

Definition

Health education prepares individuals for healthy life-styles and promotes wellness throughout the life-span. (**Note: Contact SBCC @ <http://www.sbcc.edu/hit/website/> for Health Information Technology information.**)

Staff

To access faculty and staff, dial (661) 722-6300, then the 4-digit extension.

Program Advisement:

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V.M.

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Program Description

Health education courses have two primary goals:

1. To provide students with preparatory courses for transfer to a four-year educational program in health, community health and wellness.
2. To provide general education about health and wellness.

Distinctive Features

Day, evening and weekend classes are offered in health education.

Career Options

Community Health Worker
 Environmental Health Officer
 Health Administration
 Health Educator
 Teacher

Wellness Coordinator

(Most of these careers require education beyond the two-year college level.)

Certificate Program

Certificate not applicable.

Associate Degree

Associate degree not available.

Transfer

Students planning to continue studies at a four-year college or university after AVC should visit the Transfer Resource Center and consult with a counselor as soon as possible. Additional information on official transfer articulation agreements from AVC to many CSU/UC campuses can be found at the following Web site: www.assist.org

Prerequisite Completion

If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade in order to enroll in the next course. According to Title 5, Section 55200(d), a satisfactory grade is a grade of "A," "B," "C" or "P". Classes in which the Pass/No Pass option is available are indicated with an asterisk (*) before the course title. See "Pass/No Pass Option" in the catalog for full explanation.

Health Education Courses

HE 101 *HEALTH EDUCATION

3 units

3 hours weekly

Advisory: Eligibility for ENGL 099 and READ 099.

Students will explore health behaviors, health promotion and wellness concepts. The course includes study and analysis of specific life-style factors and their relationships to well-being and disease. Areas of study will include mental wellness, stress and stress management, physical fitness, nutrition, weight

management, drugs, alcohol, tobacco, heart disease, cancer, infectious diseases, sexuality, birth control, consumerism and environmental health. (CSU, UC, AVC)

HE 120 *STRESS MANAGEMENT

3 units

3 hours weekly

Advisory: Eligibility for College Level Reading and ENGL 099.

This course examines stress and stressors from a health and wellness perspective. It is designed to enable all students to understand the role of stress in their lives. The course focuses on the multi-dimensional nature of stress, the role of stress in the etiology of many chronic diseases, and the development of a personal stress management plan. It is based on a holistic approach to stress management, rather than an approach that just teaches a variety of individual coping techniques. (CSU, AVC)

HE 201 *WOMEN'S HEALTH ISSUES

3 units

3 hours weekly

Prerequisite: Completion of HE 101.

Advisory: Eligibility for College Level Reading and ENGL 101.

Students will explore health issues that relate specifically to women. Topics will include women and the healthcare system, mental health, drugs, alcohol and smoking, menstruation, mid-life and older-women's health, sexuality, fertility and infertility, childbearing, politics of disease, violence against women, and body image, food and nutrition. Each of the topics will be explored in relation to poverty, ageism, racism, and sexism. (CSU, UC, AVC)