

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: Casey McFarland

Dean: Al Taccone

<https://www.miracosta.edu/academics/degree-and-certificate-programs/health-sciences/health-education/index.html>

Department: Kinesiology, Health and Nutrition

Office: Building OC4800, 760.795.6811

Full-Time Faculty

Robert Fulbright
Casey McFarland
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Associate Degrees

Associate in Science Degree

Public Health Science for Transfer

Students completing this associate degree will have completed lower-division major preparation requirements for a public health science degree, an emphasis or option within a public health science degree, or a degree considered similar to public health science 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 science major and to determine which CSU campuses are participating in this program.

To complete the degree, students must fulfill the following 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.
- ▶ Obtain a minimum CSU-transferable GPA of 2.0.
- ▶ Complete a minimum of 12 units in residence at MiraCosta College.

* Students completing IGETC may be awarded the degree, but they must complete a course from Area IC: Oral Communication to meet CSU admission requirements.

Program Student Learning Outcome Statement

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.

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) *	3-4
or BIO 111	Introductory Biology: Preparation for Pre-Health Professions (Lecture)	
CHEM 150	General Chemistry I: For Science Majors *	5
or CHEM 150H	General Chemistry I: For Science Majors (Honors)	
PSYC 101	General Psychology *	3
or PSYC 101H	General Psychology (Honors)	
BIO 210	Human Anatomy	4
or BIO 210H	Human Anatomy (Honors)	
BIO 220	Human Physiology *	4
BUS 204	Business Statistics *	3-4
or BTEC 180	Biostatistics	
or MATH 103	Statistics	
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.		3
ECON 101	Principles of Economics: MACRO *	
ECON 102	Principles of Economics: MICRO *	
NUTR 100	Nutrition Today *	
NUTR 100H	Nutrition Today (Honors) *	
PSYC 115	Human Sexuality *	
SOC 101	Introduction to Sociology *	
SOC 101H	Introduction to Sociology (Honors) *	
Total Units		31-33

* Course satisfies a general education requirement on the CSU-GE or IGETC general education (GE) pattern. To ensure this degree is completed with no more than 60 units, students should select courses that will also satisfy a GE requirement. Note: BIO 111, CHEM 150H, PSYC 101H, and all of the statistics courses listed are also GE courses.

NOTE: To ensure this degree is completed with no more than 60 units, students should select courses that will also satisfy a general education requirement. Students are strongly advised to complete the CSU History, Constitution, and American Ideals graduation requirement prior to transfer.

Health Education

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: 0.5-3

Prerequisites: None

Corequisite: Complete 75 hrs paid or 60 hrs non-paid work per unit.

Enrollment Limitation: Instructor, dept chair, and Career Center approval. May not enroll in any combination of cooperative work experience and/or internship studies concurrently.

Acceptable for Credit: CSU

Course Typically Offered: To be arranged

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 intern at a new site upon each repetition. Students may not earn more than 16 units in any combination of cooperative work experience (general or occupational) and/or internship studies during community college attendance.

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 Cooperative Work Experience

Units: 1-4

Prerequisites: None

Corequisite: Complete 75 hrs paid or 60 hrs non-paid work per unit.

Enrollment Limitation: Career Center approval. May not enroll in any combination of cooperative work experience and/or internship studies concurrently.

Acceptable for Credit: CSU

Course Typically Offered: To be arranged

Occupational Cooperative Work Experience Education is intended for students employed in a job directly related to their major. 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 may not earn more than 16 units in any combination of cooperative work experience (general or occupational) and/or internship studies during community college attendance.