

Health And Safety (Noncredit)

HEAL 7002A Body Conditioning

0.0 hours

Acceptable for credit: N - Noncredit

Develop a healthier, more balanced body in this fitness conditioning class. Designed for the beginning-to-advanced exerciser, this course focuses on cardiovascular conditioning and resistance exercises to build muscle and tone the body. Injury prevention and proper body mechanics are emphasized.

HEAL 7021 Balance and Mobility

16.0 - 24.0 hours

Acceptable for credit: N - Noncredit

C-ID Course Number: N/A

This class is designed for older adults identified as low-to-moderate risk for falls. Class activities target specific balance problems in a challenging, but safe training environment. This class is not intended to replace physical therapy. (Fall, Spring, Summer) (Noncredit)

HEAL 7101 Mature Driver Improvement

2.0 - 8.0 hours

Acceptable for credit: N - Noncredit

C-ID Course Number: N/A

The Mature Driver Improvement Course provides instruction on defensive driving and California motor vehicle laws. During this course, information is provided on (but not limited to) updates on rules of the road, the effects medication, fatigue, alcohol, visual and auditory limitations have on a mature driver's ability to safely operate a motor vehicle. (Fall, Spring, Summer) (Noncredit)

HEAL 7103 Meditation: Beyond Relaxation

12.0 - 16.0 hours

Acceptable for credit: N - Noncredit

C-ID Course Number: NA

Students develop consciousness to assess their own stress level and identify stressors, including their perceptions. A clear model of how the body and mind experience the stress reaction accompanies guided relaxation and meditation practice both in class and at home using video and audio recordings. Observations are journaled. Students who have taken the 4-week Stress Management course multiple times have reported, and display objective changes in their wellbeing, physical health, and social comfort levels. (Spring) (Noncredit)

HEAL 7104 Stress Management

4.0 - 8.0 hours

Acceptable for credit: N - Noncredit

Stress is not bad for you, your reaction to it is! This course teaches you to be less susceptible to the negative physical and emotional reactions to life's stresses. Discover how to use stress to your advantage. Learn effective coping skills, communication skills, and relaxation exercises. (Fall, Spring) (Noncredit)

HEAL 7105 Reduce Stress w/ Self-Hypnosis

16.0 - 18.0 hours

Acceptable for credit: N - Noncredit

C-ID Course Number: N/A

Self-Hypnosis, relaxation and concentration are introduced through the simple steps of induction, deepening, and the use of positive, present and progressive self-suggestion. Students will also develop a heightened sense of self determination and confidence that will benefit other aspects of life including health, study, community, work, and family. (Fall, Spring, Summer) (Noncredit)

HEAL 7106 Living with Food Allergies

2.0 - 8.0 hours

Acceptable for credit: N - Noncredit

This course explores topics about food allergies, such as identifying allergies, differentiating between allergies and food intolerance or sensitivity, reading food labels, causality, treatment, cooking tips, and restaurant guidelines. Students learn the consequences of food allergies, which can result in serious illness or death.