

HEALTH EDUCATION

Contact Information

Division

Wellness 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

Mary V. Conway

Professor, Athletics/Health Education/Kinesiology/Recreation Management

A.A., Packer Collegiate Institute

B.S., City University of New York, Brooklyn College

M.S., University of Illinois, Chicago

Daniel Diaz Romero

Assistant 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

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

Courses

Understanding course descriptions (<https://catalog.sierracollege.edu/archive/2025-2026/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

Designed to identify and examine basic principles and concepts of the aging process; including the physical, social, emotional, and mental components of health. Benefits of health promotion programs and preventive actions for the aging are also explored. (CSU, UC)

HED 0101. Introduction to Public Health

Units: 3

Advisory: Eligibility for ENGL C1000

Hours: 54 lecture

Overview of the disciplines of community and public health. Topics include the basic concepts and terminologies of public health; an overview of various public health professions and organizations; the study, prevention and control of diseases in the community; the analysis of the social determinants of health; strategies for eliminating disease, illness, and health disparities among various populations; community organizing and health promotion programming; school health promotion; environmental health and safety; and an overview of the healthcare delivery system in the United States. Emphasis will be placed on the development of knowledge and preliminary skills to serve as an effective advocate for community and public health. (C-ID PH 101) (CSU, UC)

HED 0102. Health and Social Justice

Units: 3

Advisory: Eligibility for ENGL C1000

Hours: 54 lecture

Provides an introduction to the health inequities in the United States that stem from unequal living conditions. Students will explore how education, socioeconomic status, racism, and gender shape health epidemics and policy development. Fundamental theories to advocate for health and social justice will be explored, and community organizing approaches will be practiced. (C-ID PH 102) (CSU, UC)

HED 0113. Health Disparities and Equities

Units: 3

Advisory: Eligibility for ENGL C1000

Hours: 54 lecture

This course will examine personal and social determinants of health through the examination of the role individuals play in their own health and wellbeing, along with the impact of environmental, social, structural, and cultural factors that play a role both in individual and community and public health. Health disparities and inequities in sexually diverse, gender, racial, and minority populations will be explored, and culturally competent ideas to bridge the health equity gap and improve population health will be developed. (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.