Health Education (HED) - Graduate Courses

Courses

HED 409/509 Cr.1

Stress Management and Relaxation Skills
An introduction to the detrimental effects of stress on an individual and the corresponding benefits of regular relaxation. This course will emphasize the basic skills of relaxation and will provide an experience that focuses on the practical application of these skills in one’s life. Offered Fall, Spring.

HED 412/512 Cr.3

Women's Health Issues
This course will provide an opportunity for participants to identify major health issues confronting women today and to examine appropriate health prevention and health promotion lifestyle choices. It will explore health issues from the traditional medical model to the holistic model and provide a comprehensive overview of critical, contemporary women's health issues. Offered Occasionally.

HED 425/525 Cr.3

Violence and Injury Prevention
Participants will review the major forces leading to violent behavior and injury in the United States and globally. Trends over time will be carefully reviewed and analyzed in order to detect risk and protective factors. Violence and injury prevention strategies will be reviewed, resulting in the development of prevention and intervention proposals using community-based programming and curriculum development strategies. Offered Fall, Spring.

HED 467/567 Cr.1-2

Experiential Learning Strategies for Health Education
This course examines emerging educational processes, strategies, and issues and how they can be applied in the facilitation of health education and health promotion programs in the school and/or community setting. Topics will vary per offering and target audience. Prerequisite: HED 210 or teacher certification. Offered Occasionally.

HED 469/569 Cr.3

Drugs, Society, and Human Behavior
This course is directed at introducing social, psychological, pharmacological, and cultural aspects of drug use, misuse, and abuse. In addition, the methods, materials, and theories of drug abuse prevention in the school and community will be introduced. Prerequisite: BIO 105. Offered Fall, Spring.

HED 471/571 Cr.2

Health Education Responsibilities, Competencies, and Certification
Participants will have the opportunity to review the National Health Educator Competencies Update Project research resulting in a new hierarchical model that serves as a framework for the responsibilities and competencies comprising the Entry, Advanced 1, and Advanced 2 levels. Each one of the seven responsibilities will be examined with practitioner examples, and a review will be conducted for the Certified Health Education Specialist (CHES) national examination. Weekend and online formats. Offered Occasionally.

HED 472/572 Cr.3

Sexual Health Promotion
A review of current information on health and human sexuality. Emphasis is given to biological, psychosocial and educational aspects of human sexuality with special emphasis on instructional activities related to interpersonal communication, decision-making ability and clarification of values. Prerequisite: ESS 205 or BIO 313, ESS 206 or BIO 312. Offered Fall, Spring.

HED 473/573 Cr.3

Health Aspects of Aging
An exploration of the lifelong aging process and an examination of health factors affecting the elderly. Emphasis is given to the changes in a variety of health areas including, but not limited to, physical activity, nutrition, mental health, long-term care, sexuality, and death, dying and grief. The course will also include a service-learning component. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: HED 210. Offered Fall, Spring.

HED 474/574 Cr.3

Nutrition Education
Basic principles of nutrition are covered as well as current problems and topics regarding both personal and world nutrition today. Designed for the public school teacher, the community health educator, or those in related fields. Offered Fall, Spring.

HED 485/585 Cr.1-3

Confrontations of Death
This course is designed to allow students to consider death both generally and on an individual basis. Various programs and experiences will be used to help individuals confront their own mortality and its relationship with the vitality of life. Offered Occasionally.

HED 495/595 Cr.1-3

Independent Study in Health Education
Individualized study of areas not available in existing courses. Repeatable for credit - maximum six. Consent of department. Offered Fall, Winter, Spring, Summer.

HED 701 Cr.3

Contemporary Issues in Health Education
Current basic issues and problems in health education. Designed to reinforce and extend the student's knowledge of contemporary health issues as they apply to the improvement of personal, family, and community health. Offered Fall.

HED 703 Cr.3

Foundations in Health Education
A study of scientific, social, psychological, ethical, legal, and educational foundations of health education. Professional competencies and practice settings will be reviewed. Applications of health concepts and effective educational strategies will increase the competencies of health education planning and program implementation. Offered Fall.

HED 706 Cr.3-6

Research Tools and Processes
The design, analysis, and interpretation of quantitative and qualitative data relative to health education, health promotion, public health, medicine, and epidemiology are covered. Attention is given to assisting students in being critical consumers of the research literature as well as designing their own studies. Prerequisite: CHE 350 or CHE 380 or equivalent. Offered Fall, Spring.
HED 709 Cr.3

**Helping Children and Youth Understand Human Sexuality**
Teaching sexuality education in children and youth requires the understanding of specific topics, awareness and practice of ethical and legal practices, and development of specific sensitivity skills for delivering effective sexuality education programs. In addition, educators, parents, counselors, etc., need to feel comfortable discussing the variety of sexuality topics while also having a high level of self-efficacy for the subject's delivery. This course supports these principles and provides an overview of reliable resources for children, youth, and adults. In addition, the National Teacher Preparation Standards for Sexuality Education were used for the creation of this course, in which the National Sexuality Education Standards are used as a guideline for instruction to children and youth. Offered Fall, Spring, Summer.

HED 725 Cr.1-3

**Seminar in Health Education**
Reading and reports on selected topics in health education. Repeatable for credit - maximum six. Prerequisite: permission of advisor. Consent of instructor. Offered Occasionally.

HED 752 Cr.3

**Mental Health**
Theory and application of principles of mental health in human relationships. Offered Occasionally.

HED 798 Cr.1-4

**Graduate Project in Health Education**
This capstone experience provides the health education master's degree candidate with an opportunity for in-depth individual study of a health education problem and demonstration of advanced professional program development, implementation, and evaluation. The project will be planned and carried out under graduate faculty approval and supervision. An oral and written project presentation will be required. Repeatable for credit - maximum four. Consent of department. Offered Fall, Spring, Summer.

HED 799 Cr.1-4

**Research: Master's Thesis**
Independent study on a problem selected for a thesis under the direction of a graduate faculty member. Repeatable for credit - maximum four. Prerequisite: HED 706. Consent of department. Offered Fall, Spring, Summer.