

# DEGREES, CERTIFICATES, AND TRANSFER PREPARATION INFORMATION

## HEALTH EDUCATION – NONCREDIT

### Programs Offered

- Home Health Aide Pre-Certification Program Certificate of Completion (Noncredit)
- Introduction to Working with Older Adults Certificate of Completion (Noncredit)
- Nursing Assistant Pre-Certification Training Program Certificate of Completion (Noncredit)
- Rehabilitation Therapy Aide Certificate of Completion (Noncredit)

### Home Health Aide Pre-Certification Program, Certificate of Completion (Noncredit)

The Home Health Aide Pre-Certification Program is designed to develop the skills needed to succeed in college and prepare for a career as a certified home health aide. The 54-hour curriculum prepares students to build upon the knowledge, skills and abilities of a nurse assistant to work as entry-level home health aides caring for patients in home health and hospice settings. The courses consist of 5 lecture and 5 lab modules, as required by the California Department of Public Health, which focus on essential aspects of patient care, such as medical and social needs of people being served in the home setting.

**Program Learning Outcomes:** Upon completion of the program, students will demonstrate competency in the knowledge, skills, and abilities essential for home health aides working as a member of the healthcare team by providing safe, quality care, communicating effectively, incorporating legal and ethical values, and assisting patients in attaining and maintaining maximum functional independence.

#### Area of Emphasis: (54 hours)

##### Required Courses: (54 hours)

HEALTH 987, Home Health Aide Pre-Certification Foundational Training (27 hours)

HEALTH 988, Home Health Aide Pre-Certification Training Clinical Lab (27 hours)

### Introduction to Working with Older Adults, Certificate of Completion (Noncredit)

This noncredit program prepares students for entry-level careers working with older adults in the field of Gerontology. Students completing the Introduction to Working with Older Adults Certificate of Completion may qualify for entry into high demand occupations such as caregivers, companions, resident care providers, direct support professionals, and other services for the elderly and persons with disabilities. This program meets the requirements for the State of California Senior Caregiver Training. This program is not intended as a substitute for any credit certificate or associate degree.

**Program Learning Outcomes:** Upon completion of the program, students will demonstrate competency in providing non-medical care to older adults; discuss the physiological, psychological and sociological changes associated with aging; apply effective communication skills and processes in relating to older adults with dementia or disabilities; and articulate how healthy behaviors and lifestyle choices lead to wellness in older adults.

#### Area of Emphasis: (0 units)

##### Required Courses:

HEALTH 905, Providing Care to Older Adults (0)

HEALTH 906, Communication with Older Adults (0)

HEALTH 907, Wellness in Older Adults (0)

### Nurse Assistant Pre-Certification Training Program, Certificate of Completion (Noncredit)

The Nurse Assistant Pre-Certification Program is designed to develop skills needed to succeed in college and prepare for a career as a certified nurse assistant and home health aide. The 180-hour curriculum prepares students to achieve the knowledge, skills, and abilities essential to work as entry-level nurse assistants caring for patients in hospitals, assisted living, and long-term care settings. The courses consist of 17 lecture and 17 lab modules, as required by the California Department of Public Health, which focus on essential aspects of patient care, such as patients' rights, body mechanics, taking vital signs, rehabilitative nursing, and more.

**Program Learning Outcomes:** Upon completion of the program, students will demonstrate competency in the knowledge, skills, and abilities essential for nurse assistants working as a member of the healthcare team providing safe, quality care, communicating effectively, incorporating legal and ethical values, and assisting patients in attaining and maintaining maximum functional independence.

#### Area of Emphasis: (180 hours)

##### Required Courses: (180 hours)

HEALTH 985, Nurse Assistant Pre-Certification Foundational Training (72 hours)

HEALTH 986, Nurse Assistant Pre-Certification Foundational Clinical Training Lab (108 hours)

### Rehabilitation Therapy Aide, Certificate of Completion (Noncredit)

The Certificate of Completion introduces students to the field and practice of rehabilitation therapy, including occupational, physical and speech therapy. Students learn the essential job duties and responsibilities of a rehabilitation aide, and experience clinical hands-on practice with the equipment, machines and tools. The students explore the history, ethics and common muscular anatomy, diagnoses and associated precautions, and body mechanic and movement terms used in these health care fields.

**Program Learning Outcomes:** Upon completion of this program, students will be able to:

1. Differentiate among the varying roles of a rehabilitation aide, assistant and therapist;
2. Demonstrate competency in basic medical office ethics and common practices;
3. Give examples of diagnoses, injuries and disabilities, and their associated precautions, commonly encountered in a rehabilitation therapy setting;
4. Use common rehabilitation therapy terminology;
5. Identify and locate some of the major muscle groups of the human body;

6. Recognize proper muscle movement and body mechanics along the various planes of the body;
7. Lift, maintain and clean equipment, machines and tools commonly used in rehabilitation therapy settings;
8. Recognize some modalities used in rehabilitation settings and distinguish an aide's role in helping patients with those modalities; and
9. Learn and become CPR, AED, and First Aid certified in accordance with the American Red Cross guidelines.

**Area of Emphasis: (0 units)****Required Courses:**

HEALTH 900, Introduction to the Career of a Rehabilitation Therapy Aide (0)

HEALTH 902, Clinical Practice for a Rehabilitation Therapy Aide (0)

HEALTH 904, Kinesiology for a Rehabilitation Therapy Aide (0)