

HEALTH (HLT)

Division: Social Sciences Division

HLT 101 Healthful Living (3 Credits)

This course is offered to aid the student in achieving and maintaining optimum health and to understand the principles on which it is founded. Among the topics covered are mental and emotional health, drugs, nutrition, sexuality, cardiovascular and other diseases, aging and other health topics.

Pre-requisites: (Companion Essay with a score of 08 or Write Placer Essay with a score of 07 or Write Placer Essay with a score of 08 or ENG 096 with a minimum grade of C or ENG 098 with a minimum grade of C or Move Up English 096 with a score of P or ENG 096 Summer Bridge with a score of P or ESL 063 with a minimum grade of C or TRANSFERRED ENG 101 with a score of 889 or Elig. for Eng 101 with a score of 904 or Pre-reg. Eng 101 waiver only with a score of 906 or SAT/ACT Elig for Eng 101 with a score of 993 or TRANSFERRED ENG 102 with a score of 998) or COLLEGE DEGREE with a score of 988 or SAT/ACT Elig Eng101 Mth100 with a score of 995 or Transf. Eng 101 Mth 100 with a score of 999