HED - Public Health in Community Health Education Graduate Program

Master of Public Health in Community Health Education Program
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www.uwlax.edu/grad/community-health-education/master of public health

The Master of Public Health in Community Health Education Program (MPH-CHE) prepares health and human service professionals to work in various settings where community health education approaches are employed to improve health and well being. The MPH-CHE courses are offered primarily through evening campus-based classes. The program is designed for both the full-time student and the working professional who wish to expand their career options in public health. Students complete either a research masters thesis or a graduate project in health education.

The MPH-CHE program has had ongoing accreditation by the national Council on Education for Public Health (https://ceph.org) (CEPH) since 1992. Specialized accreditation attests to the quality of an educational program. The Association of Accredited Public Health Programs (AAPHP), established in 1999, "has a major commitment of encouraging and supporting higher education institutions to seek and maintain CEPH accreditation." The Association of Schools and Programs of Public Health states "Graduates of CEPH-accredited schools and programs of public health are equipped with the population health skills to address the world's most pressing health issues."

Graduates are employed in:
- public health agencies
- health departments
- voluntary and private agencies
- hospitals and other health care settings
- managed care organizations
- consulting firms
- local, state, and national governmental agencies
- international agencies
- business and industrial settings
- global health-related organizations

Community Health Education Courses

CHE 400/500 Cr.3
Health Policy, Advocacy, and Community Organizations
This course focuses on the process of engaging communities in health education and behavior change programs of various kinds. Several organizing paradigms for fostering healthy communities are examined, and their practical and ethical implications are considered. Skill development for community assessment, constituency-building, and leadership of participatory planning efforts is emphasized. Students are paired with health and human services, health policy and social justice agencies, and coalitions to gain an in-depth knowledge of agenda setting, legislative research, and legislative advocacy in relation to specific legislation being proposed in the Wisconsin state legislature. Course will tie policy theory to real-world practice. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: PH 335; PH 340; CHE 360; CHE 370 or CHE 475 topic "Motivational Interviewing. Offered Fall, Spring.

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 Fall, Spring.

CHE 430/530 Cr.3
Grant Writing and Resource Management
The grant seeking enterprise is studied and applied to community and public health organizations, in areas of perceived community need. Content includes locating and communicating with funding agencies, writing and reviewing grant proposals, analyzing requests for proposals, using technology in grant seeking, and implementing and evaluating grant funded projects. Project planning and administrative competencies are incorporated. Budget planning and grant administration is identified and applied. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: CHE 380, CHE 400. Offered Fall, Spring.

Graduate degree
- Master of Public Health in community health education - MPH
(http://catalog.uwlax.edu/graduate/programrequirements/publichealthincommunity/community-health-education-mph)
**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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. 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 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. 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. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Offered Fall, Spring.

HED 495/595 Cr.1-3
Independent Study in Health Education
Individualized study of areas not available in existing courses. This course is taught largely at the graduate level. 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.

Public Health Courses
PH 700 Cr.4
Public Health Foundations
This foundational course involves an introduction to public health to include key concepts (e.g., prevention), core functions, essential services, values, historical trends, philosophies, credentialing, ethical principles, evidence-based practices, and health equity. This course also addresses the impact of the environment on public health, components of the public health system, and future trends in public health. Offered Fall, Spring.
PH 701 Cr.3
Public Health Issues
This course involves an introduction to key determinants of the public's health (e.g., biological, genetic, behavioral, psychological, social, political, economic) as well as the impact of globalization on public health. Offered Fall, Spring.

PH 707 Cr.3
Environmental Health
Examination of how environmental mechanisms influence human health and how humans impact environmental conditions. A critical analysis of current environmental problems and evidence linking these problems to disease causation and health enhancement. Solutions to environmental health problems will also be critically analyzed. Offered Fall, Summer.

PH 710 Cr.4
Quantitative Methods
The design, analysis, and interpretation of quantitative 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. Some of the most frequently used statistical techniques to analyze quantitative data in community health education will be explored and practiced. SPSS will be the software used to assist in learning and understanding the appropriate statistical tools to understand what the data tells us. Offered Fall, Spring.

PH 711 Cr.4
Qualitative Methods
This course provides an introduction to the methodology as well as methods of qualitative research and how they play a role in describing and assessing a population's health. Students will have opportunities to collect, analyze, and interpret qualitative data as well as explain how their findings may have implications for public health research, policy, or practice. Students will also be introduced to Qualitative Data Analysis (QDA), software, specifically ATLAS.ti. Offered Fall, Spring.

