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/#qt-2

The Master of Public Health in Community Health Education Program (MPH-CHE) prepares health and human service professionals to serve in various settings where community health education approaches are employed to improve health and well being. This practitioner-oriented nationally accredited program addresses behavioral theory, communication and motivational processes, community intervention strategies, and evaluation procedures for community health promotion and primary prevention. As a culminating experience, students complete a thesis or graduate project in health education. One of two options is selected by the candidate:

1. Option A, which includes a master's thesis, or
2. Option B, the non-thesis option.

Each option requires the same core courses. Graduate students from other programs are not allowed to enroll in health education graduate courses unless departmental approval has been given. The first degree of its kind offered in the UW System, the MPH-CHE has been accredited by the Council on Education for Public Health since 1992.

Graduates are prepared to:

• Assess individual and community health needs
• Plan effective health education and health promotion programs
• Implement and evaluate educational experiences
• Coordinate and manage the provisions of health education services
• Serve as resource people in health education
• Communicate health and health education needs, concerns, and resources
• Conduct health education and promotion research
• Apply research principles and strategies in health education
• Manage and supervise health education programs in various settings
• Address public health issues

Graduates are employed in:

• Public health agencies
• Volunteer and private agencies
• Hospitals and other health care settings
• Local, state, and national governmental agencies
• Business and industrial settings

Graduate degree

• Master of Public Health in community health education - MPH (http://catalog.uwlax.edu/graduate/programrequirements/publichealthincommunity/community-health-education-mph)

Community Health Education Courses

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 465/565 Cr.1
Health Education Marketing
Designed for health educators, this course provides a survey of marketing concepts as applied to health education programs. Marketing as part of the health planning and evaluation process will be discussed. Marketing strategies for both public agencies and private businesses will be presented. Prerequisite: CHE 240. Offered Occasionally.

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 408/508 Cr.1-2
Microcomputers Applications in Health Education
This course is designed for both school health educators and community health educators. The course will focus on current software programs available for professionals in the health field. Students will be exposed to and learn to utilize a sampling of current software available, as well as assessment techniques to evaluate these programs. Offered Occasionally.

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 417/517 Cr.1
Understanding Child Abuse
This course will provide an opportunity for students to develop an understanding of the dynamics of child abuse as well as a practical framework from which to provide services to abused children and their families. Offered Occasionally.

HED 418/518 Cr.1
Youth Health Issues
An overview of youth health issues examining such topics as anorexia, drug abuse, suicidal tendencies, diseases, violence and emotional health problems. Effective ways of dealing with these issues in both the community and school setting will be discussed. Offered Occasionally.

HED 422/522 Cr.1
Sexual Abuse of Children
This course will provide an opportunity for participants to develop an in-depth understanding of child sexual abuse. Theoretical and research perspectives on the nature of abuse and its dynamics will be included as well as an update of available educational materials. Prerequisite: HED 417/517. Offered Occasionally.

HED 423/523 Cr.1
Sexual Health Promotion Persons with Disabilities
This course is designed to provide health care and allied health professionals and teachers with an overview of sexuality issues regarding persons with physical disabilities, chronic illnesses, and developmental disabilities. 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 436/536 Cr.1
Alcohol, Health and Behavior
This course is intended to help individuals develop a more complete understanding of alcohol as a public health problem. Alcohol’s impact on individuals, families, and society will be examined. Emphasis will be placed on information that will assist individuals in making intelligent decisions regarding the use of alcohol. Prerequisite: HPR 105; PSY 100 or PSY 212. Offered Occasionally.

HED 437/537 Cr.3
Theories of Health Behavior
Overview of health behavior through the examination of health behavior theoretical constructs. Emphasis is on the application of behavior change theories and models to facilitate healthy behavior changes. Prerequisites: CHE 240 or HED 205 or HED 210 (or equivalent). Offered Occasionally.

HED 439/539 Cr.1
Teaching Stress Management and Relaxation Skills
This course examines both theory and cognitive information regarding stress and relaxation and the practical application of this information in a professional setting. The main thrust of the class is on how to develop, implement, teach and evaluate stress management and intervention programs. Prerequisite: HED 409/509. Offered Occasionally.

HED 441/541 Cr.3
Human Disease Prevention and Control
Presentations by medical experts in the recent progress in disease prevention and control. Knowledge of many disease processes and treatments will be discussed. Primarily designed for prospective health educators, to explore in-depth, selected topic areas of communicable and chronic diseases. HED 541 Prereq Offered Occasionally.

HED 447/547 Cr.1
The Body/Mind Connection in Health
Recent developments in health related research are demonstrating a close functioning relationship between the nervous, endocrine, and immune body systems. As the field of psycho-neuroimmunology expands, applications in health promotion, health care and education are being developed. Many of the findings and applications verify health and healing practices from alternative health traditions. This course provides an opportunity to study many of the developments in psychoneuroimmunology and their application in health, healing and learning. Implications for health education methods will also be explored. Health care, human service and education professionals will benefit from the practical information provided. A series of case studies will be the center of the learning experience. Offered Occasionally.

