

HEALTH SCIENCE (HES)

HES100 / Healthful Living

3 Credits / 3.0 Periods for Lecture

Health and wellness and their application to an optimal life style.

Explores current topics of interest such as stress management, nutrition, fitness, and environmental health. Evaluates common risk factors associated with modern lifestyles. Prerequisites: None.

Fulfills: Social-Behavioral Sciences [SB]; Social-Behavioral Sciences [SB]-in combo

Division: Health Science and Public Service

HES120 / Principles of Physical Fitness and Wellness

3 Credits / 3.0 Periods for Lecture

Stress basic, lifetime health and skill-related components of fitness to achieve total wellness. Topics include nutrition, weight control, exercise and aging, cardiovascular and cancer risk reduction, stress management, prevention of sexually transmitted diseases, substance abuse control, and overall management of personal health and lifestyle habits to achieve the highest potential for well-being. Prerequisites: None.

Division: Health Science and Public Service

HES210 / Cultural Aspects of Health and Illness

3 Credits / 3.0 Periods for Lecture

Examines how culture influences health and illness, health care practices, barriers to health care, interactions with health care professionals, and health disparities in the U.S. Prerequisites: None.

Fulfills: Cultural Diversity in the US [C]-in combo; Cultural Diversity in the United States [C]; Global Awareness [G]; Global Awareness [G]-in combo

Division: Health Science and Public Service