

COMMUNITY HEALTH - ONE YEAR CERTIFICATE (CC1)

Description

The Community Health Certificate of Completion prepares students to work in the fields of public health, health care, and community-based organizations. Jobs in the public health field include community health worker, wellness coach, sustainable practices/advocacy, peer-centered support specialist, outreach case manager, and community health advocate. Graduates work to reduce unequal rates of illness and death between different communities, promote wellness, and advocate for health equity. All coursework can be applied to the Associate of Arts Oregon Transfer (AAOT) degree with a focus in Public Health. Courses cover foundations of public health, sustainable development, motivational interviewing, and health promotion strategies.

Program Learning Outcomes

Upon successful completion of the certificate, students will be able to:

1. Demonstrate knowledge of available community resources to support a person's health goals.
2. Explain the importance of understanding complex practices, values, beliefs and culturally and historically defined differences within the context of community health.
3. Demonstrate entry-level proficiency in Oregon Health Authority Traditional Health Worker core competencies.
4. Explain the relationship between human behavior and health.

Entrance Requirements

Recommended:

- Complete GED or High School Diploma

Other Entrance Requirements

Required:

- The Traditional Health Worker (THW) approval process requires a background check through the Oregon Health Authority. This process is apart of the THW application process upon completing a Community Health Worker or Peer Support Specialist Training.
- Some field practicum sites may require documentation of current immunizations, including the COVID-19 vaccine. Please contact the program director if you have any questions.

Course Requirements

| Course | Title | Credits |
|---|--|---------|
| Core Courses | | |
| HHP 295 | Health and Fitness | 3 |
| PHE 100 | Introduction to Public Health | 4 |
| PHE 110 | Public Health Professions | 1 |
| PHE 228 or PHE 248 | Health and Social Justice Health Psychology | 4 |
| PHE 267 | Wellness Coaching Fundamentals | 3 |
| PHE 281 | Practicum-Health Promotion/Public Health | 1 |
| PHE 282 | Foundations of Community Health Worker | 6 |
| PHE 284 | Community Health Promotion Planning | 3 |
| Choose up to seven credits from the following core electives: | | 7 |

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| PHE 183 | Peer Support Specialist Training | |
| PHE 210 | Introduction to the Health Care System | |
| PHE 231 | Human Sexuality | |
| PHE 268 | Sustainable Food and Nutrition | |
| PHE 283 | Introduction to Integrative Medicine | |
| MA 111 | Introduction to Professional Medical Assisting | |
| NUR 103 | Nursing Assistant | |
| SUS 101 | Introduction to Sustainability | |
| Other Required Courses | | |
| BA 214 or WR 121Z | Business Communications Composition I | 3-4 |
| COMM 115 or COMM 218Z or COMM 219 or PSY 216 | Introduction to Intercultural Communication Interpersonal Communication Small Group Communication Social Psychology | 4 |
| MTH 105Z | Math in Society (or any course within Related Instruction Computation) | 3-4 |
| Total Credits | | 42-44 |

Performance Standards

Students must have a 2.0 cumulative GPA to earn a COCC certificate or degree.

Sample Plan

| First Year | | |
|---|--|----------------|
| First Term | | Credits |
| BA 214 or WR 121Z | Business Communications or Composition I | 3-4 |
| PHE 100 | Introduction to Public Health | 4 |
| PHE 267 | Wellness Coaching Fundamentals | 3 |
| PHE 282 | Foundations of Community Health Worker | 6 |
| Credits | | 16-17 |
| Second Term | | |
| Core elective | | 3 |
| HHP 295 | Health and Fitness | 3 |
| PHE 110 | Public Health Professions | 1 |
| PHE 228 or PHE 248 | Health and Social Justice or Health Psychology | 4 |
| PHE 284 | Community Health Promotion Planning | 3 |
| Credits | | 14 |
| Third Term | | |
| COMM 115 or COMM 218Z or COMM 219 or PSY 216 | Introduction to Intercultural Communication Interpersonal Communication or Small Group Communication or Social Psychology | 4 |
| Core elective | | 4 |
| MTH 105Z | Math in Society (or any course within Related Instruction Computation) | 3-4 |

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| PHE 281 | Practicum-Health Promotion/Public Health | 1 |
| Credits | | 12-13 |
| Total Credits | | 42-44 |