

HEALTH (HELH)

HELH-100 Community First Aid & Safety **3 Units**

54 hours lecture; 54 hours total

This course involves the theory and detailed demonstration of the first aid care of the injured. The student will learn to assess the condition of a victim and incorporate proper treatment. Standard first aid, CPR, and AED certification(s) will be granted upon successful completion of requirements

Transfers to both UC/CSU

HELH-106 Personal & Community Health **3 Units**

54 hours lecture; 54 hours total

This course provides an overview of the personal and social aspects of health, while analyzing the interaction and effects of behavioral, environmental, social, spiritual, occupational, and physical factors. Students in this course apply the basic principles of wellness and health science to develop an informed, personal approach to mental and physical health. topics will include nutrition, exercise, weight control, stress management, mental health, violence prevention, reproductive health, aging and environmental hazards and safety.

Transfers to both UC/CSU

HELH-109 Sport Nutrition & Weight Management **3 Units**

54 hours lecture; 54 hours total

This course is designed to provide students with a foundation of optimal nutrition for health and fitness. Focus is on importance of nutrients in a healthy diet for sports and weight management; appropriate 'fueling' for increased endurance; basics of energy metabolism and maximizing body fat loss; and skills to identify nutrition quackery and fad diets.

Appropriate for all skill levels.

Transfers to both UC/CSU

HELH-110 Drugs and Athletic Performance **3 Units**

54 hours lecture; 54 hours total

This course will provide an overview to drug and ergogenic aids and the connection to athletic performance and dance.

Transfers to CSU only

HELH-115 Health and Social Justice **3 Units**

54 hours lecture; 54 hours total

This course provides an introduction to the health inequities in the United States that stem from unequal living conditions. Students will explore the impacts of education, economic status, race and ethnicity and gender impact one's health. basic skills necessary for advocating for health and social justice will be theoretically demonstrated.

Transfers to CSU only