

# HEALTH EDUCATION (HED)

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**HED 0001. Standard First Aid/Community CPR**

*Units: 3*

Hours: 54 lecture

Course involves theory and detailed demonstration of first aid care of the injured. Students learn to assess a victim's condition and incorporate proper treatment. Standard first aid, CPR, and AED certifications granted upon successful completion of requirements. Recognition and treatment for cardiac and respiratory emergencies, first aid for bleeding, shock, burns, poisoning, stroke, and various injuries. (C-ID KIN 101) (CSU, UC)

**HED 0002. Health Education**

*Units: 3*

Hours: 54 lecture

Studies aspects of mental, emotional, and physical health. Emphasis placed on knowledge for development of attitude, understanding, and practice of a preventive life style for healthy living and optimal wellness. Specific instructional areas include chronic diseases, physical activity, nutrition, weight management, birth control methods, human sexuality, alcohol, tobacco, and illicit chemical use, stress, and factors that contribute to wellness and longevity. Experience in personal health assessment and the changing of health behaviors is stressed. (CSU, UC)

**HED 0010. Health and Aging**

*Units: 3*

Hours: 54 lecture

Basic principles and concepts of the aging process; includes the physical, social, emotional, and mental components of health. Benefits of health promotion and preventive action for the aging are also explored. (CSU)