This program offers core courses designed for students enrolled in the Health Information Technology, Medical Assisting, Pharmacy Technician and other Allied Health programs.

Program Maps

Allied Health, Pre-Health Occupations, A.S. Degree (/docs/crc/programs/program-maps/pre-health-as-degree-ho.pdf)

DEAN  Nancy Reitz (/about-us/faculty-and-staff-directory/nancy-reitz)

DEPARTMENT CHAIR  Dana Wassmer (/about-us/faculty-and-staff-directory/dana-wassmer)

CAREER AND ACADEMIC COMMUNITY  Health and Human Services (/academics/career-and-academic-communities/health-and-human-services)

Associate Degree

A.S. in Pre-Health Occupations

This degree prepares students interested in a variety of Allied Health occupations. The degree will prepare students with a rigorous course of study prior to selecting the program of their chosen career. Students will complete coursework with an emphasis on basic science, healthcare delivery and culturally competent patient care. Students completing the degree will be prepared to enter programs for careers in Diagnostic Medical Sonography, Medical Assisting, Health Information Technology, Nursing and others. Students may also choose to complete this degree in preparation for transfer to a Health Sciences Baccalaureate degree program. Completion of the degree does not guarantee enrollment in any health occupation program.

Catalog Date: January 1, 2020

Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>AH 108</td>
<td>Introduction to Health Occupations</td>
<td>2</td>
</tr>
<tr>
<td>AH 110</td>
<td>Medical Language for Health-Care Providers</td>
<td>3</td>
</tr>
<tr>
<td>AH 120</td>
<td>Human Disease</td>
<td>3</td>
</tr>
</tbody>
</table>
### Allied Health (AH)

**AH 108 Introduction to Allied Health**

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANTH 313</td>
<td>Introduction to Cultural Anthropology: Medical Focus (3)</td>
</tr>
<tr>
<td>or COMM 325</td>
<td>Intercultural Communication (3)</td>
</tr>
<tr>
<td>[ BIOL 430</td>
<td>Anatomy and Physiology (5)</td>
</tr>
<tr>
<td>and BIOL 431</td>
<td>Anatomy and Physiology (5)</td>
</tr>
<tr>
<td>or [ BIOL 100</td>
<td>Introduction to Concepts of Human Anatomy and Physiology (3)</td>
</tr>
<tr>
<td>or BIOL 102</td>
<td>Essentials of Human Anatomy and Physiology (4)</td>
</tr>
<tr>
<td>COMM 301</td>
<td>Introduction to Public Speaking (3)</td>
</tr>
<tr>
<td>or COMM 321</td>
<td>Interpersonal Communication (3)</td>
</tr>
<tr>
<td>or COMM 331</td>
<td>Group Discussion (3)</td>
</tr>
<tr>
<td>ENGW 341</td>
<td>Introduction to Technical and Professional Writing</td>
</tr>
<tr>
<td>FCS 324</td>
<td>Human Development: A Life Span (3)</td>
</tr>
<tr>
<td>or PSYC 371</td>
<td>Life Span Developmental Psychology (3)</td>
</tr>
<tr>
<td>NUTRI 300</td>
<td>Nutrition</td>
</tr>
<tr>
<td>PHYS 310</td>
<td>Conceptual Physics</td>
</tr>
<tr>
<td>AH 498</td>
<td>Work Experience in Allied Health</td>
</tr>
<tr>
<td><strong>Total Units:</strong></td>
<td><strong>30 - 40</strong></td>
</tr>
</tbody>
</table>

*The Pre-Health Occupations Associate in Science (A.S.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See CRC graduation requirements.*

**Student Learning Outcomes**

Upon completion of this program, the student will be able to:

- **ARTICULATE CAREER OPTIONS AND NECESSARY EDUCATIONAL PATHWAYS (PSLO #1)**
- **DESCRIBE THE STRUCTURE AND FUNCTION OF EACH BODY SYSTEM (PSLO #2)**
- **DEMONSTRATE A WORKABLE KNOWLEDGE OF MEDICAL LANGUAGE (PSLO #3)**
- **DEMONSTRATE PROFESSIONALISM IN A RANGE OF CLINICAL INTERACTIONS AND SETTINGS (PSLO #4)**
- **DESCRIBE THE PRINCIPLES OF NUTRITION AND THEIR EFFECT ON HEALTH (PSLO #5)**
- **DESCRIBE THE ROLE THAT CULTURE AND DIVERSITY PLAY IN PATIENT CARE (PSLO #6)**
This course provides an introduction to the medical field. Topics include the history of medicine; law and ethics as they pertain to the medical field; confidentiality and reportable incidents; usage of reference materials; and various types of health care delivery systems and allied health careers, including scope of practice. This course is open to all students wishing to explore the health care industry.

