

HEALTH EDUCATION (HEALTH) COURSES

HEALTH 101 3 Units

Health Education

Lecture: 54 contact hours

This course is an exploration of health topics and their impact on an individual's health status. Awareness and assessment of current lifestyle behaviors and choices, identification of risk factors, and implementation of prevention strategies are emphasized.

Associate Degree Applicable

Transfers to both UC/CSU

HEALTH 103 3 Units

Introduction to Holistic Health

Lecture: 54 contact hours

Advisory: ENGL 101 or ENGL 101H

This course is an introduction to health and healing practices involving the integration of physical, mental, spiritual, and social resources. Students explore ancient disciplines of Ayurveda, Yoga, and Chinese Medicine, as well as modern Western health systems like Biofeedback, Swedish Massage, Reiki, Meditation, Guided Imagery, Herbalism, Humor and Music Therapy. Emphasis is placed on health promotion and prevention of disease, and how we become self-advocates in promoting our own well-being with the assistance of health care professionals.

Associate Degree Applicable

Transfers to both UC/CSU