

HEALTH EDUCATION (HE)

Credit Courses

HE 101 Personal Health Awareness (3 Units)

Limitations on Enrollment: Graduation from high school or 17 years of age.

Hours: 54 (54 lecture)

Course designed to identify and find ways in which to deal with a variety of health issues, including mental and emotional health, value systems, drugs and alcohol, fitness and nutrition, sexuality and relationships, death and dying, cardiovascular disease and cancer.

SBCC General Education: SBCCGE Area E3 PE

Transfer Information: CSUGE Area E, SBCCGE Area 7, CSU Transferable, UC Transferable

UC Transfer Limit: HE 101 and 102 combined: maximum credit, one course.

HE 102 Personal Health for Women (3 Units)

Hours: 54 (54 lecture)

Lecture course designed for both men and women which deals with a variety of health issues, with special emphasis and focus on health factors unique to women. Topics include mental and emotional health, date rape, partner and child abuse, drugs and alcohol, fitness and nutrition, and sexuality and relationships.

SBCC General Education: SBCCGE Area E3 PE

Transfer Information: CSUGE Area E, SBCCGE Area 7, CSU Transferable, UC Transferable

UC Transfer Limit: HE 101 and 102 combine: maximum credit, one course.

HE 103 Responding to Medical Emergencies (3 Units)

Hours: 54 (54 lecture)

Recommended for all students who have an interest in learning to recognize, assess and provide care for injuries or sudden illness until professional medical help arrives. Emphasizes the importance of a safe, healthy lifestyle and the prevention of injuries. American Red Cross Responding to Emergency and Adult CPR certification possible.

Transfer Information: SBCCGE Area 7, CSU Transferable, UC Transferable

UC Transfer Limit: HE 103, HE 104, HE 108 combined: maximum credit, 1 course.

C-ID: KIN 101.

HE 104 Introduction to Athletic Injuries (3 Units)

Course Advisories: BIOL 100 or BMS 100.

Hours: 54 (54 lecture)

Teaches students interested in allied health professions, coaching or personal enhancement the methods of prevention, recognition and care of sports-related injuries through lecture and hands-on experience. Comprehension of injury-causing mechanisms, the resulting pathology, protective taping/wrapping and an awareness of the duties of the athletic trainer are emphasized.

Transfer Information: CSU Transferable, UC Transferable

UC Transfer Limit: HE 103, HE 104, HE 108 combined: maximum credit, 1 course.

HE 108 Advanced Assessment And Treatment Of Athletic Injuries (3 Units)

Prerequisites: HE 104.

Course Advisories: BMS 107.

Hours: 54 (54 lecture)

Teaches students interested in paramedical professions (pre-med, physical therapy, athletic training) and coaching. Covers proper methods of systematic evaluation and rehabilitative principles/techniques of athletic injuries through lecture and "hands on" laboratory. Comprehension of evaluation skills in scenarios, theory/utilization of modalities, and implementation of rehabilitative techniques for sport injuries is stressed.

Transfer Information: CSU Transferable, UC Transferable

UC Transfer Limit: HE 103, HE 104, HE 108 combined: maximum credit, 1 course.

HE 110 Sports Nutrition (3 Units)

Hours: 54 (54 lecture)

Examines nutrients and their effects on physical performance. Topics include basic nutrition principles, pre- and post-exercise nutrition, eating for weight control/gain, proper hydration and eating disorders. Also examines the pharmacological, hormonal, physiological and nutritional agents that have purported ergogenic properties.

Transfer Information: CSUGE Area E, SBCCGE Area 7, CSU Transferable, UC Transferable

HE 201 Introduction to Healthy Aging (3 Units)

Hours: 54 (54 lecture)

Introductory course of Healthy Aging Resources and Programs Skills Competency Award. Designed to identify and examine the biological, psychological, and social issues associated with the aging process, and reviews aspects of healthy aging among adults.

Transfer Information: CSUGE Area E, SBCCGE Area 7, CSU Transferable, UC Transferable

HE 213 Concepts in Health and Physical Fitness (3 Units)

Hours: 54 (54 lecture)

This course examines current health and physical fitness concepts which prevent disease and enhance the quality of life. Emphasis is placed on applying theory to everyday living. Topics covered include personal health profiles, heart disease and risk factor identification, exercise prescription, muscular and cardiovascular fitness, weight management, stress management, posture evaluation and nutritional analysis.

SBCC General Education: SBCCGE Area E3 PE

Transfer Information: CSUGE Area E, SBCCGE Area 7, CSU Transferable, UC Transferable

UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units.

HE 220 Fundamentals Of Exercise Testing And Fitness Instruction (3 Units)

Hours: 54 (54 lecture)

Designed to teach physical fitness assessment skills and evaluation, exercise program design with appropriate modification for special populations. Students will learn how to teach individual and group exercise sessions.

Transfer Information: CSU Transferable

HE 290 Work Experience in Healthy Aging (1-4 Units)

Hours: 216 (216 lab)

Provides students opportunities to work in Evidenced-Based Health Promotion Programs and programs specifically for health promotion for older adults. Work/Internship opportunities for students enrolled in the Healthy Aging programs. Course restricted to 3 repetitions

Transfer Information: CSU Transferable