PH 717 Cr.3
Emerging Public Health Issues
An in-depth policy and practice review of key emerging issues in public health and their societal impacts at the local, national, and international levels. Issues will be selected from the eight health challenge content areas advanced by the Institute of Medicine (2003) and additional sources. Implications for health education and health promotion will be addressed. Prerequisite: HED 701 and HED 703. Offered Spring.

PH 720 Cr.3
Program Assessment, Planning, and Evaluation in Health Promotion
This course is designed to provide the learner with program assessment, planning, communication, and evaluation skills. Emphasis is placed on community organizing principles, intervention planning, community assessment, group communication dynamics, evaluation design, and grant writing skills. Opportunities to apply these skills to a variety of community health settings are provided. Offered Fall.

PH 725 Cr.3
Communication Methods for Public Health
This course is designed to provide students with a critical understanding of the methods for effective communication in public health. Students will learn to select appropriate communication strategies for various priority populations and sectors. Additionally, students will gain an understanding of the key concepts of health literacy and the crucial role cultural competence plays in communication. Students will have opportunities to create health literate, culturally competent, and audience-appropriate written and oral communications. Offered Fall, Spring.

PH 755 Cr.3
Epidemiology and Public Health Issues
Examination of epidemiologic concepts in relation to specific public health issues. Disease investigation techniques, casual factors, case histories, and related biostatistics are examined and educational implications are discussed. Prerequisite: PH 340 or CHE 340 or equivalent professional experience. Offered Fall, Spring, Summer.

PH 760 Cr.3
Public Health Advocacy and Policy
This course focuses on the process of engaging communities in health education and behavior change programs of various kinds. Several organizing paradigms for fostering healthy communities are examined, and their practical and ethical implications are considered. Skill development for community assessment, constituency-building, and leadership of participatory planning efforts is emphasized. Students are paired with health and human services, health policy and social justice agencies and coalitions to gain an in-depth knowledge of agenda setting, legislative research, and legislative advocacy in relation to specific legislation being proposed in the Wisconsin state legislature. Course will tie policy theory to real-world practice. Offered Fall, Spring.

PH 770 Cr.3
Program Planning
This course will require students to assess community needs and resources as well as plan health programs. Following models commonly used in public health, students will utilize primary as well as secondary data in performing a comprehensive assessment of a population of interest. Reliable and valid resources that explain the health status of a population from the perspective of theories and ethnically conducted research will be used when prioritizing needs and planning interventions. Students will learn about the necessity of early alignment between assessment and health education program goals and objectives. Professional competencies related to evaluating capacity and promoting community involvement will be emphasized as essential to planning best practices solutions to community health needs. Offered Fall, Spring.

PH 771 Cr.3
Program Implementation and Evaluation
Students will implement, administer, and evaluate a public health program. Interventions will be based on professional best practices and social and behavioral theories and models. Data will be collected that allow students to evaluate goals, objectives, and activities. Students will be required to generate a report at the end of the semester that can be used to inform decision makers on the success of the program and can be added to the professional evidence base. Offered Fall, Spring.

PH 775 Cr.3
Grant Development for Public Health
The grantseeking enterprise is studied and applied. Community and public health grantseeking content, practices, and concepts are presented for application in most disciplines and areas of interest. Content includes locating and communicating with funding agencies, writing and reviewing grant proposals, analyzing requests for proposals, using technology in grantseeking, and implementing and evaluating grant funded projects. Project planning and administrative competencies are incorporated. Budget planning and grant administration is identified and applied. Offered Fall, Spring.
PH 780 Cr.2
Public Health Applied Practice Experience (APE)
The Applied Practice Experience (APE) allows each student to demonstrate attainment of at least five competencies, of which at least three must be foundational competencies. The applied experiences must be structured to ensure all students complete experiences addressing at least five competencies, as specified above. The applied experiences may also address additional foundational or concentration-specific competencies, if appropriate. Applied practice experiences may involve governmental, non-governmental, non-profit, industrial and for-profit settings, or appropriate university-affiliated settings. To be appropriate for applied practice experience activities, university-affiliated settings must be primarily focused on community engagement, typically with external partners. Repeatable for credit - maximum four. Prerequisite: successful completion of a minimum of 21 graduate credit hours in the Master of Public Health program to include PH 700, PH 701, PH 710, PH 711, PH 725, and PH 790. Consent of department. Offered Fall, Spring, Summer.

