IMPORTANT: Click on the CRN link for further details about each course such as specific corequisites, critical dates, and textbook information.

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

HEAL - Older Adults, Health / Wellness

HEAL 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: None
SBCC General Education: None
Grading Options: Noncredit

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End of report

You have 1 class(es) displayed...