
Health Education (HE)

HE 035 Personal Health and Hygiene

(3)

Class Hours: 54 Lecture

Advisory(s): ENG 101B or ENG 105B

Transfers to: Transfers to both UC/CSU

Personal Health and Hygiene

HE 035 is a contemporary course which will promote desirable health attitudes and practices. Topics considered will include: overall wellness, stress, psychological health, nutrition, fitness, sexuality, communicable diseases, cancer, drug and alcohol abuse, death and dying, and tobacco use. (AA/AS, CSU, UC)