

HEALTH SCIENCE/COMMUNITY HEALTH

Health, Athletics, Wellness, and Kinesiology Division

Ian Haslam, Division Dean

Division Office, Room 1102

Patrick Meyer, Department Chair, (831) 479-6210

Aptos Counseling: (831) 479-6274 for appointment

Watsonville Counseling: (831) 786-4734

Call (831) 479-6266 for more information

<http://www.cabrillo.edu/programs>

Health Science A.A. Degree

Health Science and Community Health are the academic disciplines concerned with the promotion of individual and community health as well as the prevention of disease and disability. The focus is on improving the quality of life. Career opportunities include: health education, health counseling, nutrition counseling, corporate health promotion, drug abuse coordination, health sociology, hospital administration, public health, epidemiology, bio-statistics, and program planning. This major prepares health practitioners who are technically skilled and effective in a variety of clinical, agency, and community settings. Employers include hospitals, government and voluntary agencies, school districts, and private industries.

Learning Outcomes

The Cabrillo College Core Competencies (with an emphasis in the study of Health Science):

1. Communication: Reading, Writing, Listening, Speaking, and/or Conversing
2. Critical Thinking and Information Competency: Analysis, Computation, Research, Problem Solving
3. Global Awareness: An appreciation of Scientific Processes, Global Systems and Civics, and Artistic Variety
4. Personal Responsibility and Professional Development: Self-Management and Self-Awareness, Social and Physical Wellness, Workplace Skills

Model Program for Health Science

An Associate Degree requires 60 units appropriate to your educational goal, to include general education and at least 18 units in a major. Courses should be selected to meet the lower-division major preparation requirements at your intended transfer university - these specific requirements can be found at www.assist.org for 4-year public institutions in California. Please see a counselor for advisement to ensure you are taking the best possible courses given your goal.

The department presents the following suggested Model Program for this major. The courses listed below may or may not be appropriate depending on your specific goal. Please see a counselor for advisement for transfer to any 4- year institution.

A.A.General Education 30 Units

Core Courses	
BIO 4	Human Anatomy..... 4
BIO 5	Human Physiology 4
CAHM 20	Nutrition 3
CHEM 30A	Inorganic Chemistry for Health Occupations..... 4
CHEM 30B	Introductory Organic Chemistry and Biochemistry for Health Occupations 4
HS 10	Personal Health..... 3

Recommended from Related Disciplines: Units

BIO 6	Microbiology 4
-------	----------------------

ECON 1A	Introduction to Macroeconomics 3
ECON 1B	Introduction to Microeconomics 3
PSYCH 1	General Psychology 3
or	
PSYCH 1H	Honors General Psychology 3
SOC 1	Introduction to Sociology: Understanding Society..... 3
or	
SOC 1H	Honors Introduction to Sociology: Understanding Society..... 3
SOC 2	Contemporary Social Problems 3
or	
SOC 2H	Honors Contemporary Social Problems 3
Electives:	
(Any Course Numbered 1-99).....	8
Total Units	60

Health Science/Community Health Courses

HS 10 Personal Health

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Explores individual health with emphasis on disease prevention and body wellness including physical and mental health, nutrition, stress, human sexuality, infectious diseases, drug use, and alternative medicine. May satisfy basic California teaching credential requirements in health education. May be offered in a Distance-Learning Format.

Transfer Credit: Transfers to CSU; UC.

HS 12 Stress Management

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Examines stress theory and research as it relates to individual health; topics may include sources of stress, stress reduction, relationship of stress and illness, and personal applications.

Transfer Credit: Transfers to CSU.

HS 15 Human Sexuality

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Surveys human sexuality topics and issues with a socio-psychological and multi-cultural focus. Topics may include: sexual attitudes and values; sex research; structure and function of genital system; gender roles; physiology of human sexual responses; communication and relationships; contraception; and reproduction.

Transfer Credit: Transfers to CSU; UC.

HS 21 Health and Physical Fitness

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Studies the implications of physical activity relative to the mental, physical and social well-being of the individual in today's society. Upon completion of the course, students will be capable of determining their physical fitness, including aerobic capacity, body composition, flexibility, muscular strength, and endurance.

Transfer Credit: Transfers to CSU.

HS 22 The Wellness Challenge

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Explores personal wellness concepts in disease prevention while integrating diet, exercise, and stress factors with behavior change models for lifelong wellness. Emphasis on adopting and maintaining a healthy lifestyle, including assessments and reflection of health decisions.

Transfer Credit: Transfers to CSU.

HS 24 Environmental Health

3 units; 3 hours Lecture

Recommended Preparation Eligibility for ENGL 100 or ESL 100 or READ 100.

Repeatability: May be taken a total of 1 time.

Explores the environmental factors that affect public health, including air and water pollution, climate change, food safety, waste management, and workplace health. Discusses fundamentals of managing environmental health problems on a community level and reducing environmental impact as individuals.

Transfer Credit: Transfers to CSU; UC.