

BEFORE ENROLLING IN DEGREE APPLICABLE COURSES, IT IS RECOMMENDED THAT YOU COMPLETE ENGL 001A AND READ 053.

HEALTH EDUCATION (H.ED)

DIVISION: Applied Science
DEPARTMENT: Health Occupations
DEPT CHAIR: Marsha Oliver
PHONE: 408-855-5374
COUNSELING: Dr. Carol Beck
PHONE: 408-855-5035

The following Health Education courses satisfy the State Board of Education requirements for certification of Elementary and Secondary Teaching Credentials in the areas of personal, family, and community health, including the effects of alcohol, tobacco, dangerous drugs and narcotics on the human body and thus are transferable to state colleges and universities to meet the above-mentioned teaching credential requirements.

Student Learning Outcomes:

Upon completion of courses in Health Education students will:

1. Identify and define dimensions of health/wellness.
2. Demonstrate theoretical knowledge and awareness of implementing healthy lifestyle behaviors.
3. Identify strengths and weaknesses involved their own health/wellness lifestyle and identify behaviors to improve their own health/wellness lifestyle.
4. Demonstrate the ability to provide first aid and CPR to adult victims.

Students will be assessed through examinations, quizzes, written reports, practical exercises, and skills demonstrations.

Schedule Matrix:

COURSE	FALL	SPRING	SUMMER	WEEKEND
H ED 002	D	D		D
H ED 004	D	D	D	D

D= DAY CLASSES; E= EVENING CLASSES

HEALTH EDUCATION (H.ED)

002 • HEALTH AND LIFESTYLE 3.0 units (2 A,B,C,D,E,F • HEALTH & LIFESTYLE) (0.5 unit each)

Total Lecture: 54.4 hours, 8.0 hours

Advisory: MATH 900

Acceptable for credit: University of California, California State University

This course is designed to provide the student with learning experiences that will lead to a better understanding of the concept of a healthy lifestyle. The emphasis is on changing unhealthy behaviors to healthy ones. Major topics covered in class are: understanding behavior and change, cardiovascular health, fitness, nutrition and weight control, stress, drug and alcohol abuse, self-care and the use of the health care system. *NOTE: This course may also be taken in modules. Pass/No Pass Option.*

004 • STANDARD FIRST AID 0.5 unit

Total Lecture: 8.0 hours

Advisory: MATH 900

Acceptable for credit: University of California, California State University

A concentrated course in the principles and the application of Adult CPR and first aid skills. This course is designed to equip lay persons to provide first aid to adult victims. Those successfully completing the course will receive American Red Cross certificates. May be repeated three times. *Materials Fee: \$8.00. Pass/No Pass Option.*

009 • DRUG ABUSE AND HUMAN DISEASE 2.0 units

Total Lecture: 36.8 hours

Advisory: MATH 900

Acceptable for credit: California State University

Drug Abuse and Human Disease is a course designed to develop knowledge, attitudes and behavior patterns that contribute to a better understanding of: 1) the use and misuse of drugs, alcohol and tobacco in our society; and 2) people as they relate to their environment in the areas of disease, mental health, population and environmental health. *Pass/No Pass Option.*

HEALTH OCCUPATIONS

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DEPARTMENT: Health Occupations
DEPT CHAIR: Marsha Oliver
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COUNSELING: Dr. Carol Beck
PHONE: 408-855-5035

Mission College offers several areas of study resulting in certificates, degrees, or licensure in the field of Health Occupations. These include Nursing Assistant (NA), Home Health Aide (HHA), Community Health Worker, Psychiatric Technician (PT), Vocational Nursing (VN), and Registered Nursing (RN) programs. Each program is unique with its own required prerequisites, course work, labs, and clinical studies.

Health Occupations programs include both theoretical instruction on campus and clinical experience in local hospitals and clinics. Students enrolled in clinical programs are subject to special guidelines developed to protect patient safety. A student may be asked to withdraw from a Health Occupations program for academic reasons or for other reasons such as drug/alcohol abuse, inappropriate social or emotional behavior, or documented acts of dishonesty. The faculty reserves the right to remove from the clinical area any student who, in the faculty member's professional judgment, places the patient in physical or emotional jeopardy. Should this occur, the student will have a conference with the member of the faculty and the Program Director of Department Chair.

Clinical Facility Requirements:

Affiliation agreements with clinical facilities regulated by The Joint Commission require that Mission College Health Occupations students meet specific requirements prior to being placed at a facility for a clinical rotation. These requirements include a recent physical examination, disease specific immunity, negative TB status, negative urine screening, and a negative criminal background clearance or fingerprinting clearance. Requirements are subject to change as specified by the clinical facility.

All students enrolled in Health Occupations courses requiring patient care contact in a facility must provide evidence of meeting these requirements prior to the first clinical experience. Students will be excluded from the clinical site until all required materials have been received in the department.

Policies and procedures for the physical examination, disease specific immunity, negative TB status, urine screening, and criminal background check and/or fingerprinting will be provided at the orientation. The student shall be responsible for paying any associated costs of program requirements, with the exception of fingerprinting for the Nursing Assistant student. California state mandates prohibit the Nursing Assistant student to pay for the required fingerprinting.

Performance Standards:

In compliance with the Americans with Disabilities Act, students must be, with reasonable accommodation, physically and mentally capable of performing the essential functions of the program. The Performance Standards adopted by the Health Occupations Department include the following:

Must be able to:

- be on your feet 6-12 hours at a time and perform activities that include reaching, balancing, carrying, pushing, pulling, stooping, bending and crouching;
- lift 50 pounds;
- lift and transfer adults and children from a stooped to an upright position to accomplish bed to bed, bed-to-chair and chair-to-bed transfers;
- lift and adjust positions of bedridden patients, including pulling patients toward the head of the bed;
- physically apply up to ten pounds pressure to bleeding sites or to chest in the performance of CPR using hands, wrists and arms;
- maneuver in small spaces quickly and with ease;
- perform fine motor skills that require hand-eye coordination in the use of small instruments, equipment, and syringes;
- feel and compress tissues to assess for size, shape, texture, and temperature;
- visually read calibrated scales,
- perform close and distinct visual activities involving persons and paper work;
- visually discriminate depth and color perception;
- identify and distinguish odors;
- respond and react immediately to auditory instruction, requests, signals, and monitoring equipment;