

# PUBLIC HEALTH SCIENCE (PHS)

## Division: Kinesiology

**PHS 107 C Nutrition and World Food Issue** **3 Units**  
(Formerly BIOL 107 C) Term hours: 54 lecture. This course is a study of the biological basis of human nutrition, including a survey of anatomical and physiological principles. A study of the human diet in the context of disease prevention, world food supply, and ecological factors will also be included. Pass/No Pass/Letter Grade Option. (UC/CSU, AA GE, CSU GE, IGETC)

**PHS 280 C Introduction to Public Health** **3 Units**  
Term hours: 54 lecture. 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. (CSU/UC, AA GE, CSU GE, IGETC, C-ID: PHS 101)

**PHS 280HC Honors Intro to Public Health** **3 Units**  
Term hours: 54 lecture. This Honors-enhanced course provides an enhanced comprehensive introduction to the discipline of public health. Students will gain an understanding of the 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. Duplicate credit not granted for KIN 280 C. (CSU/UC, AA GE, CSU GE, IGETC, C-ID: PHS 101)

**PHS 281 C Health and Social Justice** **3 Units**  
Formerly KIN 281 C. Term Hours: 54 hours lecture. 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. Theoretical frameworks will be used to assess and analyze public health issues. (UC/CSU, AA GE, CSU GE, IGETC, SOC JUST, C-ID:PH 102).

**PHS 281HC Honors Health and Social Just** **3 Units**  
Formerly KIN 281HC. Term Hours: 54 lecture. This honors course provides comprehensive and enhanced study of 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. Theoretical frameworks will be used to assess and analyze public health issues. Duplicate credit not granted for KIN 281 C. (CSU/UC, AA GE,SOC JUST, CSU GE, IGETC, C-ID:PH 102).

**PHS 283 C Womens Health** **3 Units**  
Formerly KIN 283 C. Term Hours: 54 lecture. This course analyzes the biological, psychological, and sociocultural aspects of women's health, and explores health services, health education, and healthcare delivery systems. Social determinants of health and health inequities are examined, as well as contemporary issues relating to LGBTQ+ rights, racism, ageism, gender stereotypes and gender roles, politics, and the role of women in the family, workforce, community, and society. Strategies for social and political change are developed. (UC Credit Limitation/CSU, AA GE, CSU GE, IGETC)(C-ID: PH 116).

**PHS 284 C Contemporary Personal Health** **3 Units**  
Term hours: 54 lecture. 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 nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety. (CSU/UC Credit Limitation, AA GE, CSU GE, C-ID: PHS 100)

**PHS 285 C Global and Community Health** **3 Units**  
Formerly KIN 285 C. Term Hours: 54 lecture. This course explores the primary determinants of global health, inequalities in health status among nations, and current challenges, controversies and public policy priorities. (UC/CSU, AA GE, CSU GE, IGETC, C-ID: PH 109).

**PHS 287 C Case Studies in Public Health** **3 Units**  
Term hours: 54 lecture. This course presents case studies in various themes of public health practice to demonstrate how the principles of public health were established and continue to evolve. (UC/CSU, AA GE)

**PHS 294 C Inter. Neurob. & Mind-body Con** **3 Units**  
Term hours: 54 lecture. This course will explore research that provides insight into how contemplative practices such as mindfulness and meditation, contemporary psychological approaches, exercise, diet, and sleep alter brain function in positive ways to promote mental health and wellbeing. In addition to examining diseases related to stress response, the course will focus on how lifestyle choices can alter brain function and lead to enhanced states of mental health wellbeing, resilience and likelihood of decreasing mental health disorders in the future, through underlying neurobiological mechanisms that allow one to lead a life of fulfillment and wellbeing. Stress, the stress response, the relaxation response, and implications of neuroplasticity through the lens of interpersonal neurobiology will be examined. (UC/CSU, AA GE, CSU GE)(C-ID: PH 107).

**PHS 295 C Civic Engagement In Pub Hlth** **3 Units**  
Term hours: 54 lecture. This course focuses on community as a unit of identity, community, well-being, and social justice perspectives and initiatives to promote community health. Addresses community change and improvements in community well-being, with a focus on health equity research for action using principles and practice in the planning, facilitation and evaluation of public health education and trainings. This course covers basic theories and participatory methods, with a focus on meeting the needs of diverse communities and adult learners. (CSU/UC, AA GE)

**PHS 296 C Whole Systems Integrative Health** **3 Units**  
Term hours: 54 lecture. In this course, students will study different components of lifestyle that contribute to health: exercise, nutrition, sleep, relationships, resiliency, and spirituality as contributing factors of wellbeing. Health will be considered from a whole person perspective as associated with a state of physical, psychological, and social wellbeing, referred to as a state of wholeness. Thus, we will look at health as a form of autopoiesis and a system of embodiment. (CSU/UC)