

Health science

**HEALTH SCIENCE – HSCI**

Diablo Valley College is approved by the California Board of Registered Nurses for continuing education credits (provider #CEP 7992). Health Science courses that can be used are HSCI-124, 140, 164 and 170.

Tish Young, Dean  
 Biological and Health Sciences Division  
 Physical Sciences Building, Room 263

**Possible career opportunities**

A health science graduate may work in federal, state or county health agencies, community clinics, voluntary health agencies and hospitals, insurance or pharmaceutical companies.

**Program-level student learning outcomes**

Program learning outcomes are subject to change. The most current list of program learning outcomes for each program is published on the DVC website at [www.dvc.edu/slo](http://www.dvc.edu/slo).

**Associate in science degree**

Health education

**Students completing the program will be able to...**

- A. apply a multi-dimensional approach to health that incorporates the study of social, behavioral and physiological sciences.
- B. identify risk factors for disease and disability.
- C. analyze the psychological, physical, social, sexual, and environmental influences on health and wellness.
- D. demonstrate behavior-changing techniques to maximize health and wellness.
- E. evaluate information and its sources by articulating and applying fundamental evaluation and selection criteria.

**Associate in science degree - Health education**

The associate in science degree in health education exposes the student to a multi-dimensional approach to health by incorporating the study of social, behavioral and physiological sciences. Students will learn about individual and social-cultural risk factors for disease and disability and be taught behavior-changing skills and public health strategies to improve quality and quantity of life, all of which have broad applications in fields that teach health education such as academic, community, corporate, and/or medical. The course of study also provides a broad foundation in health sciences for those students who want to pursue specialized occupations in the public health profession.

Students may apply the knowledge to work areas, such as workplace wellness, hospital health education center, state or university health center, health club, and/or government and public health agencies that focus on improving individual and societal health. Students wishing to pursue a career in the field of health education should consider this two-year program as it satisfies the general education and/or elective requirements necessary to transfer, and will prepare students for a bachelor's of science (B.S.) degree program in the field of public health science.

DVC health education students who intend to transfer must consult with a program advisor or counselor to ensure that the requirements for transfer to four-year institutions of their choice are met. Students who intend to transfer are advised to select either General Education Option 2 (IGETC) or Option 3 (CSU GE). General Education Option 1 (DVC General Education) is appropriate for students who do not intend to transfer.

To earn an associate in science degree with a major in health education, students must complete each course used to meet a major requirement with a "C" grade or higher and complete general education requirements as listed in the catalog. Degree requirements can be completed by attending classes in the day, the evening, or both. Certain courses may satisfy both major and general education requirements; however, the units are only counted once.

<i>major requirements:</i>		<i>units</i>
HSCI-124	Health and Wellness.....	3
HSCI-130	Introduction to Public Health .....	3

<i>plus at least 4 units from:</i>		
BIOSC-102	Fundamentals of Biological Science with Laboratory .....	4
BIOSC-117	Human Biology with Laboratory .....	4
BIOSC-119	Fundamentals of Microbiology .....	4
BIOSC-139	Human Anatomy.....	5
BIOSC-140	Human Physiology .....	5
BIOSC-146	Principles of Microbiology .....	5

<i>plus at least 3 units from:</i>		
HSCI-127	Drugs, Health and Society.....	3
HSCI-135	Health and Social Justice .....	3
HSCI-140	Human Sexuality .....	3
HSCI-164	Health and Healing Systems: Cross-Cultural Perspectives.....	3
HSCI-170	Women's Health .....	3
HSCI-298	Independent Study.....	3
NUTRI-160	Nutrition: Science and Applications .....	3

<i>plus at least 6 units from any course not used above, or:</i>		
BUS-240	Business Statistics.....	3
or		
MATH-142	Elementary Statistics with Probability .....	4
CHEM-108	Introduction to Chemistry .....	4
PSYCH-101	Introduction to Psychology .....	3
or		
SOCIO-120	Introduction to Sociology.....	3

**total minimum required units 19**

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**HSCI-124 Health and Wellness**

3 units SC

- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent
- Note: The nutrition, tobacco and substance abuse components of this course fulfill a portion of the state health education requirements for a teaching credential. For CPR training see HSCI-131.

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include (but not limited to) nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety. C-ID PHS 100, CSU, UC (credit limits may apply to UC - see counselor)

**HSCI-125 Consumer Health**

3 units SC

- 54 hours lecture per term
- Recommended: ENGL-116/118 or equivalent

This course is designed to examine consumer aspects of health and medical care in contemporary society. Course study will include topics such as evaluating health care delivery systems, health care providers, and health insurance plans. Students will also learn how to critically assess health information and health-related services and products, as well as where to obtain health information, services and products. CSU

**HSCI-126 Stress Management and Health**

3 units SC

- 54 hours lecture per term
- Recommended: ENGL-116/118 or equivalent

This course will examine the theoretical frameworks of stress research and common stress management techniques. Topics of study will include defining stress, understanding physiological theories of stress, defining sources and causes of stress, and examining health consequences of chronic stress. Students will examine and analyze numerous strategies to manage and cope with stress such as: time management, relaxation techniques, communication skills, diet and exercise. CSU

**HSCI-127 Drugs, Health and Society**

3 units SC

- 54 hours lecture per term
- Recommended: ENGL-116/118 or equivalent

This course introduces concepts, theories, epidemiology and toxicology of substance abuse and its relevance to personal and public health. The biological, psychological and social effects of drug use on the health of individuals and on society is emphasized. Students will be introduced to concepts such as substance use versus misuse, abuse and dependence, and will learn about the risk factors, signs and symptoms, mental illnesses, treatments and prevention theories associated with addiction. The pharmacological classification of psychoactive substances, illicit and licit, and their neurological and physiological effects on the human brain will be explored. An extensive analysis of health statistics identifying trends of usage, dependency, and the controversies around the social, political, and economic factors related to the legal and illegal distribution, marketing and government regulation of drugs is also covered. Current options for recovery and local resources will be reviewed. C-ID PHS 103, CSU, UC (credit limits may apply to UC - see counselor)

