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## Health Education (HE)

### HE 035 Personal Health and Hygiene

(3)

*Class Hours: 54 Lecture*

*Advisory(s): ENG 051A*

*Transfers to: UC/CSU*

#### Personal Health and Hygiene

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.

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