, water resources, water pollution, toxic substances, and environmental disease. It covers sustainable solutions to current environmental issues and environmentally related disease. Field trips may be required.

HEED 310 Community CPR and Adult AED **1 Unit**

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Course Transferable to UC/CSU

Hours: 18 hours LEC

This course provides knowledge and skills for emergency life-saving techniques involving infants, children, and adults. Respiratory and cardiovascular distress, non-breathing, unconsciousness, choking, and cardiac arrest are addressed. The infant and child and the adult cardiopulmonary resuscitation (CPR)/Automatic External Defibrillator (AED) certification examinations are included.

HEED 311 CPR and Pediatric First Aid **1.5 Units**

Same As: ECE 414

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Course Transferable to UC/CSU

Hours: 27 hours LEC

This course meets the requirements for American Red Cross certification in California Child Care Health & Safety Training which includes adult, child, and infant CPR and pediatric first aid. It also includes legal considerations, avoiding disease transmission, responding to sudden illnesses and injuries, and recognition of common childhood diseases. This course is not open to students who have completed ECE 414.

HEED 315 First Aid **.5 Units**

Advisory: ENGRD 116 or ESLR 320; or placement through the assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course provides guidelines that enable the citizen responder to give appropriate care to a victim who is injured or becomes suddenly ill. Topics include controlling bleeding, splinting, and treating seizures and heart attacks.

HEED 323 Cardio Pulmonary Resuscitation (CPR)/ Automated External Defibrillators (AED) for the Professional R **.5 Units**

Prerequisite: HEED 310 with a grade of "C" or better, or current American Red Cross or American Heart Association Community or Professional Rescuer CPR certification

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Course Transferable to CSU

Hours: 9 hours LEC

This course meets the requirements for Red Cross certification as a professional rescuer. It includes legal considerations, avoiding disease transmission, controlling severe bleeding, and moving victims, as well as professional rescuer situation practice sessions.

HEED 495 Independent Studies in Health Education **1-3 Units**

Prerequisite: None

Course Transferable to CSU

Hours: 54-162 hours LAB

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.