


Class Schedule Search Results for Spring 2019

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).

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

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
<input type="button" value="OPEN"/>		65105	0.0	Lec		R	06:30pm - 08:40pm	SCHOTT 05	30	0	0	Laurie Wolf	04/04-05/09	

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

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
<input type="button" value="OPEN"/>		64983	0.0	Lec	M		07:00pm - 08:30pm	SCHOTT 31	45	0	0	Bernard Unterman	04/01-05/06	

HE NC127 - Chinese Medicine/Techniques to Determine Your Optimal Diet (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: 16 (16 lecture)

Transfer Information: None

SBCC General Education: None

Grading Options: Noncredit

Status	I	CRN	Units	Type	Meeting Time	Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
<input type="button" value="OPEN"/>		65040	0.0	Lec	M		07:00pm - 08:30pm	SCHOTT 31	25	0	0	Bernard Unterman	01/14-03/09	8

HE NC182 - Mobilizing Your Healing Force (0 Unit)

This class teaches students how to use writing as a way of healing from emotional and/or physical pain resulting from chronic illness, loss of a loved one, or other traumatic events. Students participate in guided writing activities in response to prompts from authors who have used writing as a way of healing. Students set goals of self-expression, opening, and healing and benefit from open avenues of communication in a safe environment. Students share reflections, thoughts, and feelings, resulting in improved immune response.

Hours: 10 (10 lecture)

Transfer Information: None

SBCC General Education: None

Grading Options: Noncredit

Status	I	CRN	Units	Type	Meeting Time							Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks	
<input type="button" value="OPEN"/>		65037	0.0	Lec								06:30pm - 08:30pm	SCHOTT 05	25	0	0	0	Lawrence Spann	02/06-03/06	
<input type="button" value="OPEN"/>		65038	0.0	Lec								06:30pm - 08:30pm	SCHOTT 20	25	0	0	0	Lawrence Spann	04/03-05/01	
End of report					-	-	-	-	-	-	-									

You have 5 class(es) displayed....

SBCC 8.2