


Health Education


| American River College


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

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Health Education (HEED)

HEED 300 Health Science

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU; UC
General Education:	AA/AS Area III(b); CSU Area E1

This course focuses on 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.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- explain the principles of healthy living.
- analyze the relationship between lifestyle and a variety of diseases.
- describe the process of making healthy lifestyle changes.
- distinguish between myths and facts related to health and wellness.
- evaluate personal health behaviors.

HEED 308 Environmental Health Science

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340
Transferable:	CSU; UC

General Education:

AA/AS Area IV; CSU Area B2; IGETC Area 5B

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.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- describe and explain the scientific method and apply the scientific method to research involving human health and environmental factors.
- examine and discuss various environmental issues and related environmental diseases.
- analyze and integrate solutions to current environmental issues and environmental health problems.
- evaluate and critique current solutions for creating a sustainable society and formulate new possible solutions.

HEED 310 Community CPR and Adult AED

Units:	1
Hours:	18 hours LEC
Prerequisite:	None.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU; UC (UC credit limitation: HEED 310, 311, 316 & ECE 414 combined: maximum credit - one course)

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.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify and respond to life-threatening conditions (including breathing emergencies, cardiac emergencies, and severe bleeding)
- implement triage techniques
- demonstrate infant, child, and adult CPR skills
- appraise disease transmission prevention techniques as they relate to CPR and first aid procedures
- demonstrate the use of an AED on children and adult patients
- demonstrate conscious and unconscious choke rescue techniques on infants, children, and adult patients

HEED 311 CPR and Pediatric First Aid

Same As:	ECE 414
Units:	1.5
Hours:	27 hours LEC
Prerequisite:	None.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU; UC (UC credit limitation: HEED 310, 311, 316 & ECE 414 combined: maximum credit - one course)

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.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze and implement triage techniques
- assess the emergency care of life-threatening conditions
- evaluate and formulate emergency first aid techniques for common childhood injuries and illnesses
- demonstrate infant, child, and adult CPR skills
- appraise disease transmission prevention techniques as they relate to CPR and first aid procedures
- plan and design a functional first aid kit

HEED 315 First Aid

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.
Advisory:	ENGRD 116 or ESLR 320, or placement through the assessment process.
Transferable:	CSU

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.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- recognize that an emergency has occurred
- analyze and prioritize the injury, implementing triage techniques
- evaluate and apply emergency procedures for sudden illness
- evaluate and formulate emergency first aid techniques for injuries
- appraise disease transmission prevention techniques as they relate to first aid procedures

HEED 323 Cardio Pulmonary Resuscitation (CPR)/Automated External Defibrillators (AED) for the Professional Rescuer

Units:	0.5
Hours:	9 hours LEC
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.
Transferable:	CSU

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.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze and plan care for life-threatening conditions
- assess scenarios regarding legal considerations
- properly use Automated External Defibrillators (AED) and Bag Valve Mask (BVM) resuscitators
- appraise disease transmission prevention techniques for the professional rescuer
- evaluate and demonstrate proper technique of two-person CPR and jaw thrust
- assess an emergency scenario utilizing techniques of triage

HEED 494 Topics in Health Education

Units:	0.5 - 3
Hours:	9 - 54 hours LEC
Prerequisite:	None.
Transferable:	CSU

This course provides opportunities to study contemporary topics in health which are not included in current offerings or which require emphasis beyond existing courses.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- Explain basic health concepts pertaining to contemporary issues in health
- Apply basic health concepts to examine and analyze contemporary issues in health
- Examine, compare, and contrast various philosophies related to health
- Discriminate between scientific fact and myth pertaining to various issues in health
- Analyze health issues from various perspectives
- Propose solutions to current issues in contemporary health

HEED 495 Independent Studies in Health Education

Units:	1 - 3
Hours:	54 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU

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.

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