

SBS - BEHAVIORAL SCIENCES

SBS 2030 Personal and Family Financial Management (GE) (3 Units)

Study of the relationships of values, standards, and goals to the allocation of resources and the decision-making process. Emphasis is placed on the standards for selection of consumer goods, planning for financial security, sustainable consumption, protection of resources, and the conditions which influence individual and family management.

Online. Letter grade.

SBS 3015 Health and Well-Being (GE) (3 Units)

An introductory course designed to provide students with a broad spectrum of applicable information intended to promote a healthy lifestyle. A holistic approach is used that encompasses the physical, mental, emotional, relational, spiritual, and environmental aspects of wellness.

Online. Letter grade.