

- HLTH 1162 Weight Management** (2-1-2)
 Basic principles of weight management and body composition. Students are required to keep daily nutrition logs as well as exercise in the Darton State College Fitness Facility.
 Prerequisite: None.
 Offered: On demand.
- HLTH 1163 Personal Health** (2-0-2)
 Health problems and trends in modern health practices. Nutrition, heart disease, fitness, and consumer health protection.
 Prerequisite: None.
 Offered: Fall.
- HLTH 1164 Stress Management** (2-0-2)
 This course provides an introduction to various strategies that can be utilized by individuals and groups to counteract the effects of stress in their lives. The concepts of health promotion, disease prevention, self-care and healing provide the framework within which the student experiences the use of various stress management strategies.
 Prerequisite: None.
 Offered: On demand.
- HLTH 1165 Mental Health** (2-0-2)
 Causes, types, treatment, and prevention of mental illness. Consideration given to society's reaction to the mentally ill and how to maintain mental health.
 Prerequisite: None.
 Offered: On demand.
- HLTH 1166 Drugs and Drug Abuse** (2-0-2)
 Basic information about drug use and abuse which includes alcohol, depressants, narcotics, tobacco, stimulants, psychedelics, marijuana, over-the-counter drugs, and prescription drugs.
 Prerequisite: None.
 Offered: Fall.
- HSEC 2109 Introduction to Homeland Security** (3-0-3)
 This course provides the historic overview of the terrorist threat which influenced the establishment of the Department of Homeland Security (DHS.) The statutory authority, organization, structure, processes and policies of the DHS will be examined. The course will also briefly review the role of National Intelligence and technology in supporting the capabilities of the DHS as well as its future role. An examination of the current National Strategy for Homeland Security will also be included.
 Prerequisite: Satisfactory scores on the English and Reading placement examinations or enrollment in ENGL 0099 and READ 0099.
 Corequisite: None.
 Technology: 100% online.
 Offered: On demand.