

## 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
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74885	Arr.	Arr.	3.00	S.Houghton	OL
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Section 74885 is an ONLINE course. Meets 10 weeks 2/6-4/20. Enrolled students who do not log in to course by the end of first week (2/9) will be dropped. For details, see instructor's web page at [go.cabrillo.edu/online](http://go.cabrillo.edu/online).

74887	Arr.	Arr.	3.00	S.Houghton	OL
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Section 74887 is an ONLINE course. Meets 10 weeks 2/6-4/20. Enrolled students who do not log in to course by the end of first week (2/9) will be dropped. For details, see instructor's web page at [go.cabrillo.edu/online](http://go.cabrillo.edu/online).

74890	Arr.	Arr.	3.00	S.Houghton	OL
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Section 74890 is an ONLINE course. Meets 10 weeks 2/6-4/20. Enrolled students who do not log in to course by the end of first week (2/9) will be dropped. For details, see instructor's web page at [go.cabrillo.edu/online](http://go.cabrillo.edu/online).

74891	Arr.	Arr.	3.00	S.Houghton	OL
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Section 74891 is an ONLINE course. Meets 10 weeks 2/6-4/20. Enrolled students who do not log in to course by the end of first week (2/9) will be dropped. For details, see instructor's web page at [go.cabrillo.edu/online](http://go.cabrillo.edu/online).

74888	F	09:00AM-12:05PM	3.00	M.Ellis	WatA220
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74886	MW	09:30AM-10:50AM	3.00	M.Ellis	831
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74884	TTH	09:30AM-10:50AM	3.00	A.Saxton	831
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### 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
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74892	MW	11:10AM-12:30PM	3.00	M.Ellis	831
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### 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
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74893	F	09:00AM-12:05PM	3.00	R.Arnesty	831
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74894	W	02:30PM-05:35PM	3.00	A.Steiner	831
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### 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
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74896	T	11:10AM-02:15PM	3.00	S.Houghton	831
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74895	TH	11:10AM-02:15PM	3.00	S.Houghton	831
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### HS 24 Environmental Health

Explores the environmental factors that affect public health, including air and water pollution, climate change, food safety, waste management, and workplace health.

*Transfer Credit:* CSU; UC.

Section	Days	Times	Units	Instructor	Room
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75572	MW	12:40PM-02:00PM	3.00	A.Steiner	831
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