

# HSCI 116 Women's Health Issues

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## **HSCI 116 WOMEN'S HEALTH ISSUES**

The physiological, psychological, and sociological aspects of different stages of a woman's life including menstruation, contraception, pregnancy, and menopause. The course also covers the effects of diet, physical fitness, and disease on women's physical and mental well-being. *Letter Grade Only. Degree Credit.*

**Units:** 3

**Hours/semester:** 48-54 Lecture; 96-108 Homework

**AA/AS Degree Requirements:** Area E1

**Transfer Credit:** CSU (CSU GE Area E1), UC