Upon completion of this course, the student will be able to:

- COMPARE AND CONTRAST A VARIETY OF CAREER POSSIBILITIES IN THE ALLIED HEALTH FIELD - SLO #1
  - Evaluate typical duties in common AH careers in relation to the students own personal characteristics and abilities
  - Differentiate between the various Health Care Delivery Systems including organizational structure, work shifts, and typical patient cases
  - Research the necessary education and training involved in the students career of choice demonstrating usage of reference materials in public and medical libraries

- ASSESS THE IMPORTANCE OF THE HISTORY OF MEDICINE AND THE EVOLUTION OF MEDICAL PRACTICE – SLO #2
  - Research and determine the major medical advances throughout specific historical time periods
  - Discuss the nature of medical advances in current times as well as the possibilities of where medicine may be heading in the future

- EXAMINE AND EVALUATE THE LEGAL AND ETHICAL ISSUES INVOLVED IN THE MEDICAL FIELD – SLO #3
  - Evaluate various legal principles as they relate to the medical field and determine the medico-legal issues involved in specific case studies
  - Discuss and debate the bioethical issues involved in medicine

AH 110 Medical Language for Health-Care Providers

This course is an orientation to medical language: basic structure of medical terms and their components: prefixes, suffixes, roots, and combining forms with emphasis on analyzation, meaning, spelling, and pronunciation. The course builds a medical vocabulary applicable to the specialties of medicine, the systems of the body, names of major diseases, and terms used in physical examination, diagnosis, and treatment.
Student Learning Outcomes

Upon completion of this course, the student will be able to:

- POSSESS A BASIC WORKABLE KNOWLEDGE OF MEDICAL VOCABULARY – SLO #1
- Utilize medical terms correctly as they apply to the systems of the body, anatomy, physiology, disease, diagnosis, and treatment
- Revise health care reports into clear, non-medical terms
- Define medical abbreviations and translate in to non-medical language.
- ANALYZE THE STRUCTURAL DESIGN OF MEDICAL TERMS - SLO #2
- Compose medical words with correct spelling and pronunciation
- Identify component parts of a medical word including prefixes, suffixes and combining forms.

AH 120 Human Disease

<table>
<thead>
<tr>
<th>Units:</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>54 hours LEC</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
</tr>
<tr>
<td>Corequisite:</td>
<td>AH 110 and BIOL 102 (Corequisites may be taken previously. BIOL 100 or 430/431 are also acceptable)</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>January 1, 2020</td>
</tr>
</tbody>
</table>

This course is a study of pathological processes imparting basic knowledge to paramedical personnel. The student will study the basic concepts, terminology, etiology and characteristics of pathological processes. Diseases are classified according to both causative agent and the body system to which they relate.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- EVALUATE THE BASIC CONCEPT AND CHARACTERISTICS OF THE DISEASE PROCESS IN THE HUMAN BODY – SLO #1
- Assess how the systems of the body work together to maintain health
- Examine the effects of disease on all related systems
- DISCUSS THE COMMON DISEASES OF EACH BODY SYSTEM - SLO #2
- Relate patient signs and/or symptoms to the potential disease process occurring within the body.
- Determine the possible etiology of a disease given the clinical manifestations
Discuss diagnostic tools and potential treatment options for a given disease based on a patient's clinical history.

