HEALTH EDUCATION (HED)

HED 011  Dynamic Health Concepts  3 Units
Students will explore current issues in health and wellness with emphasis on making lifelong healthy choices. Highlighted topics include global and national issues, mental health, use of tobacco, alcohol and illicit drugs, nutrition, infectious and noninfectious diseases including risk factors and prevention, human sexuality, and environmental health. Primary emphasis is directed to the individual's total emotional, intellectual, and social health.
Lecture Hours: 3  Lab Hours: None  Repeatable: No  Grading: L
Advisory Level: Read: 3  Write: 3  Math: None
Transfer Status: CSU/UC  Degree Applicable: AA/AS
CSU GE: E  IGETC: None  District GE: E