



# Community Health and Wellness

Associate of Applied Science

**This map shows anticipated curriculum updates for the 2024-2025 academic year. Students who started in 2023-2024 but will graduate in 2024-2025 may opt-in to this academic plan.**

## Program description

Community Health and Wellness provides students with a working knowledge of healthcare systems and practices with specialization in their area of interest. Students will gain general knowledge of fitness, nutrition, social and emotional development with a focus on healthcare and human services systems as well as navigation and advocacy skills. [Learn More](#)

## Key advisor

Traci Arnold, [tarnold@highline.edu](mailto:tarnold@highline.edu)

## Program map

The following program map contains recommended courses to complete your [AAS Community Health & Wellness](#) degree. This document does not replace meeting with an advisor. In order to discuss your educational goals and plans a meeting with an advisor is very important.

## Advising Notes

Not every course is offered every quarter. Check with a faculty advisor to confirm when courses will be offered.

### 1<sup>st</sup> Quarter – Fall

Courses: 15 credits	Credits	Complete?
ENGL& 101 – English Composition I	5	
BSTEC 120 – Computer Skills	3	
BUSN 135 – Business Mathematics, or ACCTG 121 – Practical Financial Accounting, or MATH& 146 – Introduction to Statistics, or Any Math 100-level or above	5	
HEAL 218 – CPR & First Aid for Healthcare Providers	2	

#### Action items/milestones

- Declare your program of study/major
- Meet with your advisor to discuss this program map

### 2<sup>nd</sup> Quarter – Winter

Courses: 14 credits	Credits	Complete?
HEAL 102 – Introduction to Healthcare Professions	3	
HEAL 104 – Medical Terminology & Anatomy	5	
PSYCH 120 – Psychology of Human Relations, or BUSN 207 – Cultural Awareness & Business Etiquette	5	
HSER 135 – Mental Health First Aid, or PSYCH 131 – Suicide Intervention	1	

### 3<sup>rd</sup> Quarter – Spring

Courses: 14 credits	Credits	Complete?
HEAL 106 – Human Diseases & Pharmacology	5	
HSER 108 – Community Mental Health	5	
HEAL 160 – Law & Ethics for Healthcare Professionals	4	

#### Action items/milestones

- Meet with your advisor prior to completion of 45 credits

### 4<sup>th</sup> Quarter – Fall

Courses: 15 credits	Credits	Complete?
PSYC& 100 – General Psychology	5	
HSER 260 – Culturally Responsive Practices	3	
HSER 211 – Adulthood & Aging	5	
HSER 231 – Disability Issues & Practices	2	

### 5<sup>th</sup> Quarter – Winter

Courses: 17 credits	Credits	Complete?
HEAL 162 – Medical Office Procedures	5	
HEAL 251 – Medical Assistant Patient Navigator	5	
NUTR& 101 – Nutrition	5	

#### Action items/milestones

- Apply for graduation

### 6<sup>th</sup> Quarter – Spring

Courses: 17 credits	Credits	Complete?
CMST 200 – Intercultural Communication	5	
DGS 110 – Global Studies	5	
PE 101 – Global Health Issues	5	
HEAL 239 – Job Readiness	2	

#### Action items/milestones

- Register for commencement