

HEALTH

- Health Service Professions, Certificate of Achievement

Health (HLTH)

HLTH 4 - Healthy Living (3 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture

This course covers significant aspects of personal and community health and principles of healthful living. Students study body functions with respect to anatomy, physiology, nutrition, exercise, weight control, stress management, alcohol, drugs, and diseases. Portions of instruction may be offered online; may also be offered fully online.

Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: HLTH 4, HLTH 7 combined: maximum credit, 1 course

GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness

HLTH 7 - Women's Health (3 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lecture

This course focuses on women's health, including aspects of reproductive health such as birth control, pregnancy, childbirth, and lactation, female anatomy and physiology throughout the life cycle, exercise, nutrition, and how to make informed choices that support overall mental and physical health. Portions of instruction may be offered online; may also be offered fully online.

Advisory: Completion of or concurrent enrollment in ENGL 1A

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: HLTH 4, HLTH 7 combined: Maximum credit, 1 course

GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness