


# 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

Status	I	CRN	Units	Type	Meeting Time							Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks			
<b>OPEN</b>		40592	0.0	Lec								R		06:00pm - 08:00pm	SCHOTT 31	30	0	0	0	Laurie Wolf	10/22-12/15	8

### 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

Status	I	CRN	Units	Type	Meeting Time							Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks			
<b>OPEN</b>		40594	0.0	Lec	M									07:00pm - 08:15pm	SCHOTT 31	40	0	0	0	Bernard Unterman	10/22-12/15	8

### 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

Status	I	CRN	Units	Type	Meeting Time							Location	Cap	Act	WL Cap	WL Act	Instructor	Date	Weeks			
<b>OPEN</b>		40593	0.0	Lec	M									07:00pm - 08:15pm	SCHOTT 31	40	0	0	0	Bernard Unterman	08/27-10/20	8

End of report

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

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