Health (HEA)

HEA 110. Personal Health/Wellness. 3.0 Credits. Class-3.0. Clinical-0.0. Lab-0.0. Work-0.0
This course provides an introduction to basic personal health and wellness. Emphasis is placed on current health issues such as nutrition, mental health, and fitness. Upon completion, students should be able to demonstrate an understanding of the factors necessary to the maintenance of health and wellness.

HEA 112. First Aid & CPR. 2.0 Credits. Class-1.0. Clinical-0.0. Lab-2.0. Work-0.0
This course introduces the basics of emergency first aid treatment. Topics include rescue breathing, CPR, first aid for choking and bleeding, and other first aid procedures. Upon completion, students should be able to demonstrate skills in providing emergency care for the sick and injured until medical help can be obtained.