HEALTH (HLTH)

FOOD AND YOUR HEALTH
HLTH 100 2 Credits/Units
22 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. [HE, SE] [PNP]

HEALTH FOR ADULT LIVING
HLTH 101 3 Credits/Units
33 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. [HE, SE]

ENVIRONMENTAL HEALTH
HLTH 103 2 Credits/Units
22 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. [HE, SE]

WEIGHT AND YOUR HEALTH
HLTH 104 2 Credits/Units
22 hours of lecture
Exploration of the multiple factors that contribute to weight-related behaviors and body image. Focus on developing a healthy relationship with food and physical activity, and practicing sustainable skills for effective lifestyle management. [HE, SE] [PNP]

HAPPINESS AND YOUR HEALTH
HLTH 108 2 Credits/Units
22 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. [HE, SE]

ADULT CPR AND FIRST AID
HLTH 120 1 Credit/Unit
11 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.

WILDERNESS FIRST AID
HLTH 122 2 Credits/Units
22 hours of lecture
Prerequisite: Proof of current Adult CPR/AED certification (bring to first class).
Foundation of first aid principles and skills necessary to respond to emergencies where immediate emergency medical services are not available, such as wilderness, remote environments, and urban disasters. [GE, SE]

PEDIATRIC FIRST AID & CPR
HLTH 123 1 Credit/Unit
11 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.

HEALTHCARE PROVIDER CPR AND FIRST AID
HLTH 124 1 Credit/Unit
11 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. [PNP]

HUMAN SEXUALITY
HLTH 206 2 Credits/Units
22 hours of lecture
Exploration of the connection between personal choices and sexual health through the life cycle. Focus on social, cultural and historical influences and on developing personalized behavior change strategies to advance sexual health. [HE, SE]

WOMEN'S HEALTH
HLTH 207 3 Credits/Units
33 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 will be developed. [HE, SE]

MEN'S HEALTH
HLTH 208 2 Credits/Units
22 hours of lecture
Exploration of men's personal health. Focus on social, cultural and historical influences and on developing personalized behavior change strategies to advance health. [HE, SE]

MULTICULTURAL HEALTH
HLTH 210 3 Credits/Units
33 hours of lecture
Exploration the complex interactions between culture, ethnicity, religion, gender, socioeconomic status, sexual orientation, age, social class, and ability as they relate to health behavior and outcomes. Develop personalized behavior change strategies to advance health. [HA, HE]

CANNABIS AND YOUR HEALTH
HLTH 212 2 Credits/Units
22 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. [HEP, SE]

SELECTED TOPICS
HLTH 280 3 Credits/Units
33 hours of lecture
Course focuses on 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 for different topics. [SE]

SPECIAL PROJECTS
HLTH 290 5 Credits/Units
Prerequisite: Consent of Instructional Unit.
Opportunity to plan, organize and complete special projects approved by the department. [GE]