

# HEALTH

Health is defined as “the art and science of preventing disease, prolonging life, and promoting health through the organized efforts of society” (Acheson, 1988; WHO).

Courses and degrees in the Health category are intended to teach students how to maintain health, improve health, and prevent the deterioration of health. Health courses and degrees focus on the entire spectrum of health not just the eradication of diseases. This includes an emphasis on the social, physical, emotional, spiritual, mental, and occupational aspects. Courses and degrees also cover targeted populations including public health services, and individual services such as vaccinations, behavioral counseling, and health advice. Physical Education is required for the Associate Degree and Health courses fulfill this requirement.

See the Nutrition and Dietetics, AS-T (p. 1) degree - The food we eat has a significant impact on our health, according to a number of scientific studies. Changes in diet can help prevent or control many health problems, including obesity, diabetes, and certain risk factors for cancer and heart disease. Dietetics is the science of how food and nutrition affect human health.

See the Public Health Science, AS-T (p. 1) degree - The field of public health plays a crucial role in the promotion of health, prevention and treatment of disease, and education of individuals to learn about managing illness and disabilities. Every scientific finding, awareness campaign, and new policy has the potential to positively impact the lives of millions of people around the world.

As part of the Kinesiology department, you may also be interested in the Kinesiology, AA-T (<https://catalog.vvc.edu/degrees-certificates/kinesiology/#KINT-AA>) degree, the Dance, AA (<https://catalog.vvc.edu/degrees-certificates/kinesiology-dance/#DANCE-AA>) degree, the Fundamental Dance Teacher (<https://catalog.vvc.edu/degrees-certificates/kinesiology-dance/#FUNDANTEA-CERT>) certificate, or the Athletic Training (<https://catalog.vvc.edu/degrees-certificates/kinesiology/#certificatestext>) certificates.

## Faculty

Blanchard, Debra

White, Christa

## Nutrition and Dietetics, AS-T

**State Control Number:** 40161

**Program Code:** NADT.AS or NADT.IGETC.AS

**Approved for Federal Financial Aid:** Yes

The Nutrition and Dietary Science Associate of Science Transfer Degree focus on the principles and methodologies used in the study of nutrition and dietetics. Students will acquire the foundational knowledge necessary to pursue post-secondary degrees in nutrition and dietetics. The Associate in Science in Nutrition and Dietary Science for Transfer is designed to provide students a clear transfer pathway to the CSU within the health science field major and the completion of baccalaureate degree, with guaranteed admission to a CSU to a similar major with junior standing, and the ability to complete their remaining requirements within 60 semester or 90 quarter units. Additionally, the Nutrition and Dietary Science A.S.-T focuses on providing job-related and introduction to the various career pathways within this field. The Nutrition and Dietary

field include disciplines such as nutritionist, dietary counselor, hospital dietary expert, patient health navigator, health education outreach, biostatistics, health services, environmental health, behavioral health, and occupational health.

To earn this degree complete the major coursework listed here with “C” grades or better and the following graduation requirements: 60 CSU transferable units; either the CSU General Education (<https://catalog.vvc.edu/degrees-certificates/csuge-breadth/#csuge>) or IGETC (<https://catalog.vvc.edu/degrees-certificates/igetc/#igetc>) (for CSU or UC) pattern; and a 2.0 minimum overall CSU GPA. Courses used in the major may also be counted in the general education areas. Courses used for this major may also be used to earn other degrees at VVC.

Code	Title	Units
<b>Required Courses</b>		
BIOL 110	Introduction to Human Nutrition	3.0
PSYC 101	Introductory Psychology	3.0
CHEM 201	General Chemistry	5.0
BIOL 221	General Microbiology	5.0
<b>List A</b>		
Complete two courses from the following:		7.0-10.0
CHEM 202	General Chemistry	
CHEM 281	Organic Chemistry	
BIOL 211	Human Anatomy	
	or BIOL 231 Human Physiology	
MATH 120	Introduction to Statistics	
	or MATH 120H	
	or MATH 120S Introduction to Statistics With Skills Support	
	or PSYC 215 Introduction to Statistics in Social and Behavioral Sciences	
<b>List B</b>		
HLTH 202	Nutrition for Fitness	3.0
<b>Total Units</b>		<b>26-29</b>

## Public Health Science, AS-T

**State Control Number:** 40052

**Program Code:** PHS.AST or PHS.IGETC.AST

**Approved for Federal Financial Aid:** Yes

The Public Health Science Associate of Science Transfer Degree focuses on disease and injury prevention strategies for community and individual wellness. The Associate in Science in Public Health Science for Transfer is designed to provide students a clear transfer pathway to the CSU within the health science field major and the completion of a baccalaureate degree, with guaranteed admission to a CSU to a similar major with junior standing, and the ability to complete their remaining requirements within 60 semester or 90 quarter units. Additionally, the Public Health Science A.S.-T focuses on providing job-related and introduction to the various career pathways within this field. The public health field includes disciplines such as patient health navigator, health education outreach, epidemiology, biostatistics, health services, environmental health, behavioral health, and occupational health.

