

# HEALTH EDUCATION (HLED)

## HLED 3 (C-ID PHS 100) 3 units

### Contemporary Health Issues

#### 54 hours lecture

Grading: letter grade or pass/no pass.

This course explores today's major health issues and behaviors in the various dimensions of health. The importance of individual responsibility for personal health and the promotion of informed, positive health behaviors is emphasized. Topics that will be discussed include the dimensions of health, vital statistics, infectious diseases, chronic diseases, nutrition, weight management, exercise, reproductive health, aging, mental health and stress, substance use and abuse, healthcare, and environmental health.

Transferable to both UC and CSU; see counselor for limitations

## HLED 4 3 units

### Women's Health Issues

#### 54 hours lecture

Grading: letter grade or pass/no pass.

This course explores women's health issues within the context of the dimensions of health. Topics include gender differences in health and mortality, reproductive health issues, sexuality, mental health, stress management, positive body image and self-esteem, nutrition, weight management, chronic and infectious diseases, and substance use and abuse. The importance of individual responsibility for personal health and the promotion of informed, positive health behaviors will be discussed.

Transferable to both UC and CSU; see counselor for limitations

## HLED 5 3 units

### Men's Health Issues

#### 54 hours lecture

Grading: letter grade or pass/no pass.

This course is designed to explore contemporary health issues and how they affect men. A variety of topics will be addressed, including; cardiovascular disease, relationships and sexuality, alcohol and substance abuse, stress, and psychological health. These topics will be examined with a focus on how they influence the wellness of men.

Transferable to both UC and CSU; see counselor for limitations

## HLED 10 (C-ID PSY 130) 3 units

### Human Sexuality

#### 54 hours lecture

Recommended Preparation: Qualification for ENGL 1, ENGL 1H, ENGL 1S, or ESL 1S through the LBCC placement process.

Grading: letter grade or pass/no pass.

This course provides a comprehensive overview to human sexuality from multiple perspectives including biological, psychological, sociological, cultural and historical perspectives. Students will examine knowledge, sexual attitudes, values and behaviors within the context of society and their own personal lives. Individual value systems, sexual development and interpersonal relationships will be evaluated. Current sexual norms and various aspects of interpersonal and individual sexual adjustment will be explored. This course is not open for credit to students registered in or with credit in PSYCH 10.

Transferable to both UC and CSU; see counselor for limitations

## HLED 21 (C-ID PHS 101) 3 units

### Introduction to Public Health

#### 54 hours lecture

Recommended Preparation: Qualification for ENGL 1, ENGL 1H, ENGL 1S, or ESL 1S through the LBCC placement process.

Grading: letter grade or pass/no pass.

This course provides an introduction to the discipline of Public Health and satisfies the requirements of the Public Health Transfer Model curriculum. 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 field of public health will be addressed. 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.

Transferable to both UC and CSU; see counselor for limitations

## HLED 22 (C-ID PHS 102) 3 units

### Health and Social Justice

#### 54 hours lecture

Recommended Preparation: Qualification for ENGL 1, ENGL 1H, ENGL 1S, or ESL 1S through the LBCC placement process.

Grading: letter grade or pass/no pass.

This course provides an introduction to health inequities/disparities in the United States. Students will explore how education, socioeconomic status, racism and gender impact health outcomes, access to health care, and policy development. Students will analyze public health issues and the skills for advocating for health and social justice. Case studies will include prevalent health issues, such as obesity, drug addiction, chronic disease, and newly emerging infectious disease.

Transferable to both UC and CSU; see counselor for limitations

## HLED 24 (C-ID PHS 103) 3 units

### Drugs, Health and Society

#### 54 hours lecture

Recommended Preparation: Qualification for ENGL 1, ENGL 1H, ENGL 1S, or ESL 1S through the LBCC placement process.

Grading: letter grade.

This course provides an overview of substance use and abuse in the United States and the impact on personal and public health. In addition to the concept of substance abuse and dependence, the course will cover the distinction between licit and illicit drugs, risk factors, the pharmacology of various drugs, and the neurological and physiological effects on the central nervous system. An analysis of health, social, political and economic factors relative to legal and illicit drugs will also be examined. Epidemiological data on the prevalence, incidence and trends as it pertains to smoking, alcohol, prescription and other drug dependencies in the U.S. will be considered. Prevention, treatment and rehabilitation methods will also be discussed.

Transferable to both UC and CSU; see counselor for limitations