

Health Education

Overview

The health education curriculum at Folsom Lake College has been developed with two goals in mind: to identify the public health education needs of local businesses, organizations, and individuals in the community; and to develop the innovative and informative courses that are necessary to meet the diverse health education needs of the community.

HEED 300 fulfills a portion of the general education graduation requirement for living skills and is transferable to four-year colleges and universities. HEED 351 was developed to give students the tools needed to develop personal wellness.

The health education program at Folsom Lake College is a diverse and constantly evolving program, designed to keep pace with an equally diverse and growing community.

Program Maps

[Public Service, Health, and Education Undecided Major \(/flic/main/doc/instruction/program-maps/Public-service-undecided-major.pdf\)](/flic/main/doc/instruction/program-maps/Public-service-undecided-major.pdf)

[Health Education, Public Health Science, A.S.-T Degree \(/flic/main/doc/instruction/program-maps/Public-Health-Science-AST.pdf\)](/flic/main/doc/instruction/program-maps/Public-Health-Science-AST.pdf)

Dean [Matt Wright \(/about-us/contact-us/faculty-and-staff-directory/matt-wright\)](/about-us/contact-us/faculty-and-staff-directory/matt-wright)

Department Chair [Matt Torrez \(/about-us/contact-us/faculty-and-staff-directory/matt-torrez\)](/about-us/contact-us/faculty-and-staff-directory/matt-torrez)

Meta-Major [Public Service, Health, and Education \(/academics/meta-majors/public-service-health-and-education\)](/academics/meta-majors/public-service-health-and-education)

Phone (916) 608-6686

Email [wrightm@flic.losrios.edu \(mailto:wrightm@flic.losrios.edu\)](mailto:wrightm@flic.losrios.edu)

Associate Degree for Transfer

A.S.-T. in Public Health Science

The Associate of Science in Public Health Science for Transfer Degree program provides students with a major that fulfills the general requirements for transfer to the California State University. Students with this degree will receive priority admission with junior status to the California State University system. Students should work closely with their Folsom Lake College counselor to ensure that they are taking the appropriate coursework to prepare for majoring in Public Health Science at the institution they wish to transfer to because major and general education requirements may vary for each CSU and the degree may only transfer to specific institutions.

This program has the following completion requirements:

- (1) Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
 - (A) The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements.
 - (B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- (2) Obtainment of a minimum grade point average of 2.0.

ADTs also require that students must earn a C or better in all courses required for the major or area of emphasis.

Catalog Date: January 1, 2021

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
STAT 300	Introduction to Probability and Statistics	4
HEED 300	Health Science	3
PSYC 300	General Principles	3
HEED 302	Introduction to Public Health	3
BIOL 307	Biology of Organisms (4)	4 - 5
or BIOL 310	General Biology (4)	
or BIOL 400	Principles of Biology (5)	
CHEM 400	General Chemistry I	5
BIOL 430	Anatomy and Physiology	5
BIOL 431	Anatomy and Physiology	5
A minimum of 3 units from the following:		3
NUTRI 300	Nutrition (3)	
SOC 300	Introductory Sociology (3)	
ECON 302	Principles of Macroeconomics (3)	
ECON 304	Principles of Microeconomics (3)	

COURSE CODE	COURSE TITLE	UNITS
PSYC 356	Human Sexuality (3)	
Total Units:		35 - 36

The Associate in Science in Public Health Science for Transfer (AS-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- apply the foundations of public health including historical philosophy, core values, organizational structure, and ethics to local, regional, national, and global societies.
- understand and apply the concepts of epidemiology and evidence based data collection methods and analysis.
- identify, compare, and contrast the factors that contribute to public health disparities.
- define and differentiate between health populations and apply basic approaches that allow for identification of primary health related areas of concern for those populations.
- apply concepts used in community organizing and project planning.

Career Information

The Public Health Science A.S. for Transfer can provide students with the foundational knowledge necessary for transfer to a 4-year Bachelor of Science (BS) or Bachelor of Arts (BA) degree program. Career opportunities for students who have earned BS or BA degrees in Public Health include but are not limited to: epidemiologist, community health worker, environmental scientist, health educator, health services manager, medical services manager, health specialties teacher, healthcare social worker, mental health and substance abuse social worker, mental health counselor, and natural sciences manager. Some careers may require additional training.

Health Education (HEED) Courses

HEED 300 Health Science

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Transferable:	CSU; UC (UC credit limitation: HEED 300 and HEED 351 combined: maximum credit, one course)
General Education:	AA/AS Area III(b); CSU Area E1
C-ID:	C-ID PHS 100
Catalog Date:	January 1, 2021

This course is designed to help students achieve a high level of health and prevent disease by assisting them to maximize both their personal lifestyles and their environments. This course will help students identify various factors influencing current and future levels of health. Additional information includes mental health, stress management, nutrition, weight control, fitness, sexuality, addictive substances, and disease.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- communicate their understanding of the holistic model of health and wellness.
- demonstrate their understanding of the basic principles of nutrition, dietary recommendations, and the basic principles of physical fitness.
- develop a plan based on current behavior theories that will allow them to change a personal maladapted behavior.
- compare and contrast the various methods of disease prevention as well as the determinants of selected major diseases.
- explain the impact of aging and the environment on personal health.
- demonstrate their understanding of the prevention of unintentional injuries and the stimulus and prevention of violence.
- compare and contrast the definitions of substance abuse and addiction.
- define stress and explain stress management strategies.
- explain the current state of healthcare in society and demonstrate the ability to interpret and evaluate credible health and medical research.
- communicate orally and in writing the scientific language of the discipline.
- define and explain the various concepts in human sexuality including; reproductive anatomy, contraception, reproductive options, sexually transmitted infections, sexual orientation, and relationships.

