

Health Education for Ventura College 2025-2026

C-ID (if applicable)	Ventura College Health Education Courses	OC Comparable Course	MC Comparable Course
PH 100	HED V01 Health and Wellness (3 units)	HED R104 (3 units)	HED M22 (3 units)
	HED V02 Health and Wellness: Designed for Women (3 units)	HED R103 (3 units)	No comparable course
	HED V03 Fundamentals of Nutrition and Fitness (3 units)	HED R102 (3 units)	HED M03 (3 units)
	HED V04 Health and Wellness: Designed for Men (3 units)	No comparable course	No comparable course
PH 101	HED V20 Introduction to Public Health (3 units)	HED R113 (3 units)	HED M20 (3 units)
PH 102	HED V22 Health and Social Justice (3 units)	No comparable course	No comparable course
PH 103	HED V24 Drugs, Health, and Society (3 units)	No comparable course	No comparable course
NUTR 120	HED V32 Principles of Food with Laboratory (3 units)	No comparable course	NTS M09 (3 units)
	HED V70 Spiritual Health (3 units)	No comparable course	No comparable course
	HED V71 Survey of Alternative and Integrative Medicine (3 units)	No comparable course	No comparable course
	HED V73 Introduction to Holistic Health and Healing (3 units)	No comparable course	No comparable course
	HED V76 Managing Stress (3 units)	HED R116 (3 units)	No comparable course
NUTR 110	HED V87 Nutrition (3 units)	HED R114 (3 units)	NTS M01 (3 units)
	HED V90 Directed Studies in Health Education (1–6 units)	No comparable course	No comparable course