**HSCI-128 Medical Terminology**

3 units SC

- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent

This course presents terminology relevant to many allied health care fields. The construction, pronunciation, spelling, definition and common usage for all medical terms in anatomy, physiology, pathology and health care will be covered. CSU

**HSCI-130 Introduction to Public Health**

3 units SC

- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent

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, and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines is covered. Topics of the discipline include the epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and 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. C-ID PHS 101, CSU, UC

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### HSCI-131 Cardiopulmonary Resuscitation (CPR)

- .5 unit SC
- 9 hours lecture/3 hours laboratory per term
- Recommended: ENGL-116/118 or equivalent

This course is designed to teach lifesaving skills to be used in respiratory and cardiac emergencies and to recertify those with CPR already. CSU

### HSCI-135 Health and Social Justice

- 3 units SC
- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent

This course provides an introduction to the health inequities in the United States that stem from unequal living conditions. Students will explore how education, socioeconomic status, racism and gender shape health epidemics and policy development. Fundamental theories to advocate for health and social justice will be presented. C-ID PHS 102, CSU, UC

### HSCI-140 Human Sexuality

- 3 units SC
- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent

This is an introductory course examining human sexuality from a biological and cross-cultural perspective. Historical and traditional influences, as well as current perspectives will be presented. This course will facilitate students' knowledge of each other's cultures and traditions as they relate to sexuality. Topics that will be examined include sexual anatomy and physiology, gender issues, sex research, relationships and intimacy, communication, sexual behaviors, sexual orientation, sexual minorities, contraception, abortion, sexually transmitted diseases, and enhancing sexual fulfillment. C-ID PSY 130, CSU, UC

### HSCI-150 Topics in Health Science

- .3-4 units SC
- Variable hours
- Recommended: Eligibility for ENGL-122 or equivalent

A supplemental course in health science to provide a study of current concepts and problems in health science. Specific topics will be announced in the schedule of classes. CSU

### HSCI-164 Health and Healing Systems: Cross-Cultural Perspectives

- 3 units SC
- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent
- Note: Continuing Education Units (CEUs) for nurses

This course examines health, disease, healing and medicine from an interdisciplinary perspective. Concepts and philosophies from traditional cultural healing systems and contemporary Western medicine will be examined from psychological, sociological, biological, historical and cultural perspectives. Topics covered include the history of Western medical thought, principles of indigenous healing systems, the role of gender in healing, the effects of personality and emotions on health and disease, and integrative medicine. CSU, UC

### HSCI-170 Women's Health

- 3 units SC
- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent

An exploration of the biological, sociopolitical, and psychological aspects of women's health and medical care in contemporary society. The course examines contemporary issues of women's health with emphasis on the politicization of the social, physical, emotional, intellectual, and environmental components of health. CSU, UC (credit limits may apply to UC - see counselor)

### HSCI-230 Advanced First Aid/CPR

- 3 units SC
- 54 hours lecture per term
- Note: Continuing Education Units (CEUs) for nurses

This advanced course involves the theory and detailed demonstration of the first aid care of the injured. The student will learn to assess a victim's condition and incorporate proper treatment. Standard first aid, cardio-pulmonary resuscitation (CPR), and automatic external defibrillator (AED) certification(s) will be granted upon successful completion of requirements. This course is appropriate training for medical professionals. C-ID KIN 101, CSU, UC

### HSCI-296 Internship in Occupational Work Experience Education in HSCI

- 1-4 units SC
- May be repeated three times
- Variable hours
- Note: In order to enroll in the HSCI-296 course, students must be interning or volunteering, register for the course, complete an online Employment Form, and participate in an orientation. The Employment Form can be accessed at <https://insite.4cd.edu/orgs/dept/dvc/coopapp/default.aspx>. Incomplete grades are not awarded for this course.

HSCI-296 is a supervised internship in a skilled or professional level assignment in the student's major field of study or area of career interest. Under the supervision of a college instructor, students will engage in on-the-job and other learning experiences that contribute to their employability skills and occupational or educational goals. Internships may be paid, non-paid, or some partial compensation provided. Five hours work per week or seventy-five hours work per term is equal to one unit (paid) or one unit for four hours work per week or sixty hours per term (unpaid work). Students may earn up to a maximum of sixteen units; repetition allowed per Title 5 Section 55253. CSU

**HSCI-298 Independent Study**

.5-3 units SC

- *Variable hours*
- *Note: Submission of acceptable educational contract to department and Instruction Office is required.*

This course is designed for advanced students who wish to conduct additional research, a special project, or learning activities in a specific discipline/subject area and is not intended to replace an existing course. The student and instructor develop a written contract that includes objectives to be achieved, activities and procedures to accomplish the study project, and the means by which the supervising instructor may assess accomplishment. CSU

**HSCI-299 Student Instructional Assistant**

.5-3 units SC

- *Variable hours*
- *Note: Applications must be approved through the Instruction Office. Students must be supervised by a DVC instructor.*

Students work as instructional assistants, lab assistants and research assistants in this department. The instructional assistants function as group discussion leaders, meet and assist students with problems and projects, or help instructors by setting up laboratory or demonstration apparatus. Students may not assist in course sections in which they are currently enrolled. CSU