Course where the cost of the textbook is zero dollars and no cost to the student (SB 1359).

**HE - Health Education**

**HE NC027 - Tongue Diagnosis According to Chinese Medicine (0 Unit)**

This class teaches students to interpret features on the tongue surface and identify dietary and lifestyle factors that affect it. Students learn how to adjust their diet in order to correct these imbalances. Using knowledge based on six thousand years of clinical experience, students learn what to look for on the tongue, what changes to look for, what imbalances each change represents, and how to improve their health with proper nutrition as reflected in the tongue.

Hours: 10 (10 lecture)
Transfer Information: None
SBCC General Education: None
Grading Options: Noncredit

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**HE NC028 - Ancient Chinese Medicine in Modern Times (0 Unit)**

This course explores the ancient Chinese understanding of health conditions and applies this perspective to modern, frequently experienced health issues. Students gain a new, though ancient, perspective on problematic and difficult to treat health issues. Topics include successfully treating menopause, weight gain and fertility issues, the science of acupuncture, and enhancing the immune system.

Hours: 10 (10 lecture)
Transfer Information: None
SBCC General Education: None
Grading Options: Noncredit

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End of report

You have 2 class(es) displayed....

Search Menu

SBCC 8.2
### WELL - Wellness

#### WELL NC011 - Health and Wellness for Older Adults: Active Body, Active Mind (0 Unit)

Course includes assessment of the processes of aging and the importance of exercise and nutrition in maintaining independence, safety and well being. Emphasis will be placed on cognitive and physical exercise, diet, stress reduction, disease and injury prevention and consumer health information.

- **Hours:** 20 (16 lecture, 4 lab)
- **Transfer Information:** Basic Skills/not Precollegiate
- **SBCC General Education:** None
- **Grading Options:** Noncredit

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#### WELL NC025 - Your Nutrition and the Environment (0 Unit)

Class will discuss the selection and preparation of meals and provide community and national resources that support healthy and environmentally sustainable diets. Topics include evaluating grass fed and pasture raised meat and dairy, sustainable fish, local and/or organic products, and the effect of diet on global warming. Students learn how 'earth friendly foods' can improve physical and emotional health and protect the safety of food producers. Class includes a tour of a farm.

- **Hours:** 12 (12 lecture)
- **Transfer Information:** None
- **SBCC General Education:** None
- **Grading Options:** Noncredit

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