

# HEALTH EDUCATION (HLTH)

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**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.

**HLTH 165 - Fitness for Living (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*

Examines the components of fitness and wellness including exercise, physical activity, nutrition, stress management, body composition and weight control, and lifestyle-related disease. Includes both lecture and physical fitness components.