

HEALTH (HLTH)

Food and Your Health
HLTH 100 2 Credits/Units

2.0 hours of lecture

Exploration of the connection between food choices and health with an emphasis on whole foods. Focus on developing personalized healthy strategies to advance health. [GE, HE, SE][PNP]

Health for Adult Living
HLTH 101 3 Credits/Units

3.0 hours of lecture

Exploration of the connection between personal choices and health across multiple dimensions of wellness. Focus on developing personalized behavior change strategies to advance health. [GE, HE, SE]

Environmental Health
HLTH 103 2 Credits/Units

2.0 hours of lecture

Exploration of the connection between personal choices, human health, and the environment. Focus on developing personalized behavior change strategies to advance health. [GE, HE, SE]

Happiness and Your Health
HLTH 108 2 Credits/Units

2.0 hours of lecture

Exploration of the connection between happiness and your health. Focuses on science-based strategies to increase happiness, including gratitude, social connections, mindfulness, and stress management. Students will develop personalized behavior change strategies to advance well-being. [GE, HE, SE]

Adult CPR and First Aid
HLTH 120 1 Credit/Unit

1.0 hours of lecture

Introduction to adult CPR and general first aid skills that will prepare the student to recognize emergencies, make first aid decisions, and provide care. Upon successful completion of the course, students will receive Adult CPR and Standard First Aid certification. [GE]

Pediatric First Aid & CPR
HLTH 123 1 Credit/Unit

1.0 hours of lecture

First aid preparation to prevent injuries and respond to emergencies involving children and infants. Skills include child and infant CPR, use of an AED, first aid, and injury prevention. Successful completion of the course includes certification for first aid, child and infant CPR and AED. [GE]

Healthcare Provider CPR and First Aid
HLTH 124 1 Credit/Unit

1.0 hours of lecture

Cardiopulmonary resuscitation and first aid and for health care providers as required by the Washington Occupation and Health Act. Designed specifically for health care providers. Upon successful completion of the course, students will receive Basic Life Support for the Healthcare Provider and First Aid Certifications from the American Heart Association. Students are required to purchase the required text and workbook (available at Clark College Bookstore) and bring to class. [GE][PNP]

Cooperative Work Experience
HLTH 199 1-3 Credits/Units

9.0 hours of clinical

Supervised work experience in an approved job. Completion of specific learning objectives and employer evaluation. [GE]

Human Sexuality
HLTH 206 2 Credits/Units

2.0 hours of lecture

Exploration the connection between personal choices and sexual health through the life cycle. Using multiple perspectives, focuses on social, cultural, and historical influences on human sexuality. Topics include sexual biology, gender identity, gender expression, and physical and emotional attraction as well as the development of personalized behavior change strategies to promote safety and advance sexual health. [GE, HE, SE]

Women's Health
HLTH 207 3 Credits/Units

3.0 hours of lecture

Exploration of women-specific health issues across the lifespan using a multidimensional approach. Students will evaluate the impact of individual, institutional, and cultural influences on women's health in the United States. Personalized behavior change strategies to advance health well be developed. [GE, HE, PPI, SE]

Health and Social Justice
HLTH 210 3 Credits/Units

3.0 hours of lecture

Exploration of the complex interactions between race, culture, ethnicity, religion, gender, socioeconomic status, sexual orientation, age, social class, and ability as they relate to health behavior, healthcare, and health outcomes. Development of personalized behavior change strategies to advance health. [GE, HE, PPI, SE]

Cannabis and Your Health
HLTH 212 2 Credits/Units

2.0 hours of lecture

Explores the connection between cannabis and health with a focus on comparing marijuana and hemp, examining scholarly peer-reviewed research findings for medicinal and recreational use, discussing local legalization issues and developing behavior change strategies to advance health. [GE, HE, SE]

Selected Topics
HLTH 280 1-3 Credits/Units

3.0 hours of lecture

Selected topics in Health. Topics vary and course theme and content change to reflect new topics. Because the course varies in content, it is repeatable for credit. Individual topics are listed in the term class schedules. [GE,SE]

Special Projects
HLTH 290 1-5 Credits/Units

5.0 hours of lecture

Opportunity to plan, organize and complete special projects approved by the department. [GE]