



2016 – 2017

Career Technical Programs

**Health, Physical Education and
Athletics Division**
541.463.5545

lanecc.edu

Public Health Education & Promotion Specialist

Associate of Applied Science Degree

Program Coordinator Susie Cousar, 541.463.5271

Purpose This will be a program of study that prepares individuals to assume roles as health education, promotion and wellness professionals in private business and industry, community organizations, and health care settings. Areas this may include are; personal health, community health and welfare, nutrition, disease prevention and causation, mental and developmental health, fitness, occupational or environmental health and safety, health navigation as well as health behavior change and intervention.

Students in this program will be trained to become agents for positive health behavior change in the community. This program will provide students with experience, knowledge, and strategies to utilize and apply the skills needed to improve and promote personal and community health outcomes. The core classes in this program will focus on the scientific dimensions within the academic fields of Health Education/Promotion and Public Health which include the exploration of physical, social, emotional, mental, psychological, occupational, and environmental aspects of both personal and community health and well-being and the prevention of disease, disability and chronic health issues. Because of the multidisciplinary nature of this field, students will also take a wide variety of classes from the social science, biological science, psychological science, and human services academic areas.

This program is designed to prepare students to enter the private and public workforce within the following fields: health education and promotion, wellness specialists, public health advocate, planners presenters and research assistants, safety and disease prevention specialists, personal health coach-navigator, retirement and home health-activity coordinators, community health advocates and workers, personal health caregivers, occupational and environmental health specialist, assistants, mental/social health advocates, violence prevention educators, and all employment opportunities that require the skills and understanding of individual and community-health promotion, disease prevention, education and advocacy.

Learning Outcomes The graduate of the Associate of Applied Science program will be able to:

- demonstrate skills and abilities to utilize current research, plan, develop, organize and assess materials and presentations to appropriately communicate information with individuals and the public about current individual and public/community health issues.
- Demonstrate skills and abilities to utilize current research, plan, develop, organize and assess materials and presentations to appropriately communicate information with individuals and the public about current individual and public/community health issues including the following areas:

the personal and societal determinants of health
community and interpersonal violence
personal behavior change
chronic and communicable disease causation and prevention
individual and societal impacts of obesity, hunger, and malnourishment
drug addiction care and prevention
environmental health issues such as air and water pollution and the connection between ecological and human health issues
social and cultural paradigms that can impact individual and community health equity and outcomes

health care access and issues
reproduction and sexual health including the prevention of unplanned pregnancies and sexually transmitted disease
emergency response, first aid and safety
fitness and physical activity

- develop curriculum for presentations, classes, activities, online courses, and web content.
- conduct individual and group learning experiences and activities both in person and online.
- utilize the skills needed to organize and coordinate events, meetings, workshops, conferences and fundraising.
- demonstrate writing proficiency necessary for grant funding, legislation development, published resources for web content, policies and procedures and other materials needed.
- demonstrate computer skills with a variety of programs and databases for research, writing, web development, and organizational planning.
- conduct, record and analyze simple health assessments including blood pressure, body mass index, target heart rate and nutritional screenings.
- collect and analyze data including conducting field tests and interviews when needed.
- plan and conduct assessments audits and evaluations for individuals, community, and the workplace.
- integrate social marketing within, public speaking, planning, curricula and written materials.
- demonstrate the ability to clearly articulate ideas, reasoning and confidence in public speaking.
- utilize collaborative, emotionally intelligent, and culturally competent team skills in the design and implementation of health education and public health classes and programs for diverse individuals and populations.
- create and utilize appropriate community networks and resources to ensure that individuals and community groups have access to appropriate support systems.
- develop and implement policies, legislation, and individual behavior-change agreements and community health action plans for the prevention of disease, accidents, injuries, and disasters.
- develop and utilize efficient organizational processes to ensure prompt follow-up, tracking, and project management.
- utilize motivational interviewing techniques and community surveys to assist in the planning, assessment, and implementation of individual and community health promotion plans and programs.

Admission Information Please consult lanecc.edu/healthpe

Cooperative Education (Co-op) Co-op offers students graded college credit for on-the-job work experience related to educational and career goals. Through Co-op, students connect theory and practice, develop skills, expand career knowledge, and make contacts for future job openings.

Job Openings Projected through 2020

Employment in this occupation in 2012 was at about the statewide average for all occupations. The total number of job openings is projected to be at about the statewide average number of job openings for all occupations through 2022.

This occupation is expected to grow at about the statewide average growth rate for all occupations through 2022.

Public Health Education & Promotion Spct

Reasonable employment opportunities exist for trained workers.

Total new jobs in Oregon per year, approximately 32

Wages

Lane County average hourly \$30.35; average annual \$63,407

Oregon average hourly \$28.06; average annual \$58,361

Wage forecast is currently for Bachelors or Masters degree level.

Employment wages are likely to be adjusted based on position for candidate with AAS degree.

Costs Estimate based on 2014-15 tuition and fees. Consult Lane's website for updated tuition.

Books \$2,553

Resident Tuition and General Student Fees \$9,627

Total Estimated Cost \$12,180

Course fees may change during the year. See the online credit class schedule for fees assigned to courses.

Course Requirements

In addition to completing all required courses and meeting college graduation requirements, students must meet the following requirements:

1. Students must fill out application prior to second year of enrollment in cooperative education courses.
2. All courses must be completed with a letter grade and be passed with a C or better grade to satisfy course requirements.
3. Students must receive a positive evaluation from supervisors and coordinators for their co-op classes.
4. HO 150/152 are offered online and Anatomy & Physiology courses (Combination of Bio 231-233) can be substituted for the HO 150/152 combo.

First Year

HE 152 Drugs, Society and Behavior..... 3

HE 209 Human Sexuality..... 3

HO 100 Medical Terminology 1 3

Choice of SOC 205, 206, 218 4

Choice of: 4

WR 121 Intro to Academic Writing

WR 121_H Intro to Academic Writing

Fall

Winter

CG 203 Human Relations at Work..... 3

HE 275 Lifetime Health and Fitness..... 3

HI 101 Introduction to Health Care and Public

Health in the US 4

HO 150 Human Body Systems 1..... 3

Choice of PSY 201, 202, 239 or 215* 3-4

Spring

COMM 112 Persuasive Speech 4

HE 125 Workplace Health and Safety 3

HO 152 Human Body Systems 2..... 3

HS 228 HIV/AIDS and other Infectious Diseases:

Risk Assessment and Intervention..... 2

MTH 025 Basic Mathematics Applications or higher..... 3

Second Year

Choice of COMM 105, 115, 218 4

HE 250 Personal Health 3

HE 252 First Aid..... 3

HE 280PH Co-op Ed: Public Health 3

Choice of: 4

WR 122 Composition: Style and Argument

WR 122_H Composition: Style and Argument

Fall

Winter

Choice of:

HS 107, HS 235 or EXMS214 3

FN 225 Nutrition..... 4

HE 255 Global Health and Sustainability 4

HE 280PH Co-op Ed: Public Health 3

Choice of any two 1 credit PE course..... 2

Spring

Choice of :

BIO103G or BIO 103M..... 4

HE 240 Holistic Health 3

HE 280PH Co-op Ed: Public Health 3

HS 231 Advanced Interviewing and Counseling..... 3

SOC108A Selected Topics in Women's Studies,

Women's Bodies, Women's Selves..... 3