
Health Education (HE)

HE 035 Personal Health and Hygiene

(3)

Class Hours: 54 Lecture

Advisory(s): ENG 051A

Transfers to: UC/CSU

C-ID: PHS 100

Personal Health and Hygiene

HE 035 focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety.
