Health Education (HED) - Courses

Courses

HED 101 Cr.2
Personal Health
The dynamics of health in modern life in a rapidly changing world; modern concepts of health, disease, and longevity; current medical findings relative to weight control, emotional health, human sexuality, family planning, venereal and other disease control, drug abuse, environmental health and quackery are included. Offered Occasionally.

HED 205 Cr.3
Introduction to Health and Wellness Education
Introductory concepts related to the field of health education are examined. Basic principles, philosophies, and issues related to school health and community health education are presented. This course serves as an entry level course for both the school and community health tracks. Offered Occasionally.

+HED 207 Cr.3
Youth Health Issues
This exploratory course is designed to identify the health issues that affect youth throughout various stages of their development. Societal institutions that support the healthy growth and development of youth will be identified, while students consider strategies that enable the healthy mental/emotional, physical, and social development of today's youth between the ages of 4-18. Offered Fall, Spring.

HED 210 Cr.3
Foundations of Health Education
This course explores introductory concepts related to the field of health education. Basic principles, philosophies, and issues related to health education are presented. In addition, health education as a career option is examined and the role of the health educator in numerous settings discussed. Offered Fall, Spring.

HED 230 Cr.2
Nutrition for Fitness and Health
This course examines basic principles of nutrition and the implications and effects of these principles on one's diet, fitness level, and thus one's health. Methods for teaching nutrition principles to various age groups will be emphasized. Offered Occasionally.

HED 250 Cr.1-3
Health Education Forum
Examination of current issues and problems in health education. Varying topics selected to extend the students’ knowledge in contemporary health issues, as determined by the Health Education Department. Repeatable for credit - maximum six. Offered Occasionally.

HED 320 Cr.3
The U.S. Health Care System
This course provides an overview and a developmental summary of the U.S. health care system and its driving forces and offers comparisons to other national health systems. Content includes major elements of the health care system and a consideration of today’s major health policy issues in a historical, economic, and political context. The course will also explore current issues confronting the health care system, raise important concerns and questions related to the different approaches to health care delivery, and identify key ethical issues. Offered Fall, Spring.

HED 345 Cr.3
Issues in Mental and Emotional Health
This course examines the determinants of emotional and mental health which form a basis for health and healthy choices. A variety of constructs including, but not limited to resiliency, family and social processes, self-concept and learning that form the foundation for emotional and mental health will be presented and discussed. Students will be encouraged to deepen their commitment to effective teaching and learning. Prerequisite: CHE 240 or HED 205 or HED 210. Offered Fall, Spring.

HED 346 Cr.2
Health Behavior Change
Skills, concepts, and processes for individualized health teaching. The course will examine health behavior change as a technique in the overall treatment of prevention of health problems. The approach is an integration of education, behavioral intervention, and health counseling. Prerequisite: PSY 100. Offered Occasionally.

HED 408/508 Cr.1-2
Microcomputer 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. Prerequisite: junior standing; health education major or minor. 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. Prerequisite: junior standing. 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. Prerequisite: junior standing. 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. Prerequisite: junior standing. 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. Prerequisite: junior standing. 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; junior standing. 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. Prerequisite: junior standing. Consent of instructor. 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 factors 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. Prerequisite: junior standing. Offered Occasionally.

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; junior standing. 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. Prerequisite: admission to the public health and community health education major. 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; junior standing. 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. Prerequisite: junior standing. 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. Prerequisite: junior standing. 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; junior standing. 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; junior standing. 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; junior standing. Offered Spring.

HED 471/571 Cr.2
Health Education Responsibilities, Competency and Certification
Participants will have the opportunity to review the National Health Educator Competencies Update Project research resulting in a 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. Prerequisite: junior standing. 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 312; ESS 206 or BIO 313; junior standing. 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: junior standing. 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. Prerequisite: junior standing. 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 340 or PH 340; CHE 350 or CHE 380; junior standing; admission to public health and community health education. 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. Prerequisite: junior standing. 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 three. Prerequisite: junior standing. 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. Prerequisite: junior standing. Consent of department. Offered Fall, Winter, Spring, Summer.