

HEALTH SCIENCE (HS)

HS-120 Introduction to Public Health **3 Units (LEC 48-54)**

This course offers an introduction to the discipline of Public Health. Students will gain understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health programs. Topics include epidemiology of infectious and chronic diseases, social and behavioral and environmental influences in health, and medical care and public health systems.

Transfers to both UC/CSU

C-ID: PHS-101

AA/AS General Education: AA/AS B2

HS-121 Fundamentals of Healthful Living **3 Units (LEC 48-54)**

This course offers a comprehensive overview of human health from a multidimensional perspective: physical, psychological, social, intellectual and environmental health. The course emphasizes personal health and promotes informed, positive health behaviors. Topics includes physical fitness, nutrition, diseases, aging, mental health, stress management, reproductive health, healthcare, substance use and abuse, violence, and environmental health concerns.

Transfers to both UC/CSU

C-ID: PHS 100

CSU Area(s): E1

AA/AS General Education: AA/AS E

HS-123 Drugs, Health and Society (formerly Drugs: Use and Abuse) **3 Units (LEC 48-54)**

This course offers a comprehensive investigation of drug, alcohol and tobacco use, abuse and dependence in American society. Students will be introduced to pharmacologic, neurologic, and physiological effects of a variety of substances. The origins, history, and epidemiology of commonly used drugs are examined as they relate to both personal and public health. Risk factors and recovery programs will also be explored.

Transfers to both UC/CSU

C-ID: PHS 103

CSU Area(s): E1

AA/AS General Education: AA/AS E

HS-299 Special Projects: Health Science **1-3 Unit (IS 16-54)**

Students with previous course work in the program may do special projects that involve research and special study. The actual nature of the project must be determined in consultation with the supervising instructor.

Prerequisite: Two Health Science classes must be completed prior to enrollment; a contract must be completed with the instructor prior to enrollment.

Transfers to CSU only