

# Health Education (HED) - Graduate Courses

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## 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 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 Fall, Spring, Summer.

HED 471/571 Cr.2

### **Health Education Responsibilities, Competencies, and Certification**

Participants 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 eight areas of responsibilities with selected competencies and sub-competencies are examined with practitioner examples, and a review is conducted for the Certified Health Education Specialist (CHES) national examination. This course is taught largely at an undergraduate level. Graduate students will have additional course requirements/expectations. Offered Fall, Spring.

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, 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. 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 an undergraduate level. Graduate students will have additional course requirements/expectations. 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 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 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.