

# Health Education

**FOR ACADEMIC  
COUNSELING,  
PLEASE CALL:**

Folsom campus - 916-608-6500  
El Dorado Center - 530-642-5645  
Rancho Cordova Center - 916-255-0717

This Folsom Lake College program in Health Education is designed to provide students the essential information for the evaluation, protection and maintenance of individual health. The Health Science course fulfills a portion of the General Education graduation requirement for Living Skills and is transferable to all four-year colleges and universities.

## Health Education (HEED)

### HEED 300 HEALTH SCIENCE 3 UNITS

Prerequisite: None

Course Transferable to UC/CSU

Hours: 54 hours LEC

The aim of this course is to help people achieve a high level of wellness and prevent disease by assisting them to maximize both their personal lifestyles and their environments. This course will help you to identify the various factors influencing your current and future levels of wellness. Information presented will include, but not be exclusive to: mental health, stress management, nutrition, weight control, fitness, sexuality, addictive substances, and disease.

### HEED 312 COMMUNITY CPR (CARDIOPULMONARY RESUSCITATION-BASIC LIFE SUPPORT) 1 UNIT

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC

This course includes information essential for first aid knowledge, skill ability, and personal judgment in basic life support and CPR (cardiopulmonary resuscitation) for an adult, child and infant. Instruction includes adult, child and infant CPR, choke rescues and recognizing symptoms of heart attack. Students successfully completing this course and qualifying tests will be eligible to receive an American Red Cross certificate in adult, child and infant CPR. This course may be taken four times for credit.

### HEED 313 STANDARD FIRST AID 1 UNIT

Prerequisite: None

Course Transferable to UC/CSU

Hours: 18 hours LEC

This course includes first aid procedures such as how to deal with cuts, bruises, bone/muscle injuries, shock, bleeding, other first aid emergencies, and also adult one-rescuer CPR (cardiopulmonary resuscitation). These instructional methods and techniques meet the requirements from the American Red Cross in Standard First Aid and CPR. This course is recommended for lifeguards, ski patrol, recreation workers, teachers and Physical Education majors. Students successfully completing this course and qualifying tests are issued American Red Cross certificates in Standard First Aid and in Adult CPR. This course may be taken four times for credit.

### HEED 314 COMMUNITY FIRST AID AND SAFETY 2 UNITS

Prerequisite: None

Course Transferable to UC/CSU

Hours: 36 hours LEC

This course includes lecture and practice in Community CPR (Cardiopulmonary resuscitation), including adult, infant and child CPR. Also included are choke rescue and how to recognize symptoms of a heart attack. There will also be lecture and practice in First Aid Procedures such as how to deal with cuts, bruises, bone/muscle injuries, shock, bleeding and other first aid emergencies. These instructional methods and techniques meet the requirements from American Red Cross in adult, infant and child CPR and First Aid. Students successfully completing course and qualifying tests are issued American Red Cross certificates in adult, child, and infant CPR and in First Aid. Course may be taken four times for credit.

### HEED 350 PERSONAL WELLNESS 3 UNITS

Prerequisite: None

Course Transferable to CSU

Hours: 54 hours LEC

This course takes a personal approach to lifetime healthy habits. The students will relate their own lives to topics that include: fitness, weight management, relationships, nutrition, stress management, sexual health, risky behaviors, and prevention of diseases. Assessment, plans for change and reinforcement will be applied through the use of journals, projects, written assignments and tests. Not open to students who have received credit for PET 301.

### HEED 495 INDEPENDENT STUDIES IN HEALTH EDUCATION 1-3 UNITS

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC ; 54 hours LAB

### HEED 499 EXPERIMENTAL OFFERING IN HEALTH ED .5-4 UNITS

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC ; 54 hours LAB