

# HEALTH (HE)

## **HE-163 Body & Drugs I: Introduction to Abuse & Addiction**

3 credits, Fall/Winter/Spring/Summer

The first of a four-course sequence, this course examines the history of the use of addictive drugs, the definition of addiction, psychosocial and neurobiological causes of drug and behavioral addiction, addictive drug classifications, and the history of/introduction to addiction treatment, and access and utilize effective resources to improve and maintain mental and physical wellbeing.

## **HE-164 Body & Drugs II: Alcohol**

3 credits, Not Offered Every Term

The second of a four-course offering. Covers beverage alcohol as a drug, the history of alcohol use/abuse, physiological and psychological effects of alcohol use on the user, and the impact of that use on those around the user and on society at large, access and utilize effective resources to improve and maintain mental and physical wellbeing.

Prerequisites: HE-163

## **HE-201 Personal Training**

3 credits, Not Offered Every Term

Students will follow the curriculum for the National Council on Strength and Fitness (NCSF) Certified Personal Trainer certification. The course will guide students through the expectations, requirements, processes and knowledge to prepare to become a certified Personal Trainer through the NCSF. Through videos, lecture and self-study, students will be prepared to take the NCSF Certified Personal Training exam, which is offered through the NCSF and is not included in the course.

Recommended Prerequisites: PE-240

## **HE-204 Nutrition & Weight Control**

3 credits, Fall/Winter/Spring

Methods of maintaining or improving nutrition by considering diets and dieting, obesity, types of exercise, physical testing, cardio-vascular fitness and nutritional concepts.

## **HE-207 Introduction to Plant Based Living**

3 credits, Not Offered Every Term

The course is designed to give students a basic understanding of a plant based diet/lifestyle and the benefits of this type of lifestyle. Students will learn about the physical benefits of a plant based diet, organic foods, current environmental impacts of the big agricultural companies, animal welfare, and workers' rights as well as the research that has been documented to support the information.

## **HE-223 Sports Nutrition**

3 credits, Fall/Winter/Spring

Examination of nutrition as it relates to the demands of exercise and competitive sport. Emphasis on the relationship of diet and exercise to optimal health and performance. This course can lead to a certification as a sports nutritionist through the NCSF.

## **HE-249 Mental Health**

3 credits, Fall/Winter/Spring

Designed for each student to understand and improve their personal mental health. Teaches theories of mental health as well as practical strategies for improving one's level of mental health. Analyzes factors that may impede optimal mental health, again with practical solutions for minimizing/avoiding such factors.

## **HE-250 Personal Health**

3 credits, Fall/Winter/Spring/Summer

This course is designed to help students gain an overall understanding of information basic to the field of health, to help them critically evaluate health information, and to promote positive attitudes, values, and behaviors in regard to personal health.

## **HE-252 First Aid/CPR/AED**

3 credits, Fall/Winter/Spring/Summer

This course supports the American Red Cross program for First Aid/CPR/AED and will teach participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. Successful completion of the course leads to a Red Cross First Aid/CPR/AED certification for the lay responder.

## **HE-261 Community CPR**

1 credits, Not Offered Every Term

Basic Plus CPR, AED and First Aid for Adults is designed to train students to recognize and respond to various medical emergencies including: first aid and bandaging, choking, and cardiac emergencies that require CPR or the use of an AED. Bloodborne pathogens are also covered. Passing this course entitles the student to Medic First Aid certification for Cardiopulmonary Resuscitation for Adults.

## **HE-263 Body & Drugs III: Marijuana**

3 credits, Not Offered Every Term

The third of a four-course sequence. This course will examine marijuana in all of its forms as a drug and a medicine, as well as its non-drug uses. Explores current research about marijuana's physiological and psychological effects on the user, as well as its addictiveness. Reviews historical and current medical uses of marijuana and cannabinoids, including an overview of Oregon's Medical Marijuana Program. Reviews Oregon's new recreational use legislation.

Prerequisites: HE-163

## **HE-264 Body & Drugs IV: Other Drugs, Other Addictions**

3 credits, Not Offered Every Term

The fourth of a four-course offering, this course examines other drugs/addictive behaviors beyond alcohol and marijuana. The class will select the drugs/addictive behaviors (one from each of the following categories: stimulants, depressants, hallucinogens, other drugs/addictions) that they wish to discuss. Students will learn the history and the physiological and psychological impact of the selected drugs. Gambling addiction is a mandatory topic, which is required for the CADC I State certification.

Prerequisites: HE-163