COMMUNITY HEALTH EDUCATION (AS) - 60 CREDITS

OVERVIEW

WHY CHOOSE COMMUNITY HEALTH EDUCATION?

Community Health Education is a rewarding field for individuals interested in teaching behaviors and knowledge that will lead to a healthy lifestyle. It is also a field experiencing rapid growth.

SKILLS ACQUIRED

(See.org)

Community Health Education programs include topics such as:

- Health policy
- Community health programs
- Health law enforcement
- Research methodology
- Disease prevention
- Management and administration

CAREERS IN COMMUNITY HEALTH EDUCATION

Projected Job Growth


Types of Jobs

(See.org)

Individuals who study Community Health Education typically pursue careers in:

- College Health Specialties Teachers
- Teachers
- Health Communications
- Community Activists
- Community Health Education Specialists
- Program Managers
- Health and Wellness Coordinators
- Health Advocates
- Outreach Coordinators
- Health Educators
- Medical and Health Services Managers
- Community Health Program Coordinator
- Assistant Director for Wellness Programs
- HIV Counseling & Testing Services
- Public Health Worker
- Community Health Advisor
- Community Health Counselor
- Community Health Outreach Worker

Average Pay


Description

(See.org)

Health educators teach people about behaviors that promote wellness. They develop and implement strategies to improve the health of individuals and communities. Community health workers collect data and discuss health concerns with members of specific populations or communities.

DEGREES & CERTIFICATES IN COMMUNITY HEALTH EDUCATION

The Associate of Science degree in Community Health Education and the Associate of Arts degree with Emphasis in Integrative Wellness will provide lower division coursework on which to base a four-year degree in health-related subject areas.

REQUIREMENTS

The focus of this program prepares students with the foundational knowledge in health education to transfer to a baccalaureate degree that educates students to serve as program facilitators, health education managers, health advocates and referral professionals. Upon completion, students are prepared to link health care and related social services with under-served communities to reduce health disparities, prevent disease and encourage health behavior change through integrative health practices.

Health educators may be employed in clinics and community organizations that emphasize outreach, education, advocacy and goal writing to promote health.

The AS degree program provides students with a means to add to their knowledge by continuing with bachelor's and graduate degree options.
CORE COURSES - 24 CREDITS

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BIOL 2041</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>HLTH 1104</td>
<td>Personal and Community Health</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 1105</td>
<td>Drug Use and Abuse</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 1107</td>
<td>Principles of Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 2209</td>
<td>Emergency Medical Responder</td>
<td>3</td>
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<tr>
<td>HLTH 2010</td>
<td>Healthcare in the US</td>
<td>3</td>
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Complete additional HLTH or EXSC courses totaling 5 credits to reach 24 credits of required coursework.

ADDITIONAL REQUIRED COURSES - 36 CREDITS

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<thead>
<tr>
<th>Code</th>
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<tbody>
<tr>
<td>ENGC 1101</td>
<td>Freshman Composition</td>
<td>4</td>
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<tr>
<td>BIOL 2042</td>
<td>Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 1061</td>
<td>Principles of Chemistry 1</td>
<td>5</td>
</tr>
<tr>
<td>COMM 1101</td>
<td>Fundamentals of Public Speaking</td>
<td>3</td>
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<tr>
<td>MATH 1020</td>
<td>Math Trek: Mathematics for Liberal Arts</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 1110</td>
<td>Introduction to Psychology</td>
<td>4</td>
</tr>
<tr>
<td>SOC 1104</td>
<td>Introduction to Sociology</td>
<td>3</td>
</tr>
</tbody>
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Complete 10 additional credits from MnTC Goals 6, 7, 8, 9, and 10 to reach 36 General Education/MnTC credits.

OTHER DEGREE REQUIREMENTS

- If needed, complete additional courses to reach 60 credits total.
- Earn a minimum cumulative grade point average (GPA) of 2.0 for college-level coursework (courses numbered 1000 and above) completed at Normandale.
- Earn a minimum of 20 college-level credits at Normandale.

Coursework in this degree program satisfies a portion of the Minnesota Transfer Curriculum (MnTC).

COURSES

BIOL 2041 HUMAN ANATOMY | 4 CR
Prep: CHEM 1020, or CHEM 1061, (C or higher) or concurrent registration and eligible for READ 1106

A rigorous and demanding study of the human body, intended for students pursuing careers in the health professions. Emphasis includes both gross and microscopic anatomy. Laboratory includes small mammal dissection, basic histology, and the gross and microscopic study of the human organ systems. Small mammal dissection is required for course completion. Lecture 3 hours. Lab requires a minimum of 3 hours per week of self-directed lab work.

Credits: 4 Semesters: Fall, Spring

BIOL 2042 HUMAN PHYSIOLOGY | 4 CR
Prep: BIOL 2041, (C or higher), CHEM 1050, or CHEM 1051, (C or higher) MnTC Goals: 3

Examination of the principles of human biological function with emphasis on homeostatic mechanisms of the body. Lecture and laboratory experiences include EMG, ECG, pulmonary function, hormone studies, exercise studies, and independent investigations. Lecture 3 hours. Lab requires a minimum of 3 hours per week of scheduled and/or self-directed lab work.

