

HEALTH EDUCATION (MED)

Health and Human Enrichment

Program Coordinator: Irene Cucina, DPE

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The goal of the health education field is to promote, maintain, and improve individual and community health through the educational process in a wide variety of settings. Professional health educators are prepared to address 10 basic content areas:

- Community health
- Family life, growth, and development
- Nutrition
- Personal health
- Mental and emotional health
- Prevention and control of disease and disorders
- Safety and accident prevention
- Environmental health
- Consumer health
- Substance use and abuse

Health educators are active in the development and delivery of educational services in schools, clinical and corporate settings, and in community service organizations. Activities of a health educator may involve teaching, counseling, consulting, and communication using all types of media.

Applicants for this degree must hold a baccalaureate degree in the biological sciences with a concentration in the sciences, health education, physical education, or nursing. Coursework in human anatomy, physiology, and psychology are necessary prerequisites for all content coursework.

In addition to the major, three concentrations are available: K–12 Certification (leading to endorsement for New Hampshire certification as a K–12 Health Education Teacher), Health Promotion, and Eating Disorders. The core education courses are offered year-round, and the required health education courses are offered primarily as weekend and hybrid courses. A limited number of courses will be offered during the fall terms. Content classes are offered on a rotating basis. This schedule allows students to complete their degree in two or three years on a part-time basis. Full-time students may be able to complete the requirements in less time.

Students in the K–12 Certification concentration may be required to take additional coursework at the undergraduate level to meet certification standards and should plan to meet with their advisor. All students should meet with the health education program coordinator to review their transcripts and develop a program of study.

Courses in the Health Education program prepare students to take the Certified Health Education Specialist (CHES) examination offered by the National Commission for Health Education Credentialing. Successful achievement of this certification assures employers that the individual has met the national standards for health education professionals.

Degree Requirements Optional Concentrations in this Major Health Education (Non-Certification)

Curriculum Requirements

Course	Title	Credits
Master's Core Component		
ED 5000	Social Behavior in a Diverse Society	3
ED 5010	Philosophy, Ethics & Education	3
ED 5030	Research Design	3
Health Education Component		
Complete 21 credits approved by advisor		21
Capstone Experience		
Complete one of the following:		3
HL 5750	Individual Research: Health Education	
HL 5800	Practicum in Health Education	
ED 6900	Graduate Capstone Project	
Total Credits		33

Health Education, K–12 Certification

Students interested in obtaining endorsement for New Hampshire Health Education Teacher certification should select this concentration. Coursework also provides preparation for the Certified Health Education Specialist (CHES) examination.

Required college-level coursework or equivalent competencies (audit, portfolio, or exam) are the following: exercise theory and programming, CPR, environmental issues in health and disease, first aid or CPR instructor course, drug behavior, sex and family living education, and anatomy and physiology with labs I and II.

Requirements for certification may change, subject to changes made by the New Hampshire Department of Education (NHDOE). Teacher candidates can find the latest NHDOE standards at education.nh.gov/index.htm (<http://education.nh.gov>).

Curriculum Requirements

Course	Title	Credits
Master's Core Component		
ED 5000	Social Behavior in a Diverse Society	3
ED 5010	Philosophy, Ethics & Education	3
ED 5030	Research Design	3
Learning Theory Component		
ED 5060	Theories of Learning and Cognitive Development	3
ED 5270	Foundations of Teaching	3
SE 5400	Classroom Interventions and Special Education Strategies	3
Health Education Component		
HP 5010	Introduction to Health Education and Health Promotion	3
HP 5020	Designing and Implementing Health Promotion Programs	3
HP 5030	Evaluation of Health Promotion Programs	3
HP 5090	Mind Body Techniques for Stress and Health	3
HP 5130	Teaching Strategies in Health Education	3
HP 5220	Disease and the Environment	1

HP 5230	Substance Abuse	1
HP 5250	Consumer Health	1
HP 5260	Mental Health and Sexuality	2
HP 5300	Principles of Physical Activity and Nutrition	3
Capstone Experience		
HP 5960	Health Education Teaching Internship	6-9
Total Credits		47-50

