

# Health Education

The Health Education program offers courses for students planning to transfer in a variety of health-related fields as well as for students needing to fulfill general education requirements.

Career opportunities include teaching; health care administration; federal, state, and local health care agency work (such as for the County Health Department, Cal OSHA, and the Environmental Protection Agency); and health care and education in the private sector.

## Academic and Career Pathway

Health Sciences

## Contact Information

**Chair:** Robert Fulbright  
**Dean:** Danielle Lauria  
<https://www.miracosta.edu/academics/degree-and-certificate-programs/health-sciences/health-education/index.html>

**Department:** Kinesiology, Health and Nutrition  
**Office:** Building OC5100, 760.757.2121 x6466

## Full-Time Faculty

Robert Fulbright  
 Casey McFarland  
 Gail Meinhold

## Associate Degrees

### Associate in Science Degree Public Health for Transfer

Students completing this associate degree will have completed lower-division major preparation requirements for a public health degree, an emphasis or option within a public health degree, or a degree considered similar to public health at a participating California State University (CSU) campus.

Following transfer to a participating CSU campus, students will be required to complete no more than 60 units to obtain a bachelor's degree; however, some CSU campuses may require additional lower-division major preparation. This degree may not be appropriate preparation for students transferring to a CSU campus not accepting this degree or to a university or college that is not part of the CSU system. Students should consult with a MiraCosta counselor for further information regarding the most efficient pathway to transfer as a public health major and to determine which CSU campuses are participating in this program.

### Graduation Requirements

- ▶ Complete a minimum of 60 CSU-transferable semester units.
- ▶ Complete all courses required in the major with a "C" or "P" or better.
- ▶ Complete the CSU-GE (Plan B) or IGETC (Plan C)\* general education pattern. \*Students completing IGETC may be awarded the degree, but they must complete a course from Area IC: Oral Communication to meet CSU admission requirements.
- ▶ Obtain a minimum CSU-transferable GPA of 2.0.

- ▶ Complete a minimum of 12 units in residence at MiraCosta College.

### Program Student Learning Outcome

Upon successful completion of this program, students will be able to relate and apply the key theories and concepts of public health to advanced academic study.

### Course Requirements

Required courses:

HEAL 101	Principles of Health *	3
HEAL 180	Introduction to Public Health	3
BIO 110	Introductory Biology: Preparation for Pre-Health Professions (Lecture/Lab) *	4
or BIO 111 & 111L	Introductory Biology: Preparation for Pre-Health Professions (Lecture) and Introductory Biology: Preparation for Pre-Health Professions (Lab)	
BTEC 180	Biostatistics *	3-5
or BTEC 180H	Biostatistics (Honors)	
or BUS 204	Business Statistics	
or BUS 204H	Business Statistics (Honors)	
or MATH 103	Statistics	
or MATH 103H	Statistics (Honors)	
or MATH 103S	Statistics with Integrated Support	
or PSYC 104	Statistics for Behavioral Science	
or PSYC 104H	Statistics for Behavioral Science (Honors)	
or SOC 125	Introduction to Statistics in Sociology	
List A: Select one course (4-5 units).		4-5
BIO 210	Human Anatomy	
or BIO 210H	Human Anatomy (Honors)	
BIO 220	Human Physiology *	
BIO 230	Introduction to Microbiology *	
CHEM 150	General Chemistry I: For Science Majors *	
or CHEM 150H	General Chemistry I: For Science Majors (Honors)	
List B: Select one course (3 units).		3
NUTR 100	Nutrition Today *	
or NUTR 100H	Nutrition Today (Honors)	
PSYC 101	General Psychology *	
or PSYC 101H	General Psychology (Honors)	
SOC 101	Introduction to Sociology *	
or SOC 101H	Introduction to Sociology (Honors)	
List C: Select one course (3 units).		3
ANTH 120	Global Health *	
HEAL 205	Integrative Health and Wellness	
HEAL 222	Stress Management *	
<b>Total Units</b>		<b>23-26</b>

\* Course and its "or" counterpart(s) satisfy a general education requirement on the CSU-GE or IGETC general education (GE) pattern. To ensure this degree is completed with no more

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than 60 units, students should select courses that will also satisfy a GE requirement.

### Note:

Students are strongly advised to select courses that meet lower-division major preparation requirements at their transfer university and to complete the History, Constitution, and American Ideals requirement prior to transfer.

## Courses

### HEAL 101: Principles of Health

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. It emphasizes individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include exercise, weight control, nutrition, mental health, stress management, violence, substance abuse, reproductive health, human sexuality, disease prevention, aging, and environmental hazards and safety. C-ID PHS-100.

### HEAL 108: Meditation

Units: 1

Prerequisites: None

Acceptable for Credit: CSU

Laboratory 3 hours.

