

Health Education

As our world becomes more connected and the use of technology increases, individuals and societies can become negatively impacted. The number of illnesses and deaths from chronic diseases, such as heart disease, cancer, diabetes, and stroke are in part, outcomes of personal health behavior and choices.

In addition, new and emerging infectious diseases are stretching the available resources to combat them. Therefore, the achievement of a attaining and nurturing all areas of health remains a worldwide priority in the twenty-first century. The primary role of a health educator is to act as an “agent of change” to help both individuals and society reach their fullest potential.

The Health Education course of study is designed for students who would like to further their career goals in any of the following health areas: Health, Public Health and Social Services, Health Care Administration, Health Promotion, Environmental Health and Occupational Health and related fields. These fields provide career opportunities that include, but are not limited to: Teacher/Educator, Administrator, Researcher, Epidemiologist (person who studies disease), Sanitarian, Occupational Health Specialist, Environmental Toxicologist, and Public Health Specialist.

This is a transfer plan, which is not the same as a state-approved vocational program leading to a degree with a vocational major from the Lane Board of Education. Rather the courses below are appropriate electives for students interested in eventually pursuing a four-year degree in Health Education at a university or specialized institution.

First Year

Fall

HE 275 Lifetime Health and Fitness

Winter

HE 252 First Aid

Spring

HE 250 Personal Health

HE 222 Consumer Health

Second Year

Fall

HE 152 Drugs Society and Behavior

HE 209 Human Sexuality

Winter

HE 125 Workplace Health and Safety

Spring

HE 255 Global Health

Additional courses needed to complete the AAOT degree:

WR 121 Introduction to Academic Writing*	4
Choice of.....	4
WR 122 Composition: Argument, Style, and Research*	
WR 227 Technical Writing*	
Choice of	4-5
MTH 105 Intro. to Contemporary Mathematics*	
MTH 111 College Algebra* (or any higher Math course)	
AAOT Oral Communication requirement	4
AAOT Arts and Letters requirement ¹	9-12
AAOT Social Science requirement ¹	12-16
AAOT Science with lab requirement.....	12
AAOT non-lab Science, math, computer science requirement	3-4
AAOT Electives.....	5-14

* Prerequisite required

1 One Arts and Letters or Social Science course must meet the AAOT Cultural Literacy requirement