

Health Education for Oxnard College 2023-2024

C-ID (if applicable)	Oxnard College Health Education Courses	VC Comparable Course	MC Comparable Course
	HED R101 Health and Society (3 units)	No comparable course	HED M01 (2 units)
	HED R102 Fitness/Nutrition/Mental Wellness (3 units)	HED V03 (3 units)	HED M03 (3 units)
	HED R103 Women's Health (3 units)	HED V02 (3 units)	No comparable course
PHS 100	HED R104 Personal Health and Wellness (3 units)	HED V01 (3 units)	HED M07 (3 units)
KIN 101	HED R105 CPR, AED, First Aid, and Personal Safety (3 units)	KIN V80 (3 units)	HED M05 (3 units)
PHS 101	HED R113 Introduction to Public Health (3 units)	HED V20 (3 units)	No comparable course
NUTR 110	HED R114 Introduction to Nutrition Science (3 units)	HED V87 (3 units)	NTS M01 (3 units)