

Hygiene

[HYG 113 First Aid & Cardiopulmonary Resuscitation \(2 credit, 2 lecture, 0 lab\)](#)

Instruction in the immediate and temporary care to be given to a victim of an accident or sudden illness until the services of a physician can be obtained. Successful completion of the course will prepare the student for testing for the standard certification in First Aid and in CPR.

[HYG 121 Science of Personal Health \(3 credit, 3 lecture, 0 lab\)](#)

Emphasizes the physical, social, emotional and spiritual health and wellness throughout the life cycle. Presents current issues on health.