

## HEALTH SCIENCE

### HS 10 Personal Health

Explores individual health with emphasis on disease prevention and body wellness including physical and mental health, nutrition, stress, human sexuality, infectious diseases, drug use, and alternative medicine. May be offered in a Distance-Learning Format.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
98733	Arr.	Arr.	3.00	A.Steiner	OL

Section 98733 is an ONLINE course. Enrolled students who do not log in to course by the end of the first week (9/1) will be dropped. For details, see instructor's web page at [go.cabrillo.edu/online](http://go.cabrillo.edu/online).

98734	Arr.	Arr.	3.00	A.Saxton	OL
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Section 98734 is an ONLINE course. Enrolled students who do not log in to course by the end of the first week (9/1) will be dropped. For details, see instructor's web page at [go.cabrillo.edu/online](http://go.cabrillo.edu/online).

98735	Arr.	Arr.	3.00	A.Saxton	OL
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Section 98735 is an ONLINE course. Enrolled students who do not log in to course by the end of the first week (9/1) will be dropped. For details, see instructor's web page at [go.cabrillo.edu/online](http://go.cabrillo.edu/online).

1(103965)	Arr.	Arr.	3.00	A.Saxton	OL
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Section 1 is an ONLINE course. Meets 8 weeks, 10/23-12/16. For details, see instructor's web page at [go.cabrillo.edu/online](http://go.cabrillo.edu/online).

98738	MW	11:10AM-12:30PM	3.00	J.Jones	514
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98739	TTH	11:10AM-12:30PM	3.00	A.Steiner	514
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98740	T	5:30PM-8:35PM	3.00	M.Fahl	WatC107
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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: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
98744	MW	9:30AM-10:50AM	3.00	A.Freiwald	514

### HS 15 Human Sexuality

Surveys human sexuality topics and issues with a sociopsychological and multi-cultural focus.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
98746	TTH	9:30AM-10:50AM	3.00	A.Steiner	514

98745	W	2:20PM-5:25PM	3.00	G.Lepore	514
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98747	TH	2:20PM-5:25PM	3.00	G.Lepore	514
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### 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: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
98748	TTH	8:00AM-9:20AM	3.00	D.Liotta	514

**HISTORY**

**HIST 2A World History to 1500**

Focuses on major regions of the world, (Asia, Africa, Europe, North and South America), and their interactions until the year 1500, emphasizing belief systems, environmental transformations, issues of family and gender, as well as political and economic organization. Substantial writing requirements are appropriate for this course. This course meets the Cabrillo College multicultural studies requirement. Recommended Preparation: Eligibility for ENGL 1A/1AH/1AMC/1AMCH and READ 100.

Transfer Credit: Transfers to CSU;UC C-ID HIST 150

Section	Days	Times	Units	Instructor	Room
98713	MW	9:30AM-10:50AM	3.00	Barkey/Pebworth	405
98715	TTH	11:10AM-12:30PM	3.00	Barkey/Pebworth	405
98714	TTH	12:40PM-2:00PM	3.00	Barkey/Pebworth	405

**HIST 2B World History From 1500 to Present**

Focuses on major regions of the world, (Asia, Africa, Europe, North and South America), and their interactions since the year 1500, emphasizing belief systems, environmental transformations, issues of family and gender, as well as political and economic organization. Substantial writing requirements are appropriate for this course. This course meets the Cabrillo College multicultural studies requirement. Recommended Preparation: Eligibility for ENGL 1A/1AH/1AMC/1AMCH and READ 100.

Transfer Credit: Transfers to CSU;UC C-ID HIST 160

Section	Days	Times	Units	Instructor	Room
98716	Arr.	Arr.	3.00	T.Firenze	OL
Section 98716 is an ONLINE course. For further information, please see instructor's web page at <a href="http://go.cabrillo.edu/online">go.cabrillo.edu/online</a> .					
99766 &	T Arr.	3:40PM-5:00PM Arr.	3.00	D.Stewart D.Stewart	405 OL
Section 99766 is a Hybrid ONLINE course. Meets weekly at the scheduled times with an additional 1 hr 20 min online. For details, please see instructor's webpage at <a href="http://go.cabrillo.edu/online">go.cabrillo.edu/online</a> .					

**HIST 4A Survey of Western Civilization to 1648**

Focuses on the social, economic, political, and cultural history of Western civilization up to 1648: ancient Greek, Roman, Medieval, Renaissance, and Reformation topics are covered with special emphasis on the issues of religion and gender. Substantial writing requirements are appropriate for this course. Recommended Preparation: Eligibility for ENGL 1A/1AH/1AMC/1AMCH and READ 100.

Transfer Credit: Transfers to CSU;UC C-ID HIST 170

Section	Days	Times	Units	Instructor	Room
98717	MW	11:10AM-12:30PM	3.00	M.Mangin	425

**HIST 14 Women in America**

In the context of general U.S. history, examines the social, economic, and political history of women. Substantial writing requirements are appropriate for this course. Recommended Preparation: Eligibility for ENGL 1A/1AH/1AMC/1AMCH and READ 100.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
98689	Arr.	Arr.	3.00	M.Gudgeirsson	OL
Section 98689 is an ONLINE course. For details, please see instructor's web page at <a href="http://go.cabrillo.edu/online">go.cabrillo.edu/online</a> .					
98686	TTH	9:30AM-10:50AM	3.00	C.Barkey	405
98687	MW	11:10AM-12:30PM	3.00	C.Barkey	405
98688	T	6:30PM-9:35PM	3.00	S.Flores-Munoz	WatA180