
Health Education (HE)

HE 035 Personal Health and Hygiene

(3)

Class Hours: 54 Lecture

Advisory(s): ENG 051A

Transfers to: UC/CSU

Personal Health and Hygiene

HE 035 is a contemporary course which will promote desirable health attitude and practices. Topics considered will include the following: mental health and emotional health, stress, nutrition, fitness, sexuality, communicable diseases, cancer, drugs and alcohol abuse, death and dying, and tobacco use.
