

# Public Health

## HEALTH 011

### PRINCIPLES OF HEALTHFUL LIVING-

Fall 2022

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. This course does not focus on the vocational aspects of the public health field and instead looks at the connection between personal behavior and its correlation with disease prevention. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety.

Transfer Credit: CSU (CSUGE Area E), UC, C-ID (PHS 100)

## HEALTH 101

### INTRODUCTION TO PUBLIC HEALTH-

Spring 2023

Students will learn the discipline of Public Health. Students will learn an understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines is covered. Topics of the discipline include the epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and strategies for eliminating disease, illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and health care policy and management.

Transfer Credit: CSU (CSUGE Area E), UC, C-ID (PHS 101)

## PSYCH 001

### GENERAL PSYCHOLOGY I-

Summer 2023

Students learn the psychological principles behind behaviors such as learning, motivation, intelligence, feelings and emotions, personality, abnormal behavior and methods of adjustment. Different psychological perspectives such as psychoanalysis, neuroscience, cognitive, behaviorism, and humanism will be emphasized.

Transfer Credit: CSU (CSUGE Area D), UC (IGETC Area 4), C-ID (PSY 110)

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