

**HEALTH SCIENCE/COMMUNITY HEALTH****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
63631	Arr.	Arr.	3.00	S.Houghton	OL
Meets 10 weeks 8/31-11/6. Section 63631 is an ONLINE course. Enrolled students who do not log in to course by the end of the first week (9/4) 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."					
63632	Arr.	Arr.	3.00	S.Houghton	OL
Meets 10 weeks 8/31-11/6. Section 63632 is an ONLINE course. Enrolled students who do not log in to course by the end of the first week (9/4) 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."					
63636	Arr.	Arr.	3.00	S.Houghton	OL
Meets 10 weeks 8/31-11/6. Section 63636 is an ONLINE course. Enrolled students who do not log in to course by the end of the first week (9/4) 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."					
64349	Arr.	Arr.	3.00	S.Houghton	OL
Meets 10 weeks 8/31-11/6. Section 64349 is an ONLINE course. Enrolled students who do not log in to course by the end of the first week (9/4) 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."					
64422	F	09:00AM-12:05PM	3.00	M.Ramsey	SV01
63630	MW	09:30AM-10:50AM	3.00	M.Ellis	831
63633	TTH	09:30AM-10:50AM	3.00	A.Saxton	831
63634	MW	11:10AM-12:30PM	3.00	M.Ellis	831
63629	TTH	11:10AM-12:30PM	3.00	S.Houghton	831
63635	MW	12:40PM-02:00PM	3.00	A.Steiner	831
<b>63638</b>	<b>W</b>	<b>05:00PM-08:05PM</b>	<b>3.00</b>	<b>A.Steiner</b>	<b>831</b>
<b>63637</b>	<b>T</b>	<b>06:00PM-09:05PM</b>	<b>3.00</b>	<b>M.Ellis</b>	<b>Wat4360</b>

**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
63639	TTH	12:40PM-02:00PM	3.00	S.Houghton	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
63640	F	09:00AM-12:05PM	3.00	R.Arnesty	831
63641	MW	02:30PM-03:50PM	3.00	A.Steiner	831