

HEALTH SCIENCE

HS 10 Personal Health

Surveys individual health with emphasis on disease prevention and body wellness; topics may include physical and mental health, nutrition, stress, human sexuality, infectious diseases, drug use, and alternative medicine.

Transfer Credit: CSU; UC with limits: HS 10 and 20 combined with WS 8: maximum credit, 3 units.

| Section | Days | Times | Units | Instructor | Room |
|---|------|-----------------|-------|------------|---------|
| 65835 | Arr. | Arr. | 3.00 | S.Houghton | OL |
| Section 65835 is an ONLINE course. Meets 10 weeks 2/8-4/23. Enrolled students who do not log in to course by the end of first week (2/11) will be dropped. For details, see instructor's web page at www.cabrillo.edu/services/disted/ "Distance Courses." | | | | | |
| 65837 | Arr. | Arr. | 3.00 | S.Houghton | OL |
| Section 65837 is an ONLINE course. Meets 10 weeks 2/8-4/23. Enrolled students who do not log in to course by the end of first week (2/11) will be dropped. For details, see instructor's web page at www.cabrillo.edu/services/disted/ "Distance Courses." | | | | | |
| 65841 | Arr. | Arr. | 3.00 | S.Houghton | OL |
| Section 65841 is an ONLINE course. Meets 10 weeks 2/8-4/23. Enrolled students who do not log in to course by the end of first week (2/11) will be dropped. For details, see instructor's web page at www.cabrillo.edu/services/disted/ "Distance Courses." | | | | | |
| 65842 | Arr. | Arr. | 3.00 | S.Houghton | OL |
| Section 65842 is an ONLINE course. Meets 10 weeks 2/8-4/23. Enrolled students who do not log in to course by the end of first week (2/11) will be dropped. For details, see instructor's web page at www.cabrillo.edu/services/disted/ "Distance Courses." | | | | | |
| 65838 | F | 09:00AM-12:10PM | 3.00 | M.Ellis | Wat4360 |
| Meets 15 weeks 2/19-6/4. Holiday 4/2. | | | | | |
| 65839 | F | 09:00AM-12:10PM | 3.00 | M.Ramsey | SV01 |
| Meets 15 weeks 2/19-6/4. Holiday 4/2. | | | | | |
| 65836 | MW | 09:30AM-10:50AM | 3.00 | A.Saxton | 831 |
| 65834 | MW | 12:40PM-02:00PM | 3.00 | S.Houghton | 831 |
| 65833 | TTH | 12:40PM-02:00PM | 3.00 | M.Ellis | 831 |

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: CSU.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-----------------|-------|------------|------|
| 65843 | TTH | 11:10AM-12:30PM | 3.00 | M.Ellis | 831 |

HS 15 Human Sexuality

Surveys human sexuality topics and issues with a sociopsychological and multi-cultural focus.

Transfer Credit: CSU; UC.

| Section | Days | Times | Units | Instructor | Room |
|---------------------------------------|------|-----------------|-------|------------|------|
| 65844 | F | 09:00AM-12:10PM | 3.00 | R.Arnesty | 831 |
| Meets 15 weeks 2/19-6/4. Holiday 4/2. | | | | | |
| 65846 | TTH | 09:30AM-10:50AM | 3.00 | A.Saxton | 831 |

HS 22 The Wellness Challenge

Explores personal wellness concepts in disease prevention while integrating diet, exercise, and stress factors with behavior change models for lifelong wellness.

Transfer Credit: CSU.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-----------------|-------|------------|------|
| 66673 | MW | 11:10AM-12:30PM | 3.00 | S.Houghton | 831 |