HEALTH SCIENCE

HS 10  Personal Health
Explores individual health with emphasis on disease prevention and body wellness including physical and mental health, nutrition, stress, human sexuality, infectious diseases, drug use, and alternative medicine. May be offered in a Distance-Learning Format.
Transfer Credit: Transfers to CSU;UC

HS 12  Stress Management
Examines stress theory and research as it relates to individual health; topics may include sources of stress, stress reduction, relationship of stress and illness, and personal applications.
Transfer Credit: Transfers to CSU

HS 15  Human Sexuality
Surveys human sexuality topics and issues with a sociopsychological and multicultural focus.
Transfer Credit: Transfers to CSU;UC

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<th>Section</th>
<th>Days</th>
<th>Times</th>
<th>Units</th>
<th>Instructor</th>
<th>Room</th>
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<tbody>
<tr>
<td>98746</td>
<td>TTH</td>
<td>9:30AM-10:50AM</td>
<td>3.00</td>
<td>A.Steiner</td>
<td>514</td>
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<tr>
<td>98745</td>
<td>W</td>
<td>2:20PM-5:25PM</td>
<td>3.00</td>
<td>G.Lepore</td>
<td>514</td>
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<tr>
<td>98747</td>
<td>TH</td>
<td>2:20PM-5:25PM</td>
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<td>G.Lepore</td>
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HS 21  Health and Physical Fitness
Studies the implications of physical activity relative to the mental, physical and social well-being of the individual in today's society.
Transfer Credit: Transfers to CSU

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<td>98748</td>
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<td>D.Liotta</td>
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Before you enroll in courses numbered 1–199, you should be eligible for ENGL 100 or ESL 100 and READ 100. Eligibility for these courses can be met through assessment or by successfully completing their prerequisites. Repeating a class may have academic and/or financial aid limitations, consult with your campus academic counselor or financial aid advisor.
Focuses on the social, economic, political, and cultural history of Western civilization up to 1648: ancient Greek, Roman, Medieval, Renaissance, and Reformation topics are covered with special emphasis on the issues of religion and gender. Substantial writing requirements are appropriate for this course. Recommended Preparation: Eligibility for ENGL 1A/1AH/1AMC/1AMCH and READ 100.
Transfer Credit: Transfers to CSU;UC C-ID HIST 170

HIST 14 Women in America

In the context of general U.S. history, examines the social, economic, and political history of women. Substantial writing requirements are appropriate for this course. Recommended Preparation: Eligibility for ENGL 1A/1AH/1AMC/1AMCH and READ 100.
Transfer Credit: Transfers to CSU;UC

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