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## Health Education

### **HED 100 Health and Wellness**

#### **3.0 units**

Acceptable for credit: Transfer to UC, CSU

Designed to help students assess their health status and use those assessments to change the behaviors that contribute to an unhealthy lifestyle. Students are provided with a broad foundation of knowledge dealing with mental health, stress management, fitness, diet and weight control, prevention and control of communicable and non-communicable diseases, drugs and alcohol, first aid, cancer prevention and control, and the scope of community health services. (F,S,U) (Letter Grade or Pass/No Pass)