

HEALTH EDUCATION (HED)

HED 140 F Health Science**3 Units**

54 hours lecture per term. This course provides an overview of personal and public health concepts with an emphasis on scientific inquiry. Lecture and discussion topics include personal responsibility, mental health, nutrition, weight control, exercise, sexuality, relationships, immunity, addiction, current public health problems and health care services. Basic concepts will be presented from a holistic perspective to inform students of health issues which affect their individual lives and society. (Degree Credit) (CSU) (UC) AA GE, CSU GE