PH 790 Cr.3
Public Health Administration and Organization
Principles of effective administration as applied to public health practice, leadership, personnel, management, negotiation, and mediation skills will be emphasized with a special focus on organizational concepts related to public health and human service agencies. Offered Fall, Spring.

PH 792 Cr.2
Public Health Integrative Learning Experience (ILE)
The Integrative Learning Experience (ILE) is designed as a culminating experience which can take many forms, depending on the interests of the candidate. Through a high-quality written product, the MPH-CHE candidate demonstrates the ability to synthesize foundational and concentration competencies. The MPH-CHE student will complete two credits of the ILE in the fall of the student's final academic year and two credits of the ILE in the spring semester (final semester prior to graduation). Repeatable for credit - maximum four. Consent of department. Offered Fall, Spring.

School Health Education Courses
SHE 407/507 Cr.3
Health Education in the Elementary School
Introduction of the school health program for the elementary education major and physical education major. Consideration is given to school health services and healthy school living, with a further emphasis on health instruction and health content for the elementary school. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: admission to teacher education. Offered Occasionally.

SHE 410/510 Cr.6
Application of Curriculum Processes and Instructional Techniques
This senior level experience provides an opportunity to apply the knowledge, skills, and dispositions of the Interstate Teacher Assessment and Support Consortium Standards (InTASC). The primary focus is on a teacher candidate's growth and development in the InTASC standards. The traditional field experience or participation in a Professional Development School experience will address how the InTASC standards impact teaching and learning. Further analysis of method selection and instructional strategy development is included from a practical as well as philosophical point of view. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Lect 4, Lab 2. Offered Fall.

SHE 415/515 Cr.3
School Leadership for Health Educators
This course will develop teacher candidates' leadership skills in school health programming. An overview will be included on the following topics: group dynamics, leadership theories and styles, resources and grants, curriculum assessment and analysis, administration and coordination of health curriculum, and professional skills. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Prerequisite: SHE 310 or equivalent. Must be taken concurrently with SHE 510 and acceptance into teacher education program. Offered Fall.

CHE/SHE 475/575 Cr.1-3
Workshop in Health Education
Group study of varying health education topics, community agencies, and educational institutions. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. 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.

SHE 705 Cr.2
Introduction to School Health Education
This introductory course will cover the components of Comprehensive School Health Education programs including: basic health knowledge, central health concepts, health tools of inquiry, and pedagogical practices within the field of health education; the role, function, and responsibility of a health education teacher; an overview of health content and common teaching strategies; history of health education; common school health education philosophical and theoretical approaches; and National and State Health Education Standards. Prerequisite: admission to school health education 910 or master's degree program. Offered Spring.

SHE 710 Cr.3
Leadership in Health Education
This course will provide graduate students with the knowledge and skills necessary to provide leadership for health education in their schools and communities. Included will be an overview of comprehensive/ coordinated school health programs, behavioral change theory, leadership skill development, community partnership development, and program planning and administration. Offered Summer.

SHE 715 Cr.3
Health Education Curriculum and Pedagogy
This course will provide graduate students with the knowledge and skills necessary to develop effective curriculum and learning strategies for health education. The course will provide a hands-on atmosphere where knowledge is used and skills are practiced. Offered Summer.
SHE 720 Cr.4

Health Issues of Youth and Adults
This exploratory course is designed to identify health issues affecting youth throughout various stages of their development. Societal institutions supporting the healthy growth and development of youth will be identified, while students consider strategies to enable the healthy mental, emotional, physical, social, spiritual, and environmental development of today’s youth between the ages of 1-21 years. In addition, this course will provide graduate students who do not have an undergraduate major in health education with the necessary background in health content areas (nutrition, physical activity, sexuality, stress, violence/abuse, substance use and abuse, disease prevention, environmental health, consumer health and mental and emotional health), with application to their own lives. This course will function as a hybrid course with both classroom instruction and distance learning. Prerequisite: SHE 705; admission to school health education 910 certification or master’s degree program. Offered Spring.

SHE 792 Cr.1

Student Teaching/Intern Seminar
Through this course for student teachers/interns, university course work is correlated with successful teaching practices in the schools. Students build on their knowledge base, reflect on their teaching, and analyze school culture with their peers. Each seminar aligns with the InTASC Model Core Teaching Standards based on the needs of the student teachers/interns. To be taken concurrently with SHE 494 or 495. Pass/Fail grading. Offered Fall, Spring.