

# Health (HEA)

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**HEA 1510 Nutrition ..... 3 Credit Hours**

**English/ESL Placement:** Placement into ENG 1510 or ESL 2520.

This course will identify the various essential nutrients, describe their physical, chemical and biological characteristics and describe the effects of dietary deficiencies and excesses. This course is recommended for Health Professions and Technologies students. BILLABLE CONTACT HOURS: 3