To earn this degree complete the major coursework listed here with “C” grades or better and the following graduation requirements: 60 CSU transferable units; either the CSU General Education (<https://catalog.vvc.edu/degrees-certificates/csuge-breadth/#csuge>) or IGETC (<https://catalog.vvc.edu/degrees-certificates/igetc/#igetc>) (for CSU or

UC) pattern; and a 2.0 minimum overall CSU GPA. Courses used in the major may also be counted in the general education areas. Courses used for this major may also be used to earn other degrees at VVC.

Code	Title	Units
<b>Required Courses</b>		
HLTH 102	Contemporary Problems in Personal and Community Health	3.0
HLTH 101	Introduction to Public Health	3.0
MATH 120 or MATH 120H or MATH 120S	Introduction to Statistics Introduction to Statistics With Skills Support	4.0-5.0
BIOL 107	Introduction to Human Biology	4.0
CHEM 100	Introductory Chemistry	4.0
PSYC 101	Introductory Psychology	3.0
BIOL 211	Human Anatomy	5.0
BIOL 231	Human Physiology	5.0
<b>List A</b>		
Complete one course from the following:		3.0
BIOL 110 or HLTH 202	Introduction to Human Nutrition Nutrition for Fitness	
ECON 101	Principles of Economics: Macro	
ECON 102	Principles of Economics: Micro	
PSYC 121	Introduction to Human Sexuality	
SOC 101	Introduction to Sociology	
<b>Total Units</b>		<b>34-35</b>

## Community Health Worker Certificate of Completion

(Noncredit)

State Control Number: 43596

Program Code: HLTH.COHW.CCN

Approved for Federal Financial Aid: No

his non-credit certificate is for students who plan to pursue a career in community health or social work. This program is ideal for returning adult learners, those who have been out of school for some time, new immigrants who are learning about how human service professions function in the United States, or those who are making a career shift into social work and human services. Students learn about the various roles community health workers have in our communities, create lasting connections with fellow classmates, hear guest talks given by local professionals in the field, clarify career goals, and become prepared for entering a for-credit program.

The certificate enables students to gain exposure to various career options in community health and develop skills necessary for entry-level employment in the field. Topics covered include an overview of community health work, terminology, and basic physiology, assessment of health promotion programs, individual and community advocacy, basic skills for the profession, survey of community health workers and agencies, cultural humility, implicit bias, professional behavior, ethics, and all nine industry-standard CHW core competencies (communications, professional and personal development, cultural competency and ethnic diversity, health care systems, barriers and resources, technology).

Total Certificate Hours: 72.0 - 81.0

Code	Title	Units
<b>Required Courses</b>		
HLTH 0108	Community Health Worker I	0.0
HLTH 0109	Community Health Worker II	0.0
<b>Total Units</b>		<b>0</b>

## Community Mental Health Certificate of Completion

(Noncredit)

State Control Number: 43596

Program Code: HLTH.COMEHE.CCN

Approved for Federal Financial Aid: No

This noncredit certificate is designed to provide an introductory overview of the mental health spectrum, including wellness, recovery, and resiliency for individuals working or hoping to work in community mental health organizations. The certificate will provide an overview of mental health terminology used on a community college campus or within the local community, including K-12 institutions. Topics will include the promotion of help-seeking behavior and social connectedness while reducing stigma and discrimination associated with mental illness. This certificate will be interactive and will include a service-learning project. The program would benefit those working in counseling-related fields who wish to learn more about mental health so that they can be better prepared to serve their clients.

Total Certificate Hours: 16.0 - 18.0

Code	Title	Units
<b>Required Courses</b>		
HLTH 0105	Community Mental Health Preparation I Community Health	0.0
HLTH 0106	Community Mental Health Preparation II Community Health	0.0
<b>Total Units</b>		<b>0</b>

## Health Courses

### HLTH 101 Introduction to Public Health (3.0 Units)

This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines is covered. Topics of the discipline include the epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and strategies for eliminating disease, illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management. CSU/UC

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

**HLTH 102 Contemporary Problems in Personal and Community Health (3.0 Units)**

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include but are not limited to nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety. Grade Option. CSU,UC

Recommended Preparation: ENGL 101.0

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

**HLTH 102H Honors Contemporary Problems in Personal And Community Health (3.0 Units)**

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include but are not limited to nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety. CSU

Lecture Hours: 54.0

Transfer: Transfers to CSU only

**HLTH 0105 Community Mental Health Preparation I Community Health (0.0 Units)**

This noncredit course is an introduction and the first of two classes in a year-long program to a behavioral health care model and for the completion of a Community Mental Health Certificate of Completion. Will explore the range of community-based services. The course explores such topics as wellness, recovery, resiliency, and careers in mental health. Students will plan a service-learning project that will be completed in the second semester, HLTH 0106, to benefit an identified affinity group on campus. Not applicable to an associate degree.

