

HEALTH SCIENCE

HS 10 Personal Health

Explores individual health with emphasis on disease prevention and body wellness including physical and mental health, nutrition, stress, human sexuality, infectious diseases, drug use, and alternative medicine. May be offered in a Distance-Learning Format.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	3.00	A.Steiner	OL

Section 2 is an ONLINE course. Enrolled students who do not log in to course by the end of first week (2/2) will be dropped. For details, see instructor's web page at go.cabrillo.edu/online.

2	Arr.	Arr.	3.00	A.Saxton	OL
---	------	------	------	----------	----

Section 1 is an ONLINE course. Enrolled students who do not log in to course by the end of first week (2/2) will be dropped. For details, see instructor's web page at go.cabrillo.edu/online.

3	Arr.	Arr.	3.00	A.Saxton	OL
---	------	------	------	----------	----

Section 3 is an ONLINE course. Enrolled students who do not log in to course by the end of first week (2/2) will be dropped. For details, see instructor's web page at go.cabrillo.edu/online.

5	Arr.	Arr.	3.00	A.Buckner-Capone	OL
---	------	------	------	------------------	----

Section 5 is an ONLINE course. **Meets 8 weeks, 4/2-5/26**. Enrolled students who do not log in to course by 4/5 will be dropped. For details, see instructor's web page at go.cabrillo.edu/online.

9	Arr.	Arr.	3.00	A.Saxton	OL
---	------	------	------	----------	----

Section 9 is an ONLINE course. **Meets 8 weeks, 4/2-5/26**. Enrolled students who do not log in to course by 4/5 will be dropped. For details, see instructor's web page at go.cabrillo.edu/online.

6	MW	12:40PM-2:00PM	3.00	J.Jones	514
---	----	----------------	------	---------	-----

7	T	6:00PM-9:05PM	3.00	M.Fahl	WatC107
---	---	---------------	------	--------	---------

HS 12 Stress Management

Examines stress theory and research as it relates to individual health; topics may include sources of stress, stress reduction, relationship of stress and illness, and personal applications.

Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	MW	9:30AM-10:50AM	3.00	K.Freiwald	514

HS 15 Human Sexuality

Surveys human sexuality topics and issues with a sociopsychological and multi-cultural focus.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TTH	9:30AM-10:50AM	3.00	A.Steiner	514

2	MW	11:10AM-12:30PM	3.00	G.Lepore	514
---	----	-----------------	------	----------	-----

3	M	2:20PM-5:25PM	3.00	G.Lepore	514
---	---	---------------	------	----------	-----

Section 3 is a HYBRID ONLINE course. **Meets 12 weeks, 2/26-5/26**, at the scheduled times with an additional 1 hr 10 min online per week. For details, see instructor's web page at go.cabrillo.edu/online.

HS 24 Environmental Health

Explores the environmental factors that affect public health, including air and water pollution, climate change, food safety, waste management, and workplace health.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	TTH	11:10AM-12:30PM	3.00	A.Steiner	514

Updated 2/6/2018