

# HEALTH SCIENCE/COMMUNITY HEALTH

## Health, Athletics, Wellness, and Kinesiology Division

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<http://www.cabrillo.edu/programs>

### Program Description:

Health Science and Community Health are the academic disciplines concerned with the promotion of individual and community health as well as the prevention of disease and disability. The focus is on improving the quality of life. Career opportunities include: health education, health counseling, nutrition counseling, corporate health promotion, drug abuse coordination, health sociology, hospital administration, public health, epidemiology, bio-statistics, and program planning. This major prepares health practitioners who are technically skilled and effective in a variety of clinical, agency, and community settings. Employers include hospitals, government and voluntary agencies, school districts, and private industries.

### Model Program for Health Science

The following Model Program fulfills requirements for the A.A. Degree in Health Science at Cabrillo College. Specific lower division major preparation at four-year public institutions in California can be found at [www.assist.org](http://www.assist.org). Please see a counselor for advisement for transfer to any four-year institution.

### A.A. Degree: Health Science/Community Health

**A.A. General Education** **30 Units**

#### Core Courses (22 units)

BIO 4	Human Anatomy	4
BIO 5	Human Physiology	4
CAHM 20	Nutrition	3
CHEM 30A	Inorganic Chemistry for Health Occupations	4
CHEM 30B	Introductory Organic Chemistry and Biochemistry for Health Occupations	4
HS 10	Personal Health	3

#### Recommended from Related Disciplines:

BIO 6	Microbiology	4
ECON 1A	Introduction to Macroeconomics	3
ECON 1B	Introduction to Microeconomics	3
PSYCH 1	General Psychology	3
SOC 1	Introduction to Sociology: Understanding Society	3
or		
SOC 1H	Honors Introduction to Sociology: Understanding Society	3
SOC 2	Contemporary Social Problems	3
or		
SOC 2H	Honors Contemporary Social Problems	3

### Electives:

(Any Course Numbered 1-99) . . . . . 8

**Total Units** **60**

## Health Science/Community Health Courses

### HS 10

#### Personal Health

3 units; 3 hours Lecture

Repeatability: May be taken a total of 2 times.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores individual health with emphasis on disease prevention and body wellness including physical and mental health, nutrition, stress, human sexuality, infectious diseases, drug use, and alternative medicine. May satisfy basic California teaching credential requirements in health education. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU, UC, with limits: HS 10 & 20 combined with WS 8: maximum credit, 3 units.

### HS 12

#### Stress Management

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Examines stress theory and research as it relates to individual health; topics may include sources of stress, stress reduction, relationship of stress and illness, and personal applications.

*Transfer Credit:* Transfers to CSU.

### HS 15

#### Human Sexuality

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Surveys human sexuality topics and issues with a socio-psychological and multi-cultural focus. Topics may include: sexual attitudes and values; sex research; structure and function of genital system; gender roles; physiology of human sexual responses; communication and relationships; contraception; and reproduction.

*Transfer Credit:* Transfers to CSU, UC.

### HS 20

#### Introduction to Holistic Health and Medicine

3 units; 3 hours Lecture

Repeatability: May be taken a total of 3 times.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores research and applications of complementary and alternative medicine. Topics include integrative medicine, herbal and drug use, dietary research and nutraceuticals, preventive medicine, and psychoneuroimmunology.

*Transfer Credit:* Transfers to CSU, UC, with limits: HS 10 & 20 combined with WS 8: maximum credit-3 units.

**HS 21**

**Health and Physical Fitness**

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Studies the implications of physical activity relative to the mental, physical and social well-being of the individual in today's society. Upon completion of the course, students will be capable of determining their physical fitness, including aerobic capacity, body composition, flexibility, muscular strength, and endurance.

*Transfer Credit:* Transfers to CSU.

**HS 22**

**The Wellness Challenge**

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores personal wellness concepts in disease prevention while integrating diet, exercise, and stress factors with behavior change models for lifelong wellness. Emphasis on adopting and maintaining a healthy lifestyle, including assessments and reflection of health decisions.

*Transfer Credit:* Transfers to CSU.

**HS 24**

**Environmental Health**

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores the environmental factors that affect public health, including air and water pollution, climate change, food safety, waste management, and workplace health. Discusses fundamentals of managing environmental health problems on a community level and reducing environmental impact as individuals.

*Transfer Credit:* Transfers to CSU, UC.