

## Health Education (HE)

### **HE 035                      Personal Health and Hygiene**

**(3)**

*Class Hours: 54 Lecture*

*Advisory(s): ENG 051A*

*Transfers to: UC/CSU*

HE 035 is a contemporary course which will promote desirable health attitude and practices. Topics considered will include the following: mental health and emotional health, stress, nutrition, fitness, sexuality, communicable diseases, cancer, drugs and alcohol abuse, death and dying, and tobacco use.