

# HEALTH EDUCATION (HEALTHED)

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## Courses

### HEALTHED 560 CURRENT TOPICS IN HEALTH AND WELLNESS 3 Units

The course examines, interprets, and evaluates wellness as it relates to current topics in health, disease prevention, health promotion, and health education. Topics included are cardiovascular health, alcohol and other drugs, nutrition concepts, health hazards, tobacco, and topics related to public health such as physical activity and behavior changes.

### HEALTHED 562 STRESS MANAGEMENT 3 Units

The course explains what stress is, its various causes and its effects. It helps develop a personal "Stress Profile" which enables the participants to pinpoint the specific sources and manifestations of stress and tension. The course shows how to combine biofeedback, relaxation techniques, exercise, diet, and other skills into an individualized "Stress Management System" that will help individuals feel healthier and cope better with daily pressure.

### HEALTHED 591 NUTRITION FOR HEALTH 3 Units

The course helps students plan, evaluate, and analyze dietary intake based on sound nutritional guidelines, principles, and knowledge for the purpose of health enhancement, improved mental and physical performance, and decreasing risk of disease.

### HEALTHED 640 ADVANCED STRESS MANAGEMENT 3 Units

The class emphasis is on 1) facilitating stress management in others, 2) coping with "deep" stress such as trauma and low self-esteem, and 3) alternative avenues for coping such as Tai Chi, yoga, art therapy, and meditation. This course is appropriate for anyone in the helping professions.

PREREQ: HEALTHED 562 OR INSTRUCTOR CONSENT

### HEALTHED 645 TEACHING HEALTH EDUCATION 3 Units

A study of philosophy, trends and teaching-learning strategies. Emphasis will be placed on developing and utilizing models and strategies in health education.

### HEALTHED 671 RESEARCH IN HEALTH AND PHYSICAL ACTIVITY 3 Units

The content of this course is from a psychophysiological perspective. Emphasis will be placed on research involving the effects of physical activity on psychological states and traits as well as how affect influences performance. Topic will include research design, motivation and adherence, attention, arousal, overtraining, behavior change, personality dynamics, and mental health.

### HEALTHED 690 WORKSHOP IN HEALTH *Repeatable* 1-6 Units

Variable topics. Group activity oriented presentations emphasizing "hands on" and participatory instructional techniques.

### HEALTHED 696 SPECIAL STUDIES *Repeatable* 1-3 Units

Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings.

### HEALTHED 790 WORKSHOP *Repeatable* 1-3 Units

Variable topics. Group activity-oriented presentations emphasizing "hands-on" and participatory instructional techniques.

### HEALTHED 793 PRACTICUM *Repeatable* 1-12 Units

### HEALTHED 794 SEMINAR 1-3 Units

Variable topics. Group activity. An advanced course of study in a defined subject matter area emphasizing a small group in intense study with a faculty member.

### HEALTHED 796 SPECIAL STUDIES *Repeatable* 1-3 Units

Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings.

### HEALTHED 798 INDIVIDUAL STUDIES *Repeatable* 1-3 Units

Study of a selected topic or topics under the direction of a faculty member.

### HEALTHED 799 THESIS RESEARCH *Repeatable* 1-6 Units

Students must complete a Thesis Proposal Form in the Graduate Studies Office before registering for this course.