Lecture Hours: 9.0

Transfer: Not transferable

**HLTH 0106 Community Mental Health Preparation II Community Health (0.0 Units)**

This noncredit course is the second in a year-long program to the behavioral health care model and for the Community Mental Health Certificate of Completion. The course explores such topics as wellness, recovery, resiliency, and careers in mental health. Students will complete a service-learning project that will benefit an identified affinity group on campus. Not applicable to associate degree.

Lecture Hours: 9.0

Transfer: Not transferable

**HLTH 0108 Community Health Worker I (0.0 Units)**

Community Health Worker I is the first 36 hours of the 72 hours program. Community health workers are lay members of communities who work in association with local healthcare systems, academic institutions, health departments, and community-based organizations. They typically share the ethnicity, language, socioeconomic status, and life experiences of the community members they serve. Their primary function is to serve as liaisons between the community and the health care system and/or resources within the community.

Lecture Hours: 40.5

Transfer: Not transferable

**HLTH 0109 Community Health Worker II (0.0 Units)**

Community Health Worker II is the second 36 hours of the 72 hours program. Community health workers are lay members of communities who work in association with local healthcare systems, academic institutions, health departments, and community-based organizations. They typically share the ethnicity, language, socioeconomic status, and life experiences of the community members they serve. Their primary function is to serve as liaisons between the community and the health care system and/or resources within the community.

Lecture Hours: 40.5

Transfer: Not transferable

**HLTH 202 Nutrition for Fitness (3.0 Units)**

Nutrition is an integral part of fitness. Explore the affects of proteins, fats, carbohydrates, water, minerals and vitamins on fitness and health. Grade option. CSU/UC

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

**HLTH 203 Women's Health Issues Community Health (3.0 Units)**

This course analyzes the biological, psychological, and sociocultural aspects of women's health, and explores health services, health education, and healthcare delivery systems. Social determinants of health and health inequities are examined, as well as contemporary issues including sexual and gender roles, racial inequities, age issues, and the role of women in the family, workforce, community, and society. CSU

Lecture Hours: 54.0

Transfer: Transfers to CSU only

**HLTH 204 Health and Social Justice (3.0 Units)**

This course provides an introduction to the health inequities in the United States that stem from unequal living conditions. Students will explore how education, socioeconomic status, racism, and gender shape health epidemics and policy development. The basic skills necessary for advocating for health and social justice will be theoretically demonstrated.

Lecture Hours: 54.0

Transfer: Not transferable

**HLTH 205 Drugs, Health and Society (3.0 Units)**

Examination of the use, misuse, and abuse of drugs, both licit and illicit, in American society and the effects of selected substances on the human brain. Includes historical, political, social, economic, and health-related aspects; drug dependency, treatment, rehabilitation, and prevention education. Focuses on the impact of psychoactive drugs on the individual and society, and its relevance to personal and public health.

Lecture Hours: 54.0

Transfer: Transfers to CSU only

## Program Learning Outcomes

Program Learning Outcomes (PLOs) are statements of the kind of learning a program hopes a student will achieve. The PLOs describe the knowledge, skills, problem-solving, communication and values that apply to all certificates and/or degrees within that program.

Upon completion of this program, students should be able to:

1. Recognize fundamental concepts of physical activity, nutrition, and health, and apply critical thinking to solve problems from the student's personal perspective and a public perspective.
2. Critically evaluate forms of information related to Kinesiology and physical education, the student's personal health and public health, including nutrition.

3. Demonstrate social responsibility to improve quality of life for others and ensure equitable access for diverse groups by creating appropriate environments to initiate and maintain a physically active and a healthy lifestyle.
4. Integrate concepts of self-care to build resiliency.
5. Develop a program that will promote student mental health, connect students to mental health services, or reduce stigma associated with help-seeking behavior.
6. Explain the career opportunities as a community health worker.
7. Demonstrate skills for placement in entry-level volunteer, internship, or paid opportunities.
8. Determine a successful pathway to reach career goals as a community health worker.