

HEALTH EDUCATION

Contact Information

Division

Kinesiology and Athletics

Dean

Rachel Johnson

Associate Dean

Darci Brownell

Division Office

Ft, Rocklin Campus

Overview

Health Education is designed to provide students with essential information for the evaluation and maintenance of individual health, stressing the mental, social and physical well-being of the individual.

Faculty

Scott R. Decker

Professor, Athletics/Health Education/Kinesiology/Recreation Management

B.A., University of California, Davis

M.A., United States Sports Academy

Daniel Diaz Romero

Professor, Athletics/Health Education/Kinesiology/Recreation Management/Assistant Football Coach

B.S., University of California, Davis

M.A., Western Governor's University

M.S., University of Central Missouri

Heather Eubanks

Professor, Athletics/Health Education/Kinesiology/Recreation Management

B.A., California Lutheran University

M.A., Azusa Pacific University

John C. Fusano

Professor, Athletics/Health Education/Kinesiology/Recreation Management

B.A., California State University, Sacramento

M.A., Saint Mary's College of California

Jason S. Gantt

Professor, Athletics/Health Education/Kinesiology/Recreation Management

B.S., California State University, Sacramento

M.S., California State University, Sacramento

Alanna Jackson

Assistant Professor, Athletics/Health Education/Kinesiology/Recreation Management

B.A., University of Nevada, Reno

M.S., California State University, Sacramento

Brandie Murrish

Professor, Athletics/Health Education/Kinesiology/Recreation Management

B.S., California Lutheran University

M.S., California State University, Northridge

M.Ed., Grand Canyon University

Vera Nelson

Professor, Athletics/Health Education/Kinesiology/Recreation Management

B.A., California Polytechnic State University, San Luis Obispo

M.S., California State University, Sacramento

Ben S. Noonan

Professor, Athletics/Health Education/Kinesiology/Recreation Management

A.A. Santa Rosa Junior College

B.A., Bemidji State University

M.S., Texas A and M University-Kingsville

Robert B. Willson

Professor, Athletics/Health Education/Kinesiology/Recreation Management

A.A., Laney College

B.A., Sonoma State University

M.A., Saint Mary's College of California

Courses

Understanding course descriptions (<http://catalog.sierracollege.edu/archive/2024-2025/student-resources/course-information/understanding-course-descriptions/>)

HED 0001. Standard First Aid/Community CPR

Units: 3

Hours: 54 lecture

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)

Program Student Learning Outcomes (PSLOs)

- Demonstrate the basic skills of first aid and CPR.
- Distinguish principles of healthy weight management through exercise and nutrition.

- List and practice the six components of wellness and/or the five components of health-related fitness.
- Demonstrate knowledge of how the heart functions.
- Create a balance between physical fitness, social well-being, and academic success.