

# PUBLIC HEALTH

The public health field is dedicated to protecting and improving the health of individuals, families, communities, and populations where they live, learn, work, and play. Public health professionals aim to prevent problems from happening before people get sick or injured by promoting healthcare equity, quality, and accessibility.

Public health careers include program planners, program evaluators, researchers, educators, epidemiologists, health and safety engineers, advocacy and policy advisors, health communication specialists, community developers and organizers, global health development officers, minority health and health disparities experts, and environmental health specialists. Work activities may include developing educational programs, creating health promoting policies, providing social services, conducting mixed-methods research, and leading community development and health systems reform.

See the [Public Health page](#) for more information.

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## Programs

### Transfer

#### Associate of Arts Oregon Transfer

- [Public Health - Associate of Arts Oregon Transfer \(AAOT\)](#)

## Courses

### HHP 100 Introduction to Public Health (4 Credits)

**Recommended preparation:** WR 065 or WR 121 or minimum placement Wr/Comm Level 9.

Provides an introduction to the core elements of public health science and practice, including health policy, health systems and health ethics. Open to all COCC students who want to know more about the dynamic, multi-disciplinary field of public health, what it is, how it is organized and how it works.

### HHP 110 Orientation to Public Health Professions (1 Credit)

**Recommended preparation:** WR 065 or WR 121 or minimum placement Wr/Comm Level 9.

Provides an introduction for students interested in health-related careers to the field of public health and its many career opportunities in behavioral and social sciences, community health (including maternal & child health), epidemiology, environmental health, health management and policy, health promotion, health informatics, minority health and health disparities, public health preparedness, gerontology, and global health. Meet public health professionals in class and 'on-the-job,' explore public health interests and academic pathways.

### HHP 210 Introduction to the Health Care System (3 Credits)

**Recommended preparation:** HHP 100.

Provides tools to examine and critically assess the U.S. health care delivery system, its components, and the challenges created by its structure. Considers the U.S. health care system from the perspective of multiple players and partners, including consumers/patients, primary health care, hospitals, providers, insurers, and government. Compares and contrasts the U.S. health care system to health care systems in other developed and emerging countries.

### HHP 212A AHA Basic Life Support for Providers CPR (1 Credit)

Provides the following skills: Basic life support for patients of all ages (including ventilation with a barrier device and a bag-mask device), use of an automatic external defibrillator and relief of choking in responsive and non-responsive patients. Designed for providers who care for patients in a wide variety of settings, both in and out of hospital. In order to receive the AHA BLS Provider Certification card, one must pass a written exam and be able to physically perform all skills required for CPR.

### HHP 228 Health and Social Justice (4 Credits)

**Recommended preparation:** HHP 100.

Introduction to the intersection of health and social justice, to better understand socially unjust health differences (inequities) present in communities across the United States and abroad. Particular attention will be paid to the social ecological framework for health promotion and the social determinants of health. The course takes a deeper dive into public health challenges by exploring current health issues in the United States and globally. Examination of relevant historical issues, theories of justice, human rights, and empirical evidence of health inequities, with an emphasis in critical analysis and applied knowledge. Community-engaged strategies and service learning activities will be used to explore social injustices and health inequities.

### HHP 231 Human Sexuality (3 Credits)

Explores the biological, psychological, and social aspects of human sexuality. Specific topics include historical and cultural perspectives of human sexuality, sexual anatomy and physiology, sexual and reproductive health factors, gender identity, sexual orientations, and lifespan sexual development.

### HHP 240 Science of Nutrition (3 Credits)

**Prerequisites:** CH 104 or 105 or 106 or CH 221 or 222 or 223.

Will introduce nutrition to exercise science, nutrition, dietetics, food science, and health science majors who have taken general chemistry. Concepts of nutrient metabolism and utilization, nutrient deficiencies and toxicities and their relationship to disease prevention and treatment. Meets requirements for COCC AS in EXSS and BS in EXSS at OSU-Cascades.

### HHP 242 Stress Management (3 Credits)

**Recommended preparation:** WR 065 or WR 121 or minimum placement Wr/Comm Level 9.

Helps students develop a comprehensive approach to the management of stress. Examines the historical, emotional, intellectual, spiritual, psychological and physiological foundations of the stress concept. This broad understanding of stress will be the basis for the study of the role that stress plays in health and disease. Students will experiment with a wide variety of stress management and relaxation techniques.

**HHP 248 Health Psychology (4 Credits)****Recommended preparation:** WR 65 or higher.

Health is defined as "a state of complete physical, mental, and social wellbeing, and not merely the absence of disease" (World Health Organization, 1948). With that definition in mind, this course examines how biological, psychological, social, and environmental factors affect physical health and wellbeing. Specific topics include historical and cultural perspectives of health, the psychology and physiology of stress, health behavior modification with emphases on primary prevention and health promotion, socioeconomic and healthcare inequalities, and an exploration of biopsychosocial factors related to chronic diseases like obesity, heart disease, and HIV AIDS. This course is one of the four pre-Public Health core courses offered.

**HHP 252 First Aid & AHA Basic Life Support Provider CPR (3 Credits)****Recommended preparation:** WR 065 or WR 121 or minimum placement Wr/Comm Level 9.

