

HEALTH (HLTH)

HLTH 20 • INTRODUCTION TO PUBLIC HEALTH

Units:	5
Hours:	5 lecture per week (60 total per quarter)
Advisory:	One of the following: ENGL 1A or 1AH or ESLL 26.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area 7: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

This course presents an 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 is placed on the development of knowledge and preliminary skills to serve as an effective advocate for community and public health.

HLTH 21 • CONTEMPORARY HEALTH CONCERNS

Units:	4
Hours:	4 lecture per week (48 total per quarter)
Advisory:	One of the following: ENGL 1A or 1AH or ESLL 26.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area 7: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, health care, and environmental hazards and safety.

HLTH 22 • HEALTH & SOCIAL JUSTICE

Units:	4
Hours:	4 lecture per week (48 total per quarter)
Advisory:	One of the following: ENGL 1A or 1AH or ESLL 26.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area 7: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

This course provides an introduction to the health inequities in the United States that stem from unequal living conditions. Students explore how education, socioeconomic status, racism, and gender shape health epidemics and policy development. The basic skills necessary for advocating for health and social justice are theoretically demonstrated.

HLTH 23 • DRUGS, HEALTH & SOCIETY

Units:	4
Hours:	4 lecture per week (48 total per quarter)
Advisory:	One of the following: ENGL 1A or 1AH or ESLL 26.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area 7: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

This course explores the world-wide crisis and challenge of substance abuse, including its historical effects on various societies and cultures. In addition to examining this from a social perspective, students receive an overview of the epidemiology and toxicology of substance abuse and its relevance to personal and public health. Students are introduced to the concept of substance abuse and dependence, the definition of licit and illicit drugs, and the pharmacologic, neurologic, and physiologic effects of selected substances on the human brain. Political, social, and economic factors involved in the supply and demand for drugs are discussed. Epidemiologic data on the prevalence, incidence, and trends of smoking, alcohol, and prescription and other drug dependencies globally are covered, as well as risk factors associated with the use and abuse of these substances. Current options for recovery are reviewed.

HLTH 101 • INTRODUCTION TO COMMUNITY HEALTH WORK

Units:	5
Hours:	5 lecture per week (60 total per quarter)
Advisory:	HLTH 20, HLTH 21.
Degree and Credit Status:	Non-Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Letter Grade Only
Repeatability:	Not Repeatable

This course provides an overview of skills related to the role of a community health worker. Students will learn skills related to effective health promotion/outreach, health interviewing, patient eligibility navigation, pandemic related navigation, and cultural humility practices.

HLTH 300 • HEALTH ACROSS THE LIFESPAN

Units:	5
Hours:	5 lecture per week (60 total per quarter)
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade Only
Repeatability:	Not Repeatable

Examines the basic principles that guide growth, development, and the health of individuals across the lifespan, from the prenatal period through senescence including death and grieving. Presents methodological, conceptual, and substantive issues necessary for understanding and evaluating empirical-based information about growth, human development, and health status at different stages of life and from a public health prevention and health promotion perspective. Course covers several themes, including contributions of biological and environmental factors to health and human development, measuring the health of individuals, understanding determinants and consequences of health and development across the lifespan, evaluating the impact of health from a family and cultural perspective, and assessing the implications of health disparities on health outcomes. This is an upper division General Education course, intended for students in the Dental Hygiene or Respiratory Care Baccalaureate Degree Program; enrollment is limited to students accepted in these programs.