Health Education, K–12 Certification Only

Curriculum Requirements

Course	Title	Credits
Learning Theory Component		
ED 5270	Foundations of Teaching	3
ED 5060	Theories of Learning and Cognitive Development	3
SE 5400	Classroom Interventions and Special Education Strategies	3
Health Education Component		
HP 5010	Introduction to Health Education and Health Promotion	3
HP 5020	Designing and Implementing Health Promotion Programs	3
HP 5030	Evaluation of Health Promotion Programs	3
HP 5090	Mind Body Techniques for Stress and Health	3
HP 5130	Teaching Strategies in Health Education	3
HP 5220	Disease and the Environment	1
HP 5230	Substance Abuse	1
HP 5250	Consumer Health	1
HP 5260	Mental Health and Sexuality	2
HP 5300	Principles of Physical Activity and Nutrition	3
Capstone Experience		
HP 5960	Health Education Teaching Internship	6-9
Total Credits		38-41

Health Education, Health Promotion

Students interested in community, clinical, and corporate health promotion should choose this concentration. Coursework also provides preparation for the Certified Health Education Specialist (CHES) examination.

Curriculum Requirements

Course	Title	Credits
Master's Core Component		
ED 5000	Social Behavior in a Diverse Society	3
ED 5010	Philosophy, Ethics & Education	3
ED 5030	Research Design	3
Health Education Component		
HP 5010	Introduction to Health Education and Health Promotion	3
HP 5020	Designing and Implementing Health Promotion Programs	3
HP 5030	Evaluation of Health Promotion Programs	3
HP 5070	Community Health Promotion	3
HP 5090	Mind Body Techniques for Stress and Health	3
HP 5220	Disease and the Environment	1

HP 5230	Substance Abuse	1
HP 5250	Consumer Health	1
HP 5260	Mental Health and Sexuality	2
HP 5300	Principles of Physical Activity and Nutrition	3
Management Component		
HH 5180	Exploring Personal & Organizational Health	3
Elective Component		
Complete three credits of electives		3
Capstone Experience		
HL 5750	Individual Research: Health Education	3
or HL 5800	Practicum in Health Education	
Total Credits		41

Health Education, Eating Disorders

Program Coordinator: Margaret Burckes-Miller, EdD

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This concentration is designed to offer students the knowledge and skills to understand eating disorders and disordered eating. This concentration is for health care professionals, counselors, social workers, nurses, and dietitians, and school professionals. The focus is on education and outreach for schools/communities and training health care and mental health professionals to treat and counsel those with eating disorders.

The courses specific to eating disorders are also offered as a graduate certificate program, the Eating Disorders Institute Certificate, for post-baccalaureate students.

Curriculum Requirements

Course	Title	Credits
Master's Core Component		
ED 5000	Social Behavior in a Diverse Society	3
ED 5010	Philosophy, Ethics & Education	3
ED 5030	Research Design	3
Eating Disorders Institute Component		
HL 5160	Eating Disorders: Awareness and Prevention	3
HL 5190	Medical and Physiological Aspects of Eating Disorders	3
HL 5180	Nutrition Fundamentals and Counseling in the Recovery of Eating Disorders	3
HL 5170	Treatment Modalities for Eating Disorders	3
Elective Component		
Complete nine credits		9
Capstone Experience		
HL 5150	Eating Disorders Clinical	3
Total Credits		33

Graduate Certificate

Eating Disorders Institute Certificate

Director: Margaret Burckes-Miller, EdD (603) 535-2515

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The Eating Disorders Institute is designed to provide knowledge and skills to a wide range of professionals seeking to further their expertise in the area of eating disorders. All health care professionals, mental health professionals, and educators (i.e., counselors, psychologists, dietitians, nurses, physicians, and dentists) who work with students and clients will

benefit from this program. Coursework also may be incorporated into a MEd in Health Education or MA in Human Relations.

Curriculum Requirements

Course	Title	Credits
CO/HL 5150	Eating Disorders Clinical	3
CO/HL 5160	Eating Disorders: Awareness and Prevention	3
CO/HL 5170	Treatment Modalities for Eating Disorders	3
CO/HL 5180	Nutrition Fundamentals and Counseling in the Recovery of Eating Disorders	3
CO/HL 5190	Medical and Physiological Aspects of Eating Disorders	3
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Total Credits		15