

# HED - Community Health Education Graduate Program

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Community Health Education Program

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[www.uwlax.edu/grad/community-health-education/](http://www.uwlax.edu/grad/community-health-education/)

The Master of Science in Community Health Education Program is designed to prepare individuals for employment in community health agencies, to administer and develop health education programs, to implement health education processes and concepts. Candidates are encouraged to tailor coursework to their particular interests and the health issues specific to their professional responsibilities. This is a non-thesis degree in which a student completes a four-credit "Graduate Project in Health Education" (HED 798) related to a focused health education health promotion issue.

Students must complete individually prescribed undergraduate course work to meet prerequisite requirements. Graduate students from other programs are not allowed to enroll in community health program graduate courses unless departmental approval has been given. Graduate credit will not be awarded for any course in which undergraduate credit was received.

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## Graduate program

- Community health education - MS (<http://catalog.uwlax.edu/graduate/programrequirements/communityhealth/community-health-education-ms>)

## Community Health Education Courses

CHE 405/505 Cr.3

### Strategies for Increasing Physical Activity in Communities

This course is designed for community health educators who plan to work with clients and patients in a variety of health and clinical settings. Students will come away with an understanding of how to advance the use of physical activity for the prevention and treatment of chronic disease and other health issues. The course will explore how physical activity improves health, including cardiorespiratory and metabolic diseases, overweight and obesity, musculoskeletal disorders, cancers, and mental health. Data on the prevalence and economic costs are presented to demonstrate the scope of the health issues and the importance of addressing them. Evidence-based strategies for increasing physical activity in individuals and populations using three approaches (informational, behavioral and social, and environmental and policy) will be explored. Strategies for implementing physical activity opportunities in communities will also be addressed. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Offered Spring.

CHE 453/553 Cr.1-3

### Cultural Issues in Health Ed: Ethnic, Racial, Religious, and Familial Groups

A study of cultural influences on health and illness. Values and attitudes held by different groups in America's pluralistic society need to be considered in health program planning. Various racial, ethnic, and religious groups' health beliefs and practices will be examined. Cultural influences and patterns of communication within cultures and how these affect health care and utilization of services will be identified. The U.S. health care system will be analyzed in terms of servicing its culturally diverse population. Designed for health professionals, this course will increase their sensitivity in working with people of various cultural origins. Repeatable for credit - maximum three. Offered Occasionally.

CHE 460/560 Cr.1

### Medical Terminology for Health Education

Skill development for working with the special language used in clinics, hospitals, and other health agencies. Students in various health fields will learn to use medically related terms in their professional communication. Prerequisite: ESS 205 and ESS 206, or BIO 312 and BIO 313. Offered Fall, Spring.

CHE 466/566 Cr.1-3

### Worksite Health Promotion

This course will focus on building an understanding of the components necessary for successful worksite health promotion. Included will be the development, implementation, and evaluation of worksite health promotion programs. There will be a direct emphasis on actual worksite conditions and situations, including constraints and advantages. The course will examine the relationship of a worksite health promotion program to the organization as a whole and the potential benefits for both the employee and the employer. Not repeatable for additional credit. Offered Occasionally.

CHE/SHE 475/575 Cr.1-3

### Workshop in Health Education

Group study of varying health education topics, community agencies, and educational institutions. Repeatable for credit under different topics - maximum six credits combined CHE/SHE. (Cross-listed with CHE/SHE.) Departmental option for pass/fail grading. Consent of instructor. Offered Occasionally.

CHE 780 Cr.1-8

### Community Health Education Preceptorship

Professional experience for graduate students in a variety of community health education and public health settings interacting with diverse populations for a semester or summer session. The candidate works under faculty supervision with a professional in health education and/or health promotion who serves as a mentor. Distinct health educator areas of responsibility are addressed. Repeatable for credit - maximum eight. Consent of department. Offered Fall, Spring, Summer.

## Health Education 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 100 or BIO 105. Offered 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.