HEALTH STUDIES

Cascade Campus
Jackson Hall (JH), Room 210
971-722-5055

Rock Creek Campus
Building 5, Room 245
971-722-7327

Southeast Campus
Student Commons (SCOM), Room 214
971-722-6148

Sylvania Campus
Health Technology Building (HT), Room 305
971-722-4225

pcc.edu/programs/health/

DESCRIPTION

HEALTH STUDIES MISSION:
Health Studies faculty support student success and guide student progress in meeting their personal, academic, and/or professional goals by providing high-quality instruction and curriculum.

HEALTH STUDIES VISION:
Empowers examination and engagement with personal, social, political, economic, cultural, and environmental factors impacting the health and wellness of individuals and society.

“Health is not merely the absence of disease, but a state of complete physical, mental, social, intellectual and spiritual well-being.”

Health Studies students explore the well-being of the individual and the community from a multi-dimensional perspective. Health Studies courses include personal health, stress and human health, first-aid and CPR, community and public health, the environment and food systems, women’s and men’s health, and global health.

Health Studies faculty consider social justice and health equity as fundamental components of health. Health Studies curriculum is intentionally designed and delivered to engage and empower students to formulate these connections in their own lives, communities, and global context. Several courses offer community-based learning options, directly supporting projects that deepen and contextualize course learning outcomes by addressing the needs of our community. Additionally, courses may provide transferable credits to support degree-seeking students towards meeting their academic and professional goals and/or the Health Studies Focus Award.

HE 110. CPR/AED for Professional Rescuers and Health Care Providers. 1 Credit.
Provides education and training in infant, child, adult CPR, AED, and Bag Valve masks for people who are responsible for delivering emergency care and/or ensuring the public safety. Provides training in bloodborne pathogens. Upon successful completion of this course, students may earn an American Red Cross CPR/AED for the Professional Rescuer and Health Care Provider certificate or equivalent American Health Association. Recommended: (RD 115 or IRW 115) or equivalent placement. Audit available.

HE 112. Standard First Aid and Emergency Care. 1 Credit.
Describes emergency procedures and techniques of basic life support for adult, child, or infant victims of airway obstruction, respiratory arrest and/or cardiac arrest. Provides education and training in Automated External Defibrillator. Upon successful completion of this course, students may earn an American Red Cross Standard First Aid and CPR/AED Adult/Child and Infant CPR certificate or American Health Association equivalent. Recommended: (RD 115 or IRW 115) or equivalent placement. Audit available.

HE 113. First Aid & CPR/AED Professional Rescuers/Health Care Providers. 1 Credit.
Introduces basic first aid knowledge in the home, work, and community environment. Gain knowledge and skills to perform Professional CPR and AED for adults/children/infants. Upon successful completion of this course, students may apply for an American Red Cross First Aid card and American Red Cross Professional CPR/AED card. Recommended: (RD 115 or IRW 115) or equivalent placement.

HE 125. First Aid & Industrial Safety. 3 Credits.
Introduces an interdisciplinary, science-based overview of key issues and current research in scientific fields of study related to biomedical, behavioral, and health sciences through class meetings and off-campus professional seminars sponsored by academic and research institutions throughout the Portland metropolitan area. Recommended: WR 121. Audit available.

HE 212. Women’s Health. 4 Credits.
Examines women’s health issues from a local, national and international perspective exploring the impact of bio-psycho-socio-cultural factors on the diagnosis, treatment, prevention and promotion of women’s health. Audit available.

HE 213. Men’s Health. 4 Credits.
Examines general and specific men’s health issues such as heart disease, prostate disorders, impotence and sexual dysfunction, HIV disease, human relationships and accidents/violence from a holistic wellness perspective. Audit available.

HE 242. Stress and Human Health. 4 Credits.
Surveys and critically analyzes the stress concept and its impact on individual health. Using a multi-dimensional model, students will explore their personal stressors and the interaction between stress, human health and disease. Recommended: WR 121 Audit available.

HE 250. Personal Health. 3 Credits.
Inspires close examination and evaluation of factors that influence one’s personal health and wellness. Involves critical analysis of health information related to the biological, psychological, sociocultural, and environmental impacts on personal health from a wellness perspective. Audit available.

HE 251. Community and Public Health Issues. 4 Credits.
Examines cultural, social, behavioral and environmental public health issues. Investigates the causes and potential solutions for current community health issues, and oversees the organization of community and healthcare agencies. Explores career opportunities in community health. Includes community-based learning. Audit available.

HE 252. First Aid - Basics and Beyond. 4 Credits.
Introduces first aid and emergency knowledge and skills in the work, community, and home environment. Examines first aid care in remote and/or wilderness settings. Upon successful completion of this course, students may earn an American Red Cross Responding to Emergencies Adult and Pediatric First Aid/CPR/AED Certificate. Recommended: (RD 115 or IRW 115) or equivalent placement.

HE 254. Weight Management and Personal Health. 3 Credits.
Course examines the causes of obesity, its impact on human health and explores weight loss and diet options for the individual from a holistic perspective, including social, emotional, and physical dimensions of human health. Recommended: Students have a WR 121 skill level. Audit available.

HE 255. Film and Public Health. 4 Credits.
Critically explores public health issues as they are portrayed in popular films and discusses the scientific and social underpinnings of the public health issues. Recommended: WR 121 Audit available.

HE 262. Children’s Health, Nutrition & Safety. 3 Credits.
Explores current health and safety issues for infants and young children. Issues examined include childhood illnesses and ailments, nutrition, obesity, stress, safe environment, self-esteem and general first aid. Audit available.

HE 264. Health, Food Systems, and the Environment. 3 Credits.
This course will examine how food systems influence human and environmental health. Students will explore the connections between sustainable agriculture concepts/practices, food systems, and personal and environmental health. Audit available.
HE 278. Human Health and the Environment. 3 Credits.
Examines the relationship between the environment and human health. Focuses on issues such as persistent environmental contaminants, environmental toxins, chemical exposures, climate change and accompanying disease outbreaks. Includes a strong emphasis on personal decision making. Recommend: (WR 115 and RD 115) or IRW 115 and MTH 20 or equivalent placement. Audit available.

HE 295. Health and Fitness for Life. 2 Credits.
Explores the interrelationship of the five components of physical fitness, nutrition and stress management concepts and activities to increase individual health and wellness. Corequisite: PE 295. Audit available.