Class Schedule Search Results for Fall 2018

NOTE: Further details about each course are available by clicking the CRN link.

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

HE - Health Education

HE NC024 - Acupressure - Simple Patterns for Pain Relief and Relaxation (0 Unit)

Class teaches simple acupressure patterns for pain relief and relaxation. Topics include theory and practice of acupressure as a healing art, types of acupressure (Jin Shin Do and Shiatsu), reflexology, and Oriental exercises. Students discover how physical and emotional harmony improve as the internal flow of energy is balanced. This class empowers students to manage stress and tension for wellbeing. Students bring a pad or blanket and wear comfortable clothing.

Hours: 14 (14 lecture)
Transfer Information: None
SBCC General Education: None
Grading Options: Noncredit

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HE NC036 - Chinese Medicine First Aid Kit (0 Unit)

This course teaches effective ancient herbal remedies for common health problems such as colds/flu, headaches, constipation, diarrhea, burns, muscular skeletal spasms, and strains. Students learn how to effectively self-administer acupressure and “moxa” treatments. This class also teaches how to maintain good health and strengthen the immune system by applying the principles of Chinese medicine.

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

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HE NC039 - The Five Elements of Chinese Medicine (0 Unit)

This class teaches students how to use the five elements of Chinese medicine (wood, water, fire, earth, and metal) to improve health. Students learn how specific emotions, colors, flavors and seasons, affect certain organs. Topics include how to make better food choices based on the five elements.

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

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End of report

You have 3 class(es) displayed....

SBCC 8.2