

# HED 224: Personal and Community Health

This course covers health problems for the individual and for the community. Areas of study include mental health, family life, physical health, chronic and degenerative diseases, control of communicable diseases, and the understanding of depressants and stimulants. Healthful living habits will be emphasized.

**Credits:** 3

**Transfer Code:** Code B

**Lab Hours:** 0

**Lecture Hours:** 3

**Program:** Health Education

**Semester Offered:**

Spring

Summer

Fall