

HEALTH STUDIES FOCUS AWARD

pcc.edu/programs/health/

The Health Studies Focus Award provides students with an introductory body of knowledge in Health Studies to prepare them for further academic study and transfer to a four-year institution. Benefits of this award include:

- Opportunities to build understanding of the complex factors, forces and institutions that influence individual, community, environmental and global health;
- Academic support, guidance, and encouragement through faculty-student mentoring; and
- Opportunities to network with local four-year universities and colleges.

The Health Studies Focus Award prepares students to pursue health studies and related programs at the bachelor level. In Oregon, these programs can be found at Portland State University, Oregon State University, Western Oregon University and other schools in the Oregon University System and private colleges.

Students receiving the Health Studies Focus Award will have successfully completed a minimum of 15 credits (with a C or better) from the following choices, which must include:

- Core Health Courses
- An additional course from Elective Health Courses
- Remainder of credits from Elective Health Courses or Approved Related Courses list

| Code | Title | Credits |
|--------------------------------------------------------------------------|-----------------------------------------------------------------|---------|
| Health Core Required Courses (one required, additional may be selected): | | |
| HE 242 | Stress and Human Health | 4 |
| HE 250 | Personal Health | 3 |
| HE 251 | Community and Public Health | 4 |
| HE 295 & PE 295 | Health and Fitness for Life and Health and Fitness for Life Lab | 3 |
| Elective Health Courses (one required, additional may be selected) | | |
| HE 212 | Women's Health ¹ | 4 |
| HE 213 | Men's Health | 4 |
| HE 255 | Health, Film, and Media ¹ | 4 |
| HE 262 | Children's Health | 4 |
| HE 264 | Food Systems and Public Health | 4 |
| HE 278 | Human Health and the Environment | 3 |
| Approved Related Courses | | |
| CG 130 | Today's Careers ² | 2 |
| ESR 171 | Environmental Science: Biological Perspectives | 4 |
| FN 225 | Nutrition | 4 |
| PSY 215 | Human Development | 4 |
| PSY 231 | Human Sexuality | 4 |
| SOC 206 | Social Problems | 4 |

¹ Lower division courses that will be accepted as equivalent to PSU's upper division courses. Transfer students will still need to complete upper division credit requirements for the university and/or college.

² Introduction to Today's Careers: Health

In addition to the formal coursework outlined above, students are strongly encouraged to expand their learning beyond the classrooms by attending health-focused events on campus and in the community and by participating in a study abroad program. As part of the process of pursuing the Health Studies Focus Award, students are encouraged to work with a Health Studies faculty member as a mentor. For more information, please visit our website at <https://www.pcc.edu/programs/health/faculty.html>