AH 124 Pharmacology for the Health Care Professional

| Units: | 2 |
| Hours: | 36 hours LEC |
| Prerequisite: | None. |
| Catalog Date: | January 1, 2020 |

This course introduces pharmacology, the knowledge of basic pharmacological terminology and concepts, administration, common generic and trade name medications, with an emphasis on the clinical application of pharmacology of the treatment of disease.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- ANALYZE AND DEFINE PHARMACOLOGICAL TERMS – SLO #1
- Demonstrate the correct spelling and pronunciation of commonly prescribed generic and proprietary drugs for each medical specialty
- Select the correct definition of various drug abbreviations
- Determine the correct definition of common terms used in pharmacology including routes of drug administration, drug interactions, adverse effects and reactions
- ASSESS COMMON MEDICATIONS AND THE CLASSIFICATION OF DRUGS USED TO TREAT MAJOR BODY SYSTEMS AND DISEASES – SLO #2
- Given the generic name of a commonly prescribed drug, select its proprietary name, drug category, and the disease it is used to treat
- Analyze healthcare records and correlate symptoms, diagnoses, and tests performed with drugs administered
- Master the use of a drug guide to locate and understand the effects and usage of pharmacological agents and the drug names including chemical name, brand name, and generic name
- Evaluate the process of approval of drugs for use in the United States
- Examine the principles of drug dosage and the interpretation of prescriptive terms

AH 295 Independent Studies in Allied Health
An independent studies project involves an individual student or small group of students in study, research, or activities beyond the scope of regularly offered courses. See the current catalog section of “Special Studies” for full details of Independent Studies.

### Student Learning Outcomes

Upon completion of this course, the student will be able to:

- **SLO #1:** Actively engage in intellectual inquiry beyond that required in order to pass a course of study (College Wide Learning Outcome – Area 4).
  - Discuss and outline a proposal of study (that can be accomplished within one semester term) with a supervising instructor qualified within the discipline.
  - Design an independent study (to be completed individually or by collaboration of a small group) to foster special knowledge, skills, and experience that are not available in any one regularly scheduled course.
  - Use information resources to gather discipline-specific information.

- **SLO #2:** Utilize modes of analysis and critical thinking to apply theoretical perspectives and/or concepts in the major discipline of study to significant problems and/or educational activities (College Wide Learning Outcome – Area 3).
  - Analyze and apply the knowledge, skills and experience that are involved in the independent study to theoretical perspectives and/or concepts in the major discipline of study.
  - Explain the importance of the major discipline of study in the broader picture of society.

- **SLO #3:** Communicate a complex understanding of content matter of the major discipline of study (College Wide Outcome – Area 3).
  - Demonstrate competence in the skills essential to mastery of the major discipline of study that are necessary to accomplish the independent study.

- **SLO #4:** Identify personal goals and pursue these goals effectively (College Wide Outcome – Area 4).
  - Utilize skills from the “academic tool kit” including time management, study skills, etc., to accomplish the independent study within one semester term.

---

**AH 498 Work Experience in Allied Health**
This course provides students with opportunities to develop marketable skills in preparation for employment in their major field of study or advancement within their career. It is designed for students interested in work experience and/or internships in transfer level degree occupational programs. Course content includes understanding the application of education to the workforce; completion of required forms which document the student's progress and hours spent at the work site; and developing workplace skills and competencies. Appropriate level learning objectives are established by the student and the employer. During the semester, the student is required to participate in a weekly orientation and 75 hours of related paid work experience, or 60 hours of unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. Work Experience may be taken for a total of 16 units when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.

| Units: | 1 - 4 |
| Hours: | 60 - 300 hours LAB |
| Prerequisite: | None. |
| Enrollment Limitation: | Students must be in a paid or unpaid internship, volunteer position or job related to career goals in one of the allied health professions. |
| Transferable: | CSU |
| General Education: | AA/AS Area III(b) |
| Catalog Date: | January 1, 2020 |

This course provides students with opportunities to develop marketable skills in preparation for employment in their major field of study or advancement within their career. It is designed for students interested in work experience and/or internships in transfer level degree occupational programs. Course content includes understanding the application of education to the workforce; completion of required forms which document the student's progress and hours spent at the work site; and developing workplace skills and competencies. Appropriate level learning objectives are established by the student and the employer. During the semester, the student is required to participate in a weekly orientation and 75 hours of related paid work experience, or 60 hours of unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. Work Experience may be taken for a total of 16 units when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.