HEED 302 Introduction to Public Health

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Transferable:	CSU; UC
C-ID:	C-ID PHS 101
Catalog Date:	January 1, 2021

This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health as well as the history of public health officials and agencies. The course will provide an overview of the functions of various health professions and institutions as well as an in-depth examination of the core disciplines within public health

including the epidemiology of infectious and chronic disease; prevention and control of diseases in the community; an analysis of the social determinants of health; strategies for eliminating disease, illness, and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify different public health disciplines, professions, and organization and explain how each contributes to the field of public health.
- distinguish the difference between personal and public health, how western medicine differs from other global regions in the approach to disease prevention, and describe the organization, financing, and delivery of various medical based services in the United States.
- demonstrate the use of basic epidemiological methods including analyzing rates and defining terms such as cases, population at risk, risk factors, incidence, prevalence, morbidity, and mortality.
- outline strategies for prevention, detection, and control of chronic and infectious diseases and the process of community organizing, building, and health promotion programming.
- describe the interplay between health determinants such as environmental conditions, social, behavioral, and cultural factors, and biological considerations and explain the role each plays in determining local, national, and global health policy.
- analyze current public health issues and describe how they affect societal well-being among specific populations of sex, ethnicity, education, and socioeconomic status.
- identify, assess, and utilize credible information resources on community health current issues such as the internet, social media, media outlets, and libraries.
- explain the historical development of public health.

HEED 351 Personal Health and Wellness

Units:	3
Hours:	36 hours LEC; 54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (UC credit limitation: HEED 300 and HEED 351 combined: maximum credit, one course)
General Education:	AA/AS Area III(b); AA/AS Area III(a); CSU Area E1
Catalog Date:	January 1, 2021

This course focuses on a personalized approach to creating healthy habits for life. Students will assess their current level of health in the areas of physical, occupational, intellectual, emotional, spiritual, social, and environmental health and use appropriate behavior modification tools to enhance health levels in these areas. Particular emphasis will be placed on the positive synergistic relationship between physical activity and overall health and wellness levels. This course has a lab component that will require students to participate in physical activity.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- define the basic concepts of the holistic model of health and wellness.
- evaluate their current personal health status in relation to the holistic model of health and wellness and devise programs designed to improve and/or maintain that status.
- articulate the synergistic relevance of physical activity to elevated states of health and wellness.

HEED 495 Independent Studies in Health Education

Units:	1 - 3
Hours:	54 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU
Catalog Date:	January 1, 2021

HEED 499 Experimental Offering in Health Education

Units:	0.5 - 4
Prerequisite:	None.
Catalog Date:	January 1, 2021

Faculty

Amber Grahlman

Assistant Professor

Office: FLC Main, Gymnasium, G-179
Email: grahlma@flc.losrios.edu (<mailto:grahlma@flc.losrios.edu>)
Phone: (916) 608-6814
Web: [Amber Grahlman's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/amber-grahlman\)](#)

Rich Gregory

Assistant Professor

Office: FLC Main, Physical Education, PE-116
Email: gregorr@flc.losrios.edu (<mailto:gregorr@flc.losrios.edu>)
Phone: (916) 608-6813
Web: [Rich Gregory's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/rich-gregory\)](#)

Erin Johnston

Adjunct Professor

Ali Mollet

Assistant Professor

Office: FLC Main
Email: johnste@flc.losrios.edu (<mailto:johnste@flc.losrios.edu>)
Phone: (916) 286-3691 ext. 15010
Web: [Erin Johnston's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/erin-johnston\)](#)

Office: FLC Main, Gymnasium, G-172
Email: molleta@flc.losrios.edu (<mailto:molleta@flc.losrios.edu>)
Phone: (916) 608-6817
Web: [Ali Mollet's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/ali-mollet\)](#)

Donny Ribaudo

Professor

Office: FLC Main, Gymnasium, G-178
Email: ribaidd@flc.losrios.edu (<mailto:ribaidd@flc.losrios.edu>)
Phone: (916) 608-6619
Web: [Donny Ribaudo's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/donny-ribaudo\)](#)

Matt Torrez

Professor

Office: FLC Main, Gymnasium, G-171
Email: torrezm@flc.losrios.edu (<mailto:torrezm@flc.losrios.edu>)
Phone: (916) 608-6600
Web: [Matt Torrez's Profile Page \(/about-us/contact-us/faculty-and-staff-directory/matt-torrez\)](#)

Public Service, Health, and Education

[\(/academics/meta-majors\)](#)

This program is part of the Public Service, Health, and Education meta-major.

LEARN MORE [➤ \(/ACADEMICS/META-MAJORS\)](#)