

PUBLIC HEALTH SCIENCE

Division: Kinesiology

Overview

Division Dean

Colin Preston, Interim

Faculty

Drew Alhadef
Dr. Silvie Grote

Counselor

Jacklyn Rangel (Counseling Co-Coordinator)

Degrees/Certificates

Integrative Health and Wellness Studies Associate in Science Degree (<https://catalog.nocccd.edu/cypress-college/degrees-certificates/public-health-science/integrative-health-and-wellness-studies-associate-in-science-degree/>)

Community Health Worker Certificate (<https://catalog.nocccd.edu/cypress-college/degrees-certificates/public-health-science/worker-certificate/>)

Public Health Associate in Science Degree for Transfer (<https://catalog.nocccd.edu/cypress-college/degrees-certificates/public-health-science/public-health-associate-in-science-degree-for-transfer/>)

Courses

PHS 270 C Nutrition Science and Application 3 Units

Term hours: 54 lecture. This course focuses on nutrition science using biological basis. It includes study of the human diet in the context of disease prevention and enhancement of health. Students will critically evaluate current controversies and global nutrition-related issues. Duplicate credit not granted for PHS 270HC. (CSU/UC Credit Limitation, AA GE, CSU GE, C-ID: NUTR 110)

PHS 270HC Honors Nutrition Science and Application 3 Units

Term hours: 54 lecture. This Honors-enhanced course focuses on nutrition science using biological basis. It includes study of the human diet in the context of disease prevention and enhancement of health. Students will critically evaluate current controversies and global nutrition-related issues. Duplicate credit not granted for PHS 270 C. (CSU/UC Credit Limitation, AA GE, CSU GE, C-ID: NUTR 110)

PHS 280 C Introduction to Public Health (formerly KIN 280 C) 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 Introduction to Public Health (formerly KIN 280HC) 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 (formerly KIN 281 C) 3 Units

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. (CSU/UC, AA GE, CSU GE, IGETC, SOC JUST, C-ID: PHS 102)

PHS 281HC Honors Health and Social Justice (formerly KIN 281HC) 3 Units

Term Hours: 54 lecture. This Honors-enhanced 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, CSU GE, IGETC, SOC JUST, C-ID: PHS 102)

PHS 283 C Women's Health (formerly KIN 283 C) 3 Units

Term Hours: 54 lecture. This course investigates a variety of topics that concern women's health. These include the effect of lifestyle on health; the role of exercise and nutrition in promoting wellness; risk factors for cardiovascular disease, chronic diseases, and cancer; social influences and work trends that affect women; abusive behaviors, sexual harassment, and substance abuse; sexual and reproductive health; and the aging process. Students analyze theoretical and practical information to make healthy lifestyle choices. (CSU/UC Credit Limitation, AA GE, CSU GE)

PHS 284 C Contemporary Personal Health (formerly KIN 284 C) 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 (formerly KIN 285 C) 3 Units

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)

PHS 286 C Nutrition for Public Health 3 Units

Term hours: 54 lecture. This course is an introduction to nutrition concepts related to public health. It covered key nutrition issues for specific population and the most important nutrition related conditions throughout the lifecycle and their prevention. (CSU/UC Credit Limitation, CSU GE, AA GE)

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. (CSU/UC, AA GE)

PHS 294 C Integrative Mental Health and Mindfulness 3 Units

Term hours: 54 lecture. In this course, students will examine mindfulness based meditation practices and how mental health is affected by mindfulness practice. As such, students will look at how lifestyle practices can contribute to mental health and at ways of optimizing mental health. Stress, the stress response, the relaxation response, and implications of neuroplasticity through the lens of interpersonal neurobiology will be examined. (CSU/UC)

PHS 295 C Civic Engagement in Public Health (formerly KIN 289 C) 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)