

Health Science

HSCI 100 GENERAL HEALTH SCIENCE

Analysis of contemporary health issues with a focus on understanding basic health information, increasing patient engagement with healthcare providers, and preventing disease. The course also covers social factors influencing health outcomes. *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

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

