

HEALTH

Health (HLTH)

HLTH 4 - Healthy Living (3 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture

This course covers significant aspects of personal and community health and principles of healthful living. Students study body functions with respect to anatomy, physiology, nutrition, exercise, weight control, stress management, alcohol, narcotics, and diseases. Portions of instruction may be offered online; may also be offered fully online.

Advisory: Completion of or concurrent enrollment in ENGL 1A

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: HLTH 4, HLTH 7 combined: maximum credit, 1 course

GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness

HLTH 5 - First Aid, CPR and AED (3 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 42.5 hours lecture; 25.5 hours lab

This course involves the theory and detailed demonstration of the first aid care of the injured. The course introduces key issues for leading a healthy lifestyle, including heart disease risk factor identification, health and safety consideration, legal issues, and injury prevention. Lessons cover assessment and treatment of medical and trauma injuries and safety for the emergency responder. The student learns to assess an individual's condition and demonstrate proper treatment. Upon successful completion of requirements, students would be eligible for standard first aid, CPR, and AED for adult, child and infant certification. Portions of instruction may be offered online; may also be offered fully online. [C-ID KIN 101]

Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE

Credit transferable: Transfers to CSU & UC

Materials fee: \$38

HLTH 7 - Women's Health (3 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture

This course focuses on women's health, including aspects of reproductive health such as birth control, pregnancy, childbirth, and lactation, female anatomy and physiology throughout the life cycle, exercise, nutrition, and how to make informed choices that support overall mental and physical health. Portions of instruction may be offered online; may also be offered fully online.

Advisory: Completion of or concurrent enrollment in ENGL 1A

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: HLTH 4, HLTH 7 combined: Maximum credit, 1 course

GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness