

NC 614: HEALTH AND WELLNESS FOR HEALTHCARE I: FUNDAMENTALS

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2026
Credits:	0
Total Contact Hours:	12
Lecture Hours :	12
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	24
Total Student Learning Hours:	36
Strongly Recommended:	High intermediate or advanced English language skills.
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Non-Credit Course

Catalog Course Description

This foundational course is designed for students to develop a comprehensive understanding of health and wellness principles. It emphasizes self-care strategies and introduces therapeutic communication concepts that are needed to provide holistic patient care. The goal is to equip students with the knowledge and skills to prioritize their health and well-being while providing compassionate care to their patients. Open entry/exit. 12 lecture hours.

Course Objectives

- Understand the principles of self-care and its impact on healthcare practice.
- Develop skills to assess patient wellness and implement care strategies.
- Explore the relationship between mental, physical, and emotional health.
- Promote strategies for stress management and resilience in healthcare.

Major Course Content

1. Overview of health and wellness concepts
2. Importance of self-care
3. Identifying sources of stress
4. Integrating physical, emotional, and spiritual care
5. Evaluating personal growth and wellness practices
6. Creating a personal wellness plan

Instruction Type(s)

Lecture, Online Education Lecture