

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

Section	Days	Times	Units	Instructor	Room
97688	Arr.	Arr.	3.00	A.Saxton	OL

Section 97688 is an ONLINE course. Meets 4 weeks, 6/19-7/14. For details, see instructor's web page at go.cabrillo.edu/online.

97689	Arr.	Arr.	3.00	A.Saxton	OL
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Section 97689 is an ONLINE course. Meets 4 weeks, 6/19-7/14. For details, see instructor's web page at go.cabrillo.edu/online.