Course Typically Offered: Fall or Spring

This course introduces students to the practice of meditation to reduce stress and enhance wellness. Students learn a variety of meditation styles, breathing techniques, relaxation practices, and cognitive tools for practicing mindfulness. Topics include the health benefits of meditation, the history of meditation, and tools to adopt a regular practice of meditation.

### HEAL 180: Introduction to Public Health

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring

This course introduces the public health discipline and the factors that influence health and disease from a population-based perspective. It provides an overview of public health profession functions and institutions as well as an in-depth examination of the core public health disciplines. Topics include the epidemiology of infectious and chronic diseases; prevention and control of diseases; social determinants of health; illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; healthcare policy; and career opportunities in public health. C-ID PHS-101.

### HEAL 200: First Aid and Safety

Units: 1

Prerequisites: None

Acceptable for Credit: CSU

Lecture 1 hour.

Course Typically Offered: Fall, Spring

This course acquaints the individual with emergency first aid procedures. It teaches the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. Topics include musculoskeletal injuries, controlling external bleeding, burns, breathing emergencies, diabetic emergencies, seizures, fainting, epilepsy, stroke, and environmental emergencies. Students who successfully pass all first aid requirements have the opportunity to become certified in first aid by the American Red Cross (valid for 2 years).

### HEAL 201: CPR and AED

Units: 1

Prerequisites: None

Acceptable for Credit: CSU

Lecture 1 hour.

Course Typically Offered: Fall, Spring

This course prepares students to perform high-quality cardiopulmonary resuscitation (CPR) skills consistent with the American Heart Association (AHA) Basic Life Support (BLS) course. The AHA BLS course is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings. The AHA BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an automated external defibrillator (AED). Students who successfully pass all CPR/AED requirements have the opportunity to receive an AHA BLS Provider course completion card (valid for 2 years).

### HEAL 205: Integrative Health and Wellness

Units: 3

Prerequisites: None

Acceptable for Credit: CSU

Lecture 3 hours.

Course Typically Offered: Fall, Spring

This course introduces evidence-based integrative approaches to health and wellness that consider the whole person—body, mind, and spirit. The course is broken into six parts: characteristics of integrative medicine; mind-body sciences; integrative nutrition; botanicals/herbal medicine and aromatherapy/essential oils; energy therapies, manual healing, and yoga; and future expectations of integrative health. All topics are informed by science and follow the scientific method. Students develop a preliminary portfolio in a selected area of integrative health and wellness.

**HEAL 222: Stress Management**

Units: 3

Prerequisites: None

Acceptable for Credit: CSU

Lecture 3 hours.

Course Typically Offered: Fall, Spring

This course introduces students to the concepts of stress management and prevention. It emphasizes the analysis of stressful events, application of appropriate techniques, and development and implementation of a stress reduction/prevention plan. Topics include the physiology of the stress response, adaptive and maladaptive behaviors, stress-prevention strategies, stress-reduction techniques, and how to implement a self-care stress-reduction plan.

**HEAL 292: Internship Studies**

Units: 0.5-14

Prerequisites: None

Corequisite: Complete 54 hours of work per unit, paid or unpaid.

Enrollment Limitation: Instructor, dept chair, and Career Center approval. Fourteen unit maximum in any combination of work experience education and/or internship studies per semester.

Acceptable for Credit: CSU

Course Typically Offered: Fall, Spring, and Summer

This course provides students the opportunity to apply the theories and techniques of their discipline in an internship position in a professional setting under the instruction of a faculty-mentor and site supervisor. It introduces students to aspects of the roles and responsibilities of professionals employed in the field of study. Topics include goal-setting, employability skills development, and examination of the world of work as it relates to the student's career plans. Students must develop new learning objectives and/or work/intern at a new site upon each enrollment.

**HEAL 296: Topics in Health**

Units: 1-3

Prerequisites: None

Acceptable for Credit: CSU

Lecture 1 hour.

Lecture 2 hours.

Lecture 3 hours.

Course Typically Offered: To be arranged

This course gives students an opportunity to study topics in Health that are not included in regular course offerings. Each Topics course is announced, described, and given its own title and 296 number designation in the class schedule.

**HEAL 299: Occupational Work Experience Education**

Units: 0.5-14

Prerequisites: None

Corequisite: Complete 54 hours of work per unit, paid or unpaid.

Enrollment Limitation: Career Center approval. Fourteen unit maximum in any combination of work experience education and/or internship studies per semester.

Acceptable for Credit: CSU

Course Typically Offered: Fall, Spring, and Summer

This course is intended for students who are employed in a job directly related to their major or career area of interest. It allows such students the opportunity to apply the theories and skills of their discipline to their position and to undertake new responsibilities and learn new skills at work. Topics include goal-setting, employability skills development, and examination of the world of work as it relates to the student's career plans. Students must develop new learning objectives and/or work/intern at a new site upon each enrollment.