**Student Learning Outcomes**

Upon completion of this course, the student will be able to:

- **SLO 1:** DEMONSTRATE AN UNDERSTANDING AND APPLICATION OF PROFESSIONAL WORKPLACE BEHAVIOR IN A FIELD OF STUDY RELATED TO ONE'S CAREER.
  - Understand the effects time, stress, and organizational management have on performance.
  - Demonstrate an understanding of consistently practicing ethics and confidentiality in a workplace.
  - Examine the career/life planning process and relate its relevancy to the student.
  - Demonstrate an understanding of basic communication tools and their appropriate use.
  - Demonstrate an understanding of workplace etiquette.
- **SLO 2:** DESCRIBE THE CAREER/LIFE PLANNING PROCESS AND RELATE ITS RELEVANCY TO ONE'S CAREER.
  - Link personal goals to long term achievement.
  - Display an understanding of creating a professional first impression.
  - Understand how networking is a powerful job search tool.
  - Understand necessary elements of a résumé.
  - Understand the importance of interview preparation.
  - Identify how continual learning increases career success.
- **SLO 3:** DEMONSTRATE APPLICATION OF INDUSTRY KNOWLEDGE AND THEORETICAL CONCEPTS AS WRITTEN IN LEARNING OBJECTIVES IN PARTNERSHIP WITH THE EMPLOYER WORK SITE SUPERVISOR.
<table>
<thead>
<tr>
<th>Faculty Member</th>
<th>Title</th>
<th>Office/Location</th>
<th>Contact Information</th>
<th>Web Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pete Gryffin</td>
<td>Adjunct Allied Health Professor</td>
<td>CRC Main, WINN, 111</td>
<td><a href="mailto:gryffip@crc.losrios.edu">gryffip@crc.losrios.edu</a> (<a href="mailto:gryffip@crc.losrios.edu">mailto:gryffip@crc.losrios.edu</a>) (916) 691-7200</td>
<td>Pete Gryffin's Profile Page (/about-us/contact-us/faculty-and-staff-directory/pete-gryffin)</td>
</tr>
<tr>
<td>Faye Inoue</td>
<td>Adjunct Allied Health Professor</td>
<td>CRC Main, WINN, 111</td>
<td><a href="mailto:inouef@crc.losrios.edu">inouef@crc.losrios.edu</a> (<a href="mailto:inouef@crc.losrios.edu">mailto:inouef@crc.losrios.edu</a>) (916) 691-7200</td>
<td>Faye Inoue's Profile Page (/about-us/contact-us/faculty-and-staff-directory/faye-inoue)</td>
</tr>
<tr>
<td>Ghazanfar Mahmood</td>
<td>Adjunct Allied Health Professor</td>
<td>CRC Main, WINN, 111</td>
<td><a href="mailto:mahmoog@crc.losrios.edu">mahmoog@crc.losrios.edu</a> (<a href="mailto:mahmoog@crc.losrios.edu">mailto:mahmoog@crc.losrios.edu</a>) (916) 691-7200</td>
<td>Ghazanfar Mahmood's Profile Page (/about-us/contact-us/faculty-and-staff-directory/ghazanfar-mahmood)</td>
</tr>
<tr>
<td>Dale Risenhoover</td>
<td>Adjunct Allied Health Professor</td>
<td>CRC Main, WINN, 111</td>
<td><a href="mailto:risenhd@crc.losrios.edu">risenhd@crc.losrios.edu</a> (<a href="mailto:risenhd@crc.losrios.edu">mailto:risenhd@crc.losrios.edu</a>) (916) 691-7200</td>
<td>Dale Risenhoover's Profile Page (/about-us/contact-us/faculty-and-staff-directory/dale-risenhoover)</td>
</tr>
<tr>
<td>Meg Zbierski</td>
<td>Adjunct Allied Health Professor</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CRC Main, WINN, 111
zbiersm@crc.losrios.edu
(mailto:zbiersm@crc.losrios.edu)
(916) 691-7200
Meg Zbierski's Profile Page
(/about-us/contact-us/faculty-and-staff-directory/meg-zbierski)

Cookies Disclaimer

The Cosumnes River College website uses cookies to enhance user experience and analyze site usage. By continuing to use this site, you are giving us consent to do this. Review our Privacy Policy (/about-us/our-values/website-privacy-policy) to learn more.