

HEALTH (HL)

HL 5150 Eating Disorders Clinical (3)

This clinical experience is a capstone course for those enrolled in the eating disorders certificate program. Students will be able to choose a focus on awareness, prevention, and education experience or a clinical experience working in an eating disorders treatment facility for 120 hours.

Prerequisite(s): 12 credits of Eating Disorders certificate program. Also offered as CO 5150.

HL 5160 Eating Disorders: Awareness and Prevention (3)

The focus of the course will be on increasing the student's knowledge of awareness, education, prevention and treatment of eating disorders. Discussion will include diagnostic classifications; causes of eating disorders; history, prevalence and treatment approaches to eating disorders; a discussion of a wellness/holistic approach to medical, nutritional and psychological therapies; special populations, i.e., women, children, males, athletes; prevention programs; resources; the latest research and information on becoming a coordinator of Eating Disorder Awareness and Prevention Week. Also presented as CO 5160.

HL 5170 Treatment Modalities for Eating Disorders (3)

This course will be an in-depth study of the dynamics of eating disorders followed by an overview of the dominant counseling approaches used in eating disorders treatment and management. The focus will include diagnosis, psychological assessments, psychotherapeutic and other interventions, as well as clinical issues encountered in treatment.

Prerequisite(s): CO/HL 5160. Also presented as CO 5170.

HL 5180 Nutrition Fundamentals and Counseling in the Recovery of Eating Disorders (3)

This course will focus on nutritional education issues relevant to those interested in health and wellness for the general population, as well as those working with eating disorders clients. Discussion will include: basic concepts of nutrition science and nutritional needs, evaluation of weight management methods, investigation of food facts and fallacies, different diet plans, i.e. vegetarian, sports nutrition. Information will be presented on how the nutritionist, counselor or health educator applies nutritional information to their clients or students. The course will also include how to present information in nutritional counseling and education for the eating disorder client.

Prerequisite(s): CO/HL 5160 or permission of instructor. Also presented as CO 5180.

HL 5190 Medical and Physiological Aspects of Eating Disorders (3)

The focus of the course will be to increase the student's knowledge of the effects eating disorders have on the body's medical systems and the physiologic function. Discussion will include diagnostic criteria and a multidisciplinary, integrative approach to assessment and management of each disorder. Emphasis will be placed on the evaluation of each body system, as well as prevention and treatment of medical complications.

Prerequisite(s): CO/HL 5160. Also presented as CO 5190.

HL 5210 Lifestyle & Wellness Coaching (1)

This course is designed to introduce students to the field of lifestyle and wellness coaching. Over half of what affects your health is your choice of lifestyle. The course will discuss a variety of coaching methodologies to help people to create healthier lives for themselves. Basic principles of wellness, motivational interviewing, standards, certification, ethics in the coaching profession, and the varieties of types of coaching programs will be discussed.

HL 5215 Lifestyle and Wellness Coaching (3)

Introduces students to the field of lifestyle and wellness coaching.

Over half of what affects health is your choice of lifestyle. The course will discuss a variety of coaching methodologies to help people to create healthier lives. Principles will include information on wellness, motivational interviewing, national standards/certification, ethics in the coaching profession, and the types of coaching programs.

HL 5220 First Aid, CPR, AED Instructor (1)

The course is designed to train students in emergency care for first aid and CPR instructors. Upon successful completion of the course students will be eligible to receive a certificate as an instructor for First Aid, CPR and AED.

HL 5560 Special Topics in Health Education (1-3)

An in-depth study of a particular topic, contemporary issue, or concern. The course will be taught by a specialist within the field being studied or as an alternative methodology. A faculty member will coordinate a series of guest speakers who will meaningfully address the topic. Since topics vary, the course may be repeated with permission of the instructor. Offered according to demand.

HL 5750 Individual Research: Health Education (1-3)

Designed so that students may pursue, in depth, a personal interest in the field of allied health. Students, working with a faculty advisor, carry out research from design to completion. The final product must be approved by the faculty advisor and/or faculty committee. Offered according to demand.

HL 5800 Practicum in Health Education (1-3)

Field experience in an agency or institution involved in the planning and evaluation of health education. Work experience guided by qualified supervisors in conjunction with Plymouth faculty. Periodic written reports, field-based projects and comprehensive portfolio review. Offered according to demand.