Credits: 4 Semesters: Fall, Spring

CHEM 1061 PRINCIPLES OF CHEMISTRY 1 | 5 CR
Prep: CHEM 1020, or high school chemistry within the past 2 years and MATH 0700 proficiency or concurrent registration or high school equivalent MnTC Goals: 3

Basic concepts of chemistry: atomic theory, stoichiometry, thermodynamics, chemical bonding, molecular structure, properties and behavior of the physical states, properties of aqueous solutions. Lecture 4 hours; lab 3 hours.

Credits: 5 Semesters: Fall, Spring

COMM 1101 FUNDAMENTALS OF PUBLIC SPEAKING | 3 CR
Prep: Recommended: Eligible for ENGC 1101, and READ 1106 MnTC Goals: 1

The primary purpose of this course is to provide instruction and practical experience in the basic fundamentals of effective public speaking. Students will prepare, perform, and evaluate a variety of speeches throughout the semester.

Credits: 3 Semesters: Fall, Spring

ENGC 1101 FRESHMAN COMPOSITION | 4 CR
Prep: ENGC 0920, (C or higher) and eligible for READ 1106, or eligible for ENGC 1181 and READ 1106 MnTC Goals: 1

In this essential college-level writing course, students will practice the skills necessary for success in college and professional writing. Students will develop and apply critical reading and thinking skills in a variety of research and writing assignments, including analysis and argument, with some essays based on literary texts and other sources.

Credits: 4 Semesters: Fall, Spring

HLTH 1104 PERSONAL AND COMMUNITY HEALTH | 3 CR

This course examines current health issues affecting the individual and community such as disease prevention, stress, nutrition, fitness, mental health, sexuality, and aging. Emphasis is placed on developing critical thinking skills to assist the student in creating a holistic plan for optimal personal and community health.

Credits: 3 Semesters: Fall, Spring
HLTH 1106 DRUG USE AND ABUSE | 3 CR
This course will examine the impact of mood-altering substances on the individual, family, and society. This includes an exploration of the interrelatedness of personal decisions regarding the use/non-use of mood-altering substances on politics, economics, and the various socio-cultural institutions.

Credits: 3 Semesters: Fall, Spring

HLTH 1107 PRINCIPLES OF NUTRITION | 3 CR
Recommended: Eligible for READ 1106
Emphasis on physiological function of nutrients in the human body, including digestion, absorption, and metabolism. Basic principles of nutrition are used to demonstrate and evaluate disease preventing diets that are determined by scientific criteria. Application of nutrition theories are illustrated by an in-depth dietary analysis utilizing databases, calculations, and scientific inquiry. Taught by registered dietitians.

Credits: 3 Semesters: Fall, Spring

HLTH 2010 HEALTHCARE IN THE US | 3 CR
Recommended: Eligible for ENGC 1101, and READ 1106
Students will understand the history, organization, influences, and delivery of healthcare in the US and abroad. A focus will be on analyzing the factors that have shaped our healthcare system compared to the other parts of the globe. The course will cover types of healthcare institutions, functions of hospitals, and other facilities; accountability in healthcare, hierarchy of the healthcare system, organizational structure, and the role of government in healthcare.

Credits: 3 Semesters: Fall, Spring

HLTH 2209 EMERGENCY MEDICAL RESPONDER | 3 CR
This course provides a more in-depth examination of the techniques and procedures necessary in handling the physical and emotional needs of the injured, or the suddenly taken ill person until more advanced medical help arrives. Legal and ethical issues, treatment for shock, respiratory and circulatory emergencies, spinal immobilization, fractures, special populations, poisoning, temperature emergencies, childbirth, and rescue skills. A Minnesota EMS Regulatory Board approved Emergency Medical Responder certificate is available upon successful completion of course objectives.

Credits: 3 Semesters: Fall, Spring

MATH 1020 MATH TREK: MATHEMATICS FOR LIBERAL ARTS | 3 CR
Prereq: Eligible for MATH 1006, or MATH 0630, (C or higher), or the equivalent in MATH 0501, 0502, 0603 M nTC Goals: 4
The purpose of this introductory course is to develop an understanding of the nature of mathematics and an awareness of its role in society. Through a selection of topics, the course will develop problem-solving techniques, an appreciation for mathematics and the relationship of mathematics to other disciplines. Mathematical ideas will be explored in areas such as voting systems, financial mathematics, environmental mathematics, or logic and problem solving. This course satisfies Goal 4 of the Minnesota Transfer Curriculum.

Credits: 3 Semesters: Fall, Spring

PSYC 1110 INTRODUCTION TO PSYCHOLOGY | 4 CR
Recommended: Eligible for READ 1106 M nTC Goals: 5
This course is an introduction to the scientific study of human behavior and mental processes. It prepares students for more advanced coursework in psychology and provides a basic understanding of psychology for those entering other fields. The course introduces the problems, methods, and findings of modern psychology to beginning students.

Credits: 4 Semesters: Fall, Spring

SOC 1104 INTRODUCTION TO SOCIOLOGY | 3 CR
Prereq: Eligible for ENGC 1101, and READ 1106 M nTC Goals: 5
An examination of the basic social processes which give order and structure to our lives: socialization, changing social roles, power and privilege, modernization and culture. Service Learning option available.

Credits: 3 Semesters: Fall, Spring

Last modified date: 5/24/2019 Normandale Community College