

HEALTH

Cascade Campus
Jackson Hall (JH), Room 218
971-722-5076

Rock Creek Campus
Building 3, Room 207
971-722-7082

Southeast Center
Mt. Scott Hall (MSH), Room 103
971-722-6146

Sylvania Campus
Health Technology Building (HT), Room 305
971-722-4225

www.pcc.edu/programs/health/

DESCRIPTION

Health is that condition of the individual that makes possible the highest enjoyment of life, the greatest constructive work, and that shows itself in the best service to the world. Health explores and examines the well-being of the individual and community from a multi-dimensional perspective.

At PCC, health course offerings range from general health overview courses in personal health, community health, and health and fitness to specialty courses in stress, children's, men's, and women's health, and first aid. In addition to individual courses, a Health Studies Award is available. Additional information on the Health Studies Award may be found in the Focus Awards area of the catalog.

For a complete listing of Health (HE prefix) courses, see Course Descriptions at the end of the catalog.

COURSE DESCRIPTIONS

HE 110 CPR/AED for the Professional Rescuer 1.00 Provides education and training in infant, child, adult CPR, AED, and Bag-Valve masks. Provides training in bloodborne pathogens. For people who are responsible for delivering emergency care and/or ensuring the public safety. Upon successful completion of this course, students may apply for CPR/AED for the Professional Rescuer certification card. Recommend: RD 115 or equivalent test scores. Audit available.

HE 112 First Aid and Emergency Care 1.00 Describes emergency procedures and techniques of basic life support for adult, child, or infant victims of airway obstruction, respiratory arrest and/or cardiac arrest. Provides education and training in Automated External Defibrillator. Audit available.

HE 113 First Aid and Professional CPR 1.00 Introduces basic first aid knowledge in the home, work, and community environment. Gain knowledge and skills to perform Professional CPR and AED for adults/children/infants. Upon successful completion of this course, students may apply for an American Red Cross First Aid card and American Red Cross Professional CPR/AED card. Recommend: RD 115 or equivalent placement test scores.

HE 125 First Aid & Industrial Safety 3.00 Presents overview of industrial safety regulations, accident prevention, ergonomics, hazardous materials, first aid and adult CPR. Successful students attain a First Aid and Adult CPR card. Audit available.

HE 212 Women's Health 4.00 Examines women's health issues from a local, national and international perspective exploring the impact of bio-psycho-socio-cultural factors on the diagnosis, treatment, prevention and promotion of women's health. Audit available.

HE 213 Men's Health 4.00 Examines general and specific men's health issues such as heart disease, prostate disorders, impotence and sexual dysfunction, HIV disease, human relationships and accidents/violence from a holistic wellness perspective. Audit available.

HE 242 Stress and Human Health 4.00 Surveys and critically analyzes the stress concept and its impact on individual health. Using a multi-dimensional model, students will explore their personal stressors and the interaction between stress, human health and disease. Recommended: WR 121 Audit available.

HE 250 Personal Health 3.00 Explores current general health issues in emotional health and stress, physical fitness, nutrition, human sexuality, communicable and degenerative diseases and drugs from a wellness perspective. Audit available.

HE 251 Community and Public Health Issues 4.00 Inquires into the causes and potential solutions for current community health issues, overviews the organization of community and health care agencies, and explores career opportunities in community health. Includes Service Learning. Audit available.

HE 252 First Aid - Basics and Beyond 4.00 Introduces first aid and emergency knowledge and skills in the work, community, and home environment. Examines first aid care in remote and/or wilderness settings. A student who satisfactorily completes the course requirements receives an ARC Responding to Emergencies First Aid Card, Wilderness Emergency Card, and an adult/child/infant C.P.R and AED card. Recommend: RD 115 or equivalent test scores.

HE 254 Weight Management and Personal Health 3.00 Course examines the causes of obesity, its impact on human health and explores weight loss and diet options for the individual from a holistic perspective, including social, emotional, and physical dimensions of human health. Recommended: Students have a WR 121 skill level. Audit available.

HE 255 Film and Public Health 4.00 Critically explores public health issues as they are portrayed in popular films and discusses the scientific and social underpinnings of the public health issues. Recommended: WR 121 Audit available.

HE 262 Children's Health, Nutrition & Safety 3.00 Explores current health and safety issues for infants and young children. Issues examined include childhood illnesses and ailments, nutrition, obesity, stress, safe environment, self esteem and general first aid. Audit available.

HE 264 Health, Food Systems, and the Environment 3.00 This course will examine how food systems influence human and environmental health. Students will explore the connections between sustainable agriculture concepts/practices, food systems, and personal and environmental health. Audit available.

HE 278 Human Health and the Environment 3.00 Examines the relationship between the environment and human health. Focuses on issues such as persistent environmental contaminants, environmental toxins, chemical exposures, climate change and accompanying disease outbreaks. Includes a strong emphasis on personal decision making. Recommend: WR 115, RD 115 and MTH 20 or equivalent placement test scores. Audit available.