HED 449/549 Cr.1
Value Development for Health
Practical systematic process in values formulation for healthy living. Decision-making and problem solving strategies for understanding of beliefs, attitudes and perception that affect health status. Experiential skill learning applicable to professional health promotion and personal well-being. Prerequisite: HPR 105; PSY 100. Offered Occasionally.
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: CHE 240 or HED 205 or HED 210 or SHE 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. Prerequisite: CHE 240 or HED 205 or 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 477/577 Cr.3
Grant Seeking in Health, Human Services and Education Programs
The grant seeking enterprise is studied and applied. Generic grant seeking 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 (RFPs), using technology in grant seeking, and implementing and evaluating grant funded projects. Prerequisite: CHE 240 or HED 205 or HED 210; CHE 340 or PH 340; CHE 350 or CHE 380. Offered Occasionally.

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 486/586 Cr.1
Introduction to International Health
An introduction to the world health conditions/status; the different health care delivery systems, manpower and resources of selected countries in Asia, Europe and Africa in comparison to the United States. The course is designed as a survey of the condition of health and health care in the international setting. The roles/functions/responsibilities of the major international agencies and the governments will also be discussed as they relate to health. Repeatable for credit - maximum 3. Consent of instructor. 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 619 Cr.1-2
Health Curriculum Development: From Theory to Practice
This course establishes a theory base for the effective implementation of Comprehensive School Health Education (CSHE) complementing primary prevention and health promotion strategies for youth. This training experience incorporates selected curricular materials which provide the format to assess, design and implement curricular plans reflecting effective theory in CSHE. The class structure highlights experiential, interactive and integrative approaches which provide a model for effective curriculum implementation. Prerequisite: SHE 407 or commensurate course. Offered Occasionally.

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.

CI/HED 702 Cr.1-3
Health Issues and Resources for Teachers and Other School Professionals
Current health issues and available community resources will be addressed. Representatives from community agencies and the facilitating faculty will clarify the meaning of specific health issues related to the school setting along with various ways to address them through available agency resources. Repeatable for credit - maximum six. (Cross-listed with CI/HED; may only earn credit in one department.) Offered Occasionally.

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 710 Cr.1
Risk Reduction for Adult Fitness and Cardiac Rehabilitation
A study of health risk reduction strategies for adult fitness and cardiac rehabilitation program participants. Provides an overview of health promotion concepts for professional application in health care and worksite settings. Offered Occasionally.

HED 712 Cr.1-3
Selected Health Topics for Elem School Teachers
An in-depth study of research and trends in selected health topics. A variety of instructional techniques and resources will be used to focus upon the current theories suggested for the most effective coverage of these topics in the elementary school. Delimited to elementary teachers only. Offered Occasionally.

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 770 Cr.3
Health Counseling
This course is designed to develop basic skills in interviewing and counseling for the health educator. Three basic components include an understanding of self, knowledge of helping skills, and experience in applying these skills. 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 709 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 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 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 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. Offered Summer.

PH 790 Cr.3
Public Health Administration and Organization
Principles of effective administration as applied to public health practice, leadership, personnel, and management skills will be emphasized with a special focus on organizational concepts related to health and human service agencies. Offered 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. 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. 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. Prerequisite: SHE 310 or equivalent. Must be taken concurrently with SHE 510 and acceptance into teacher education program. Offered Fall.

SHE 416/516 Cr.1
**Developing Comp School Health Education Programs**
Procedures for comprehensive health education curriculum development - from philosophy through identifying sources, to developing objectives - will be considered in discussion and group interaction. Final projects will include the writing of a partial curriculum. Not applicable for credit in school health education major or minor. Offered Occasionally.

SHE 458/558 Cr.1-2
**Imagery Techniques for Health Promotion and Sport Skill Development**
This course examines the concepts and theories of autogenic training and mental imagery as applied to maximizing inner potentials for performance excellence. The first credit focuses on the learning and experiencing of the developmental phases of relaxation training, mental practice, concentration, confidence-building through positive affirmation, and maintaining personal rhythm. The second credit focuses on developing the competencies necessary to develop and implement a mental practice program for those in pursuit of excellence. Offered Occasionally.

SHE 460/560 Cr.1-2
**Health Promotion and Preference**
This course is designed to enable participants to understand and apply Jungian concepts as one approach to health promotion. The Myers-Briggs Type Indicator (MBTI) is used as a springboard for creating awareness and understanding for the application of typology to health promotion. The focus of the course is experiential in nature and the goal is to gain a better understanding of self and others in relation to health promotion issues (i.e., stress management, heart disease, relationships, and team building). 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.

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 & 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.