HEALTH EDUCATION (HE)

HE 2300 Principles of Health (3 Credits)
Explores the fundamental issues related to health. Learning outcomes include understanding all the dimensions of health, the overarching foundations of health behaviors, how to access health literature, national health behavior guidelines/recommendations as well as how to begin exploring health behaviors through the use of various theories and models in health promotion. Springs.
Prerequisite(s): Health Education and Promotion majors only.

HE 2310 Introduction to Allied Health Sciences (3 Credits)
Provides an overview of healthcare systems, trends, medical terminology, medical ethics, legal responsibilities, the role of healthcare providers in patient care. Develops important personal attributes such as communication, professionalism, cultural awareness, problem solving, decision making, and accepting personal responsibility. Students gain an overview of career options within allied health professions and the importance of a healthcare team approach. Falls.
Prerequisite(s): Allied Health Sciences majors only.

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. (WRCO)

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 3001 Pre-Professional Sports Medicine (3 Credits)
Pre-professional allied health science students interested in pursuing a career in athletic training engage in observational and experiential learning in an athletic training professional practice setting. Students complete active learning hours under the supervision of a licensed athletic trainer. Falls and Springs. Course is repeatable for a maximum of two times.
Prerequisite(s): HE 2310, First Aid and CPR/AED (equivalent to BLS for Healthcare Provider) certification.

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 3230 Promoting Health Across the Lifespan (3 Credits)
Provides an opportunity for students of health education and promotion to examine the determinants of health across the lifespan, from gestation to old age. Based on a public health perspective, discusses individual, social, and environmental factors that impact current and future health. Identifies and discusses behaviors and choices which impact risks for chronic disease and quality of life. Addresses critical areas relative to health education and promotion including physical activity, nutrition and eating habits, stress reduction, tobacco exposure, issues around excessive alcohol consumption, tobacco/smoking and environmental exposures. Falls.
Prerequisite(s): HE 2300.

HE 3240 Health Promotion Planning and Evaluation (4 Credits)
Provides practical and theoretical skills needed to plan, implement, and evaluate health promotion programs in a variety of settings. Includes a practical component where students plan, implement, and evaluate a community health promotion program. Addresses community organizing and building, identification and allocation of resources, marketing, data analysis and reporting. Students deliver a health promotion or health education program across a period of time which requires 45 hours in addition to scheduled class meetings. Springs. (WRCO)
Prerequisite(s): Health Education and Promotion majors, or Gerontology minors.
HE 3310 Epidemiology and Evidenced Based Medicine (3 Credits)
Basic concepts, principles, and methods of epidemiology investigation, the use and interpretation of data, and the understanding, recognition, and determination of strength of various forms of evidence. Topics include behavior of disease, rates, ratios, associations between risk factors and disease outcomes, clinically relevant questions and causal inferences, legal and ethical issues around health screening and genetic testing. Springs. (GACO) (QRCO) (WRCO)
Prerequisite(s): HE 2310.

HE 3320 Health Promotion Skills (4 Credits)
Provides opportunities for students to practice and refine health education and promotion skills such as written and oral communications, program planning, promotion, management and evaluation, health education leadership, and wellness advocacy. Falls.
Prerequisite(s): HE 3240.

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 (BI 2110 and BI 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 4030 Community Health Promotion (3 Credits)

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 4090 Qualitative Research in Health Promotion (3 Credits)
Capstone course for Health Promotion students who are interested in going into graduate programs or research-related careers. Discusses qualitative research epistemologies, methodologies, and methods, which are explored through applied qualitative research project. Spring of even years.
Prerequisite(s): Health Education and Promotion majors with Senior status.

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 4540 Applied Health Promotion (3 Credits)
Capstone experience for students in Health Education and Promotion to apply the skills and knowledge developed across their major course of study. Applies health promotion theories in real-life settings primarily on the PSU campus and with local agencies as opportunities are available. Student projects involve the application of a wide variety of health education and promotion skills and provide for experiential learning for professional growth in anticipation of students entering the professional workforce. Springs.
Prerequisite(s): Health Education and Promotion majors with Senior status.

HE 4640 School Health Clinical (1 Credit)
Designed to give students a practical experience teaching health education in the school systems supervised and controlled by the Department. Falls and Springs.
Prerequisite(s): Health Education/School Health Juniors or Seniors who have attained a cumulative grade point average of 2.60 by the end of their 5th semester or minimum of 72 credits.

HE 4880 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.
HE 4950 Health Education Internship in Teaching K-12: Elementary Component (6 Credits)
The culminating field-based experience for all programs leading to teacher certification. It is a continuous, full-time (5 days per week) experience of 6 credits during which, after a period of structured observations, students gradually assume responsibility for a full range of teaching activities encountered in a school situation, thereby demonstrating the appropriate professional skills and attitudes essential for successful teaching. The Internship in Teaching is conducted under the supervisory guidance of a Mentor Teacher and a University Supervisor. Required seminars complement the experience. Falls and Springs.
Prerequisite(s): minimum grade of C in HE 4640; minimum 2.70 cumulative GPA; completion of all other program requirements for certification by the beginning of the Internship semester; permission of the Coordinator of Internships.

HE 4960 Health Education Internship in Teaching K-12: Secondary Component (6 Credits)
The culminating field-based experience for all programs leading to teacher certification. It is a continuous, full-time (5 days per week) experience of 6 credits during which, after a period of structured observations, students gradually assume responsibility for a full range of teaching activities encountered in a school situation, thereby demonstrating the appropriate professional skills and attitudes essential for successful teaching. The Internship in Teaching is conducted under the supervisory guidance of a Mentor Teacher and a University Supervisor. Required seminars complement the experience. Falls and Springs.
Prerequisite(s): minimum grade of C in HE 4640; minimum 2.70 cumulative GPA; completion of all other program requirements for certification by the beginning of the Internship semester; permission of the Coordinator of Internships.