First Aid & CPR instruction. First aid includes: immediate and temporary care for a wide variety of injuries, illnesses, conditions. CPR includes: patients of all ages; ventilation with a face shield, pocket mask and a bag-mask device; use of an automated external defibrillator (AED); relief of choking; both one- and two-person CPR; and compression-only CPR. Practical exam includes individual hands-on testing; successful completion of course results in National Safety Council Standard First Aid - card valid for three years and American Heart Association (AHA) Basic Life Support (BLS) for Provider Adult & Pediatric CPR - card valid for two years.

**HHP 252A Fitness/First Aid (3 Credits)****Recommended preparation:** WR 065 and MTH 015.

Introduces both first aid and wellness topics, such as immediate and temporary care for injury and illness, control of bleeding, care for poisoning, splinting, bandaging and transportation, as well as fitness, nutrition and stress management. Students earn first aid and CPR cards in both adult and infant from the National Safety Council upon completion of course.

**HHP 258 Holistic Wellness (4 Credits)****Recommended preparation:** WR 65 or higher.

Looks beyond health risk factors to broader wellness dimensions (i.e. mental, emotional, spiritual, environmental, cultural & financial). Conventional & alternative paradigms of chronic disease causes plus modalities for healing will be explored through the role of our minds, environment, relationships, spirituality, & social support.

**HHP 266 Nutrition for Health (3 Credits)****Recommended preparation:** MTH 20 or higher.

Introduces the basics of nutrition for a physically active, healthy lifestyle. The course emphasizes nutrient function, energy production, weight management, body composition, psychosocial health, global impact of nutrition, prevention of nutrition related diseases, food guide pyramid, ergogenic aids fad diets, dieting and nutritional research. Course also includes a computerized nutritional assessment.

**HHP 268 Sustainable Food and Nutrition (4 Credits)****Recommended preparation:** WR 065 or higher or minimum placement Wr/Comm Level 7.

Farmer and author Wendell Berry once wrote that eating is an "agricultural act". It is also an ethical, social, political, and environmental act. In order to more fully understand the impact of our food choices, this course explores American food production from start to finish, past to present, and field to fork. Along the way we answer questions like: How does a plant grow? What is the difference between conventional vs. organic agriculture? How and why did our current food system develop? How much does a cheeseburger really cost? What and why is food biotechnology? Where can I buy a local head of lettuce or leg of lamb? And, ultimately, what should I eat? .

**HHP 281 Practicum-Health Promotion/Public Health (1-2 Credits)****Prerequisites:** instructor approval. **Recommended preparation:** complete a minimum of three Health Promotion/Public Health courses.

Provides practicums co-mentored by department faculty in collaboration with community partners. Practicum sites may include, but are not limited to public health departments, community health centers, health promotion and education programs, local government organizations, environmental health organizations, and social justice organizations. Thirty hours of practicum experience is equivalent to one credit. P/NP grading.

**HHP 283 Introduction to Alternative Medicine (4 Credits)**

Introduces the historical and sociopolitical context of conventional and "alternative" medical systems in the United States. A number of professional alternative medical practices will be examined as independent systems, and also as components of the larger context of the overall health care system in America.

**HHP 295 Health and Fitness (3 Credits)****Recommended preparation:** or to be taken with WR 65 and MTH 20 or higher.

Introduces a comprehensive overview of wellness concepts including fitness, nutrition, stress, disease prevention, and various other lifestyle factors that improve the quality of life. Each student's health and fitness is individually evaluated through a series of tests measuring cardiovascular endurance, strength, body composition, flexibility, blood pressure, nutrition, stress levels and blood lipid and blood glucose.

**SUS 101 Introduction to Sustainability (4 Credits)**

Explores the environmental, social, and economic dimensions of sustainability. Defines and applies basic principles of sustainability to address today's most pressing environmental and social challenges. Develops an understanding of how individual behaviors affect community and global health. Approaches sustainability from a multidisciplinary perspective by integrating faculty from across the curriculum, including public health, biology, natural resources, sociology, and economics. Includes 4 hours of service learning at an off-campus location.

**SUS 180 Co-op Work Experience Sustainability (1-4 Credits)****Recommended preparation:** instructor approval.

Provides experience in which students apply previous classroom learning in an occupational setting. Credits depend on the number of hours worked. P/NP grading.

**SUS 188 Special Studies: Sustainability (1-4 Credits)****Prerequisites:** instructor approval.

Explores topics of current interest in Sustainability.

**SUS 199 Selected Topics: Sustainability (1-4 Credits)****Prerequisites:** instructor approval.

Provides a learning experience in Sustainability not currently available; this course is in development to be proposed as a permanent course.

**SUS 280 Co-op Work Experience Sustainability (1-4 Credits)**

**Recommended preparation:** instructor approval.

Provides experience in which students apply previous classroom learning in an occupational setting. Credits depend on the number of hours worked. P/NP grading.

**SUS 288 Special Studies: Sustainability (1-4 Credits)**

**Prerequisites:** instructor approval.

Explores topics of current interest in Sustainability.

**SUS 298 Independent Study: Sustainability (1-4 Credits)**

**Prerequisites:** Instructor approval.

**Recommended preparation:** prior coursework in the discipline.

Individualized, advanced study to focus on outcomes not addressed in existing courses or of special interest to a student. P/NP grading.

**SUS 299 Selected Topics: Sustainability (1-4 Credits)**

**Prerequisites:** instructor approval.

Provides a learning experience in Sustainability not currently available; this course is in development to be proposed as a permanent course.