HEATH EDUCATION (HE)

HE 2400 Physical Activity and Health (3 Credits)
Addresses the role of physical activity/exercise in developing and sustaining optimal health. Students access current literature on physical activity epidemiology, physiological adaptations and outcomes related to physical activity, and methods for measuring physical activity and health-related fitness. Students examine and practice health fitness assessments, analysis of assessment information, and application of exercise guidelines for prescription and programming. Falls.
Prerequisite(s): Health and Human Performance majors.

HE 2500 First Aid and CPR/AED (1.5 Credits)
Combines community First Aid and CPR concepts. Includes breathing and cardiac emergencies for adults, children, infants, as well as injuries, open and closed wounds, burns, musculoskeletal injuries and sudden illness. Falls and Springs.

HE 2900 Disease, Safety, and Environment (3 Credits)
Overview of basic diseases and disorders, as well as issues related to safety and the environment in the context of personal wellness. Students examine the impact of the physical, social, and cultural environment on human health and disease, as well as the impact that humans have on the health of the environment in terms of environmental health and safety, disease prevention, and control. Additionally, facilitates practice of certain skills required of Health Educators. Falls and Springs. (WECO)

HE 3000 Special Topics in Health Education (1-3 Credits)
Presents topics not covered in other health education courses, allowing students to extend their experience and competencies in a variety of health-related topics. May be repeated for credit with a different topic.

HE 3105 Teaching Strategies, Methods, and Resources in Health Education (3 Credits)
Focuses on instructional strategies for K-12 health education and the application of methodologies for standards-based unit planning, lesson development, and student assessment for effective K-12 health education instruction in the differentiated classroom. Practical experience in the public school setting is required at the elementary and secondary levels.
Springs.
Prerequisite(s): PE 3315 and Acceptance into PE Teacher Certification K-12 or Physical Education majors with PEHE Teacher Certification Option.

HE 3200 Stress Management (3 Credits)
Provides students with an overview of mind body techniques to help manage stress and enhance health/wellness. Students explore a variety of healing methods, as well as practice, apply and demonstrate stress management interventions and management techniques. Falls and Springs. (WECO)

HE 3210 Mental Health Issues (3 Credits)
Designed to provide students with information relevant to contemporary mental health issues and a means of identifying resource personnel and agencies pertinent to these mental health issues. Current theories of behavioral change are examined. Falls. (WECO)

HE 3220 Applied Nutrition for Healthy Living (3 Credits)
Fundamental concepts of nutrition are addressed with a special focus on contemporary issues relevant to developing professionals in health and human performance. A survey of concepts in nutrition science is applied to the support of general wellness and active lifestyles throughout the lifespan. Falls and Springs. (TECO)

HE 3660 CPR and First Aid Instructor (1.5 Credits)
Designed to train students as first aid and CPR instructors. Falls and Springs.
Prerequisite(s): HE 2500 or (Adult, Child, and Infant CPR/AED, and Standard First Aid competency).

HE 3700 Drug Behavior (3 Credits)
Provides the opportunities for students to discover and understand current scientific information regarding the relationship of drugs to mental and physical health. Particular emphasis includes the physiological, psychological, sociological, pharmacological and legal aspects of drugs in today’s society. Course limited during regular session to Health Education Majors and Minors and Interdisciplinary students with a Health Education focus. Winterim and Summer offerings open to all. Falls and Springs. (WECO)

HE 3710 Sex and Family Living Education (3 Credits)
A dialogue with individuals about who they are and how they relate to others. Seeks to provide learning experiences and guidance relevant to the needs, concerns, interests and aspirations that arise out of human psychosexual development. Intended to help students develop attitudes, values, goals and behaviors based on sound knowledge, that are conducive to the expressions of their sexuality as a positive and constructive force. Falls.
Prerequisite(s): BIDI 2010 or BIDI 2020 or (B1 2110 and B1 2130).

HE 3880 Health Promotion Practicum (1-3 Credits)
Designed to give students a practical experience in health education supervised and controlled by the Department. May be repeated for up to 3 credits. Pass/No Pass. Individual Enrollment.
Prerequisite(s): Junior/Senior status; minimum 2.00 GPA; permission of Department Chair.

HE 4080 Lifestyle and Wellness Coaching (3 Credits)
Introduces students to the field of lifestyle and wellness coaching. Over half of what affects health is choice of lifestyle. Discusses a variety of coaching methodologies to help people to create healthier lives for themselves. Discusses basic principles of wellness, motivational interviewing, standards, certification, ethics in the coaching profession, and the varieties of types of coaching programs. Students practice coaching in class and have the opportunity to enroll, at a student rate, in a coaching certification program. Fall of odd years.
Prerequisite(s): HE 3320.

HE 4100 Women’s Health Issues (3 Credits)
A study of women’s health issues. Designed to help people develop and maintain a sense of responsibility for their physical, mental, sexual and social well-being and to make sound decisions based on accurate information. Analyzes a number of health issues such as substance abuse, reproductive health, ageism, sexual abuse and incest, stress management, eating disorders and other sexuality issues. Falls. (WECO)

HE 4440 Health Promotion Internship (4-12 Credits)
Provides job training in the option of community health in a cooperative program with voluntary agencies hospitals, corporations, and health departments. Direct field experience is completed by the student under the supervision of a faculty member and experienced community health educators. Repeatable for a maximum of 12 credits.
Prerequisite(s): minimum 2.70 GPA (cumulative and major); Senior status; approval of the Department Chair.

HE 4910 Independent Study (1-3 Credits)
A student-initiated research project on a selected topic agreed to by a department faculty tutor. Consent required of the instructor who will supervise the independent study and the Department Chair.