

NC 615: HEALTH AND WELLNESS FOR HEALTHCARE II: 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 course focuses on the essential practices of health and wellness for students. It emphasizes self-care strategies and introduces therapeutic communication concepts that are needed for self-advocacy and caregiving. 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. Tools for wellness assessments
2. Understanding vital signs and health indicators
3. Effective communication techniques/active listening and empathy in patient interactions/cultural considerations
4. Motivating patients to take charge of their health
5. Helping patients set health and wellness goals

Instruction Type(s)

Lecture, Online Education Lecture