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