

# HEALTH (HEALTH)

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## **Health (HEALTH) 250**

### **Health Education**

Trends and issues of personal and community health; stress ways to maintain good physical and mental health; ecology, drugs, alcoholism, human sexuality, nutrition, disease and related topics. Writing assignments, as appropriate to the discipline, are part of the course.

3 Lecture hours. 3 Credit Hours.

**Offered At:** DA, HW, KK, MX, TR, WR

## **Health (HEALTH) 251**

### **First Aid**

Standard American Red Cross course in first aid; principles and practices of first aid for all age levels; safety and accident prevention stressed; First Aid Standard and Advanced certificates awarded to students completing the course successfully. Writing assignments, as appropriate to the discipline, are part of the course.

3 Lecture hours. 3 Credit Hours.

**Offered At:** WR