

# HEALTH (HE)

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## **HE180 Internship: Health Ed** 1-12 credits (3 lab hrs/wk/cr)

Prerequisite(s): Instructor consent

Practical on-site experience that will allow students to test knowledge learned in the classroom and explore the variety of workplaces in which to apply that knowledge.

This course may be taken 12 times for credit.

Course classification: LDC

## **HE250 Personal Health** 3 credits (3 lec hrs/wk)

This personal health course deals with current health trends and issues in the United States. The course will expose students to a broad range of issues and information relating to several dimensions of personal health & wellness: physical, social, emotional, intellectual, spiritual, environmental, and occupational. Topics of exploration include, but are not limited to: nutrition, physical fitness, recognition of stress and weight management techniques, aging, and disease prevention.

This course may be taken 1 time for credit.

Course classification: LDC

## **HE252 First Aid & CPR Professional Rescue** 3 credits (3 lec hrs/wk)

This course follows the American Red Cross, and OSHA requirements to prepare the student with knowledge, skill, and techniques necessary to recognize and provide care in first aid, respiratory, and cardiac emergencies using the latest CPR and emergency cardiac care guidelines. Students learn how to perform rescue breathing; one-rescuer and two-rescuer CPR; how to use airway adjuncts (bag-valve-mask, oxygen administration); and how to operate an Automated External Defibrillator (AED). American Red Cross Professional Rescuer and First Aid certification is given upon completion of course requirements.

This course may be taken 1 time for credit.

Course classification: LDC

## **HE280 CWE: Rural Health Aide** 1-12 credits (3 lab hrs/wk/cr)

Prerequisite(s): Instructor consent

Practical on-site experience that will allow students to test knowledge learned in the classroom and explore a variety of workplaces in which to apply that knowledge.

This course may be taken 12 times for credit.

Course classification: LDC

## **HE280E Field Experience: EMT** 1-12 credits (3 lab hrs/wk/cr)

Prerequisite(s): Instructor consent

This course consists of a planned program of observation and practical experience with an organization providing emergency medical services. The course is designed to provide students with experience and an opportunity to apply emergency medical concepts and theory in a field situation.

This course may be taken 12 times for credit.

Course classification: LDC