

# HEALTH (HE)

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## **HE-101** NCSF Certified Personal Trainer Exam

0 credits, Not Offered Every Term

Students will take the National Council on Strength and Fitness (NCSF) exam at Clackamas Community College to become certified as a Certified Personal Trainer. Students with a test score of 70% or better will receive their certification from the NCSF. Required: Student Petition.

Recommended Prerequisites: HE-201

## **HE-103** NCSF Certified Sports Nutrition Exam

0 credits, Not Offered Every Term

Students will take the National Council on Strength and Fitness (NCSF) exam at Clackamas Community College to become certified as a Certified Sports Nutritionist. Students with a test score of 70% or better will receive their certification from the NCSF. Required: Student Petition.

Recommended Prerequisites: HE-223

## **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-202** Introduction to Fitness Technology Careers

1 credits, Not Offered Every Term

This course will explore the various careers in the Fitness Industry through lecture and guest speakers currently in the professional field. Students will gain insight to the requirements, expectations, salary range, education requirements, and any additional information related to specific careers.

## **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-205** Youth Addictions

3 credits, Fall

This course surveys the nature and extent of youth addictions. Students will explore causes and consequences of youth addiction, as well as interventions for youth and their families.

## **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

Provides instruction on immediate and temporary care of injuries and sudden illness. Covers poisoning, control of bleeding, bandaging and CPR/AED/airway obstruction for adult, child and infant. Successful completion (A or B grade) of course leads to a Red Cross First Aid/CPR/AED certification.

## **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

**HE-280** Health/CWE

2-6 credits, Fall/Winter/Spring/Summer

Cooperative work experience. Provides students with on-the-job experience and training related to the Physical Education field. Covers job problems and procedures, evaluation of students' job performance by qualified college staff and site supervision. Variable Credit: 2-6 credits.

May be repeated for up to 12 credits. Required: Student Petition.

Corequisites: CWE-281