

HEALTH EDUCATION (HLTH)

HLTH 100 - Stress Management Techniques (1)

(formerly HE 115)

Introduces the basic concepts of stress management and focuses on coping strategies and techniques to reduce stress.

HLTH 150 - Health Education (3)

Gen Ed Wellness

Prerequisites: ENGL 70 or ENGL 75 or (ESOL 72 and ESOL 73) or ESOL 100 OR

Co-requisite: ENGL 75 or ESOL 100

(formerly HE 204)

Covers basic areas of health, including mental health, fitness, nutrition, weight control, sexual health, drugs and alcohol, disease and consumer and environmental health.

HLTH 160 - Stress Management (3)

Gen Ed Wellness

Prerequisites: ENGL 70 or ENGL 75 or (ESOL 72 and ESOL 73) or ESOL 100 OR

Co-requisite: ENGL 75 or ESOL 100

(formerly HE 201)

Examines current theories regarding the nature and sources of stress in life. Students are introduced to the physiology and psychology of stress. A variety of stress management techniques and coping strategies are explored.