

## HEALTH SCIENCE

### HS 10 Personal Health

Surveys individual health with emphasis on disease prevention and body well-ness; 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
58674	Arr.	Arr.	3.00	S.Houghton	OL
Meets 8 weeks 10/20-12/13. Section 58674 is an ONLINE course. Enrolled students who do not log in to course by the end of the first week (10/31) will be dropped. For details, see instructor's web page at <a href="http://www.cabrillo.edu/services/disted/">www.cabrillo.edu/services/disted/</a> "Distance Courses."					
58676	Arr.	Arr.	3.00	S.Houghton	OL
Meets 8 weeks 10/20-12/13. Section 58676 is an ONLINE course. Enrolled students who do not log in to course by the end of the first week (10/31) will be dropped. For details, see instructor's web page at <a href="http://www.cabrillo.edu/services/disted/">www.cabrillo.edu/services/disted/</a> "Distance Courses."					
58680	Arr.	Arr.	3.00	S.Houghton	OL
Meets 8 weeks 10/20-12/13. Section 58680 is an ONLINE course. Enrolled students who do not log in to course by the end of the first week (10/31) will be dropped. For details, see instructor's web page at <a href="http://www.cabrillo.edu/services/disted/">www.cabrillo.edu/services/disted/</a> "Distance Courses."					
58678	F	09:00AM-12:10PM	3.00	M.Ramsey	SV04
58673	MW	09:30AM-11:00AM	3.00	A.Steiner	831
58677	TTH	09:30AM-11:00AM	3.00	M.Ellis	831
58672	MW	11:10AM-12:40PM	3.00	A.Saxton	831
58679	MW	12:40PM-02:10PM	3.00	K.Welch	831
59411	T	06:00PM-09:10PM	3.00	M.Ellis	Wat4360
59412	W	06:00PM-09:10PM	3.00	S.Houghton	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
59840	TTH	12:40PM-02:10PM	3.00	STAFF	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
59413	F	09:00AM-12:10PM	3.00	R.Arnesty	831
59651	MW	11:10AM-12:40PM	3.00	A.Steiner	454

### HS 21 Health and Physical Fitness

Studies the implications of physical activity relative to the mental, physical and social well-being of the individual in today's society.

*Transfer Credit:* CSU.

Section	Days	Times	Units	Instructor	Room
58683	TTH	11:10AM-12:40PM	3